



**Member**

**General Federation of Women's Clubs –**

**Serving the Community Since 1921 – 501(c)(3) T a x 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.**

## **MARCH 2023 NEWSLETTER**

### **PRESIDENT'S MESSAGE**

**Lynn Robinson**

Thank you to Carol for putting this newsletter together. There is a lot of great information here and there are important flyers in the last half.

March is Woman's History Month and once again we will be entertained by the Arts Council of Torrance. They will be presenting an in person performance of Women in Aviation. I'm sure there will be some Southern California ties. Their programs are always entertaining and educational.

March 9<sup>th</sup> Marina District is having a Baby Shower for teenage mothers in the care of DCFS at our Clubhouse. The flyer is in this newsletter. Please come and show our support for this District event.

March 17<sup>th</sup> is the District meeting in Santa Monica. The photography contest will be held at that time. Bring your entries to our March 1<sup>st</sup> meeting.

Save the date of May 6<sup>th</sup> for our fashion show. The flyer is in this newsletter. Make your reservation soon.

### ***SUGGESTED ITEMS BRING TO THE MARCH MEETING***

Plastic lids for buddy benches  
Medicine bottles w/ lids  
for guide dog training  
Loose change for PennyPines  
Gift cards, gift basket donations  
from merchants for fashion show  
See's Candy Order form  
Reservation for fashion show  
Legacy donation with form  
Photography Contest entries.



## 2<sup>nd</sup> VICE PRESIDENT /MEMBERSHIP

### Janet Petrosino

A new year and new goals to achieve by the Torrance Woman's Club members, Our "NEW" Goal is the annual membership renewal. Our Membership fee is \$40.00 and is to be paid by **April 30**. You may bring your \$40 check (payable to the Torrance Woman's Club) or \$40 cash to a Club meeting (**March- April**) or mail your checks to Janice Petrosino, Membership Chairperson. Your membership is the first step towards success of Torrance Woman's Club. It would be fantastic to report 100% Membership renewal for our Torrance Woman's Club New Year, June 1, 2023, thru May 31, 2024.

Let's continue to support our elected leaders with our involvement of The Torrance Woman's Club projects in the Community. Please remember to renew your annual, Torrance Woman's Club Membership – EARLY. Last year we had 14 new members join us what a great year!

This month I will be installing two new members Brenda Holcomb and Rosa Stevens who joined our club last month. Welcome ladies to we are excited to have you on board. We are off to a great start for this year 2023.

**TIME TO RENEW  
YOUR  
MEMBERSHIP**

### Program Chair - Carolyn Pohlner

Once again, TWC will celebrate National Women's History Month in March with an original skit from Steve Norris and the Arts Council of Torrance (ACT). At the March General Meeting, we will learn all about "Women in Aviation"- featuring some noteworthy women aviators throughout history. Scriptwriter Steve, his Costumer wife, Susan, and their troupe of semi-professional actresses will appear in-person for the entertainment portion of our Meeting – you won't want to miss this segment of Women's History- it's sure to 'lift' your spirits!



### TWC Fashion Show Update

Planning and preparations for the May 6<sup>th</sup> Fashion Show are progressing quite smoothly, as you will see from the Flyer/Reservation Form (designed by Sharon Broadbent) attached at the end of this Newsletter.

Our theme of "Queen for a Day" is being transformed into darling centerpieces, creatively designed by Irma Chiota, Albert Brice and Elizabeth Shafer. Wait 'til you see them!

Our models, all new members who have joined in the last 18 months, are excited to showcase fashions from Eileen Gerber, an Independent Fashion Consultant/Stylist from Orange County. Eileen will be dressing our models from her lovely and reasonably priced clothing collection.

The menu has been carefully discussed with Richard Brice - TWC'S Catering Manager – Herbed Lemon Chicken Breast, Teriyaki Salmon and Pasta Primavera – and no canned vegetables will be served! Tickets cost \$60 – the same great deal as last year! You may reserve tables of ten, but we would appreciate it if you submitted your guest list with payment for all ten guests at the same time. This makes keeping track of the monies and the reservations much easier for our Treasurer and Reservation Chair, Sharon Broadbent.

There will be Raffle Gift Baskets (valued at less than \$50), as well as Silent Auction Baskets (worth more than \$50.) Please bring your items for these baskets to the March 1<sup>st</sup> General Meeting. If you are considering bringing a 'gently-used item' to be included in a Gift Basket, we ask that it be in *extremely* good condition.

We hope that you are all making a concerted effort to obtain donations from your favorite places of business and if not, that you will consider purchasing a Gift Card outright and donating it yourself to the cause! Remember, the Gift Card Grab Bag Table needs many \$5, a few \$10 and one or two \$25 Gift Cards for it to be successful.

Carolyn Pohlner, Fashion Show Chair, 310-370-2494

## HEALTH AND WELLNEWS

Anita Dinicola

Last month we talked about the importance of eating fresh fruits and vegetables. This month we continue learning about good nutrition.

There are hundreds of studies that point to the **health benefits of eating seafood**, but Americans often struggle to make it a regular part of their diet. That's where convenient and often more affordable canned and frozen varieties come into play.

Pre-cooked, canned seafood is a great staple to keep in your pantry. **Jessica Miller, RDN, CDE**, Nutrition Communications Manager for Seafood Nutrition Partnership, agrees that canned seafood can be a great option. "Canned seafood such as canned tuna, salmon, sardines, anchovies, mackerel, herring, crab, and clams," she says, "are excellent sources of omega-3s. They're also a source of selenium, iron, vitamin B-6 and B-12, and protein, which are vital nutrients that promote optimal overall health and wellness." Canned seafood can easily be used to create delicious meals including tacos, salads, wraps and even pizza! If you're someone who needs to watch your sodium intake, choose options labeled "low in sodium" to help keep salt in check.

Nutritional guidelines recommend consuming seafood at least two times a week. Stocking up on frozen seafood means you'll always have something to pull for lunch or dinner. Most frozen seafood can be thawed overnight or follow package directions for day-of thawing. Drain your seafood and pat it dry before adding seasonings of your choice and roasting or sautéing. **Rosemary Roasted Salmon with Asparagus and Potatoes** is a tasty and uncomplicated way to enjoy heart- healthy .salmon.\_\_\_\_\_



**Medical tests can save your life down the road and getting an annual physical exam is critical to maintaining your well-being as you age. Have you had your yearly checkup? DO IT TODAY!!!**



- 2 Karen Delpozo
- 5 Sharon Broadbent
- 9 Sacha Ohara
- 10 Hanna Knight
- 11 Lois Koza
- 13 Pam Sheerin
- 15 Hildegard Graeber
- 16 Jeanne Gilbreth
- 16 Linda Eisenbart
- 17 Patti Fuchs
- 20 Yoko Mendelson
- 23 Brenda Holcomb
- 24 Alycia McCord
- 26 Alberta Brice
- 30 Cindy Heistand

## MARCH CALENDAR

### Woman's History Month

<b>March 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>Art Council of Torrance -Women in Aviation</b>	
<b>March 9<sup>th</sup></b>	<b>DCFS Baby Shower</b>
<b>March 11<sup>th</sup></b>	<b>Newsletter articles due</b>
<b>March 15<sup>th</sup>, 10 a.m.</b>	<b>Helping Hands</b>
<b>March 29<sup>th</sup> 10 a.m.</b>	<b>Board meeting</b>
<b>March 30<sup>th</sup></b>	<b>Reservations due to Susan Warner for April 5<sup>th</sup> meeting</b>

## **Technology Chair in the Corner**

This month's technology tip is some quick tips on using Google Maps and other similar apps on your smartphone.

*Full Credit for this month's tips belong to ELDR in "quotes" with some of my own edits inserted.*

### **How to Use Google Maps for Seniors**

"With the advent of technology, many older adults are conversant with smartphones. You can see many "seenagers" using smartphones with ease. The reason these phones are called smartphones is because they are equipped to do many other things than just calling and texting.

If you like traveling, you are likely to know the importance of a map. Even within your own city or town, older adults tend to feel lost because of such rapid development all around them.

### **Benefits of using maps in smartphones**

Google Maps is so much better than when we all carried around the Thomas Guide maps on the backseat of our cars. Remember those days of trying to find a location! Plus, the index made us use a lateral versus horizontal code to zero in on where we wanted to go. Now it's so easy on smartphones.

"This means that:

1. You can see the traffic on your route (indicated by the colors blue, yellow, orange and red for free-flowing traffic, medium traffic, slow-moving traffic, and congestion respectively.)
2. These maps show you the shortest routes to your destination and alternative routes with the time difference.
3. In case you are not sure where you exactly are, you can locate your exact position on the map.

There are apps in smartphones that you can use to find the correct route to your destination. The most common ones used are Google Maps, Apple Maps, MapQuest, Citymapper, and Waze."

### **How to Use Google Maps:**

1. Install the app from Playstore via a download link
2. Open the app
3. Turn on GPS using the white button on the lower right side of your screen

4. You can tap the button to know where you are exactly
5. Enter your current location and the destination in the search bars provided above
6. You can also search for your nearby places like petrol pumps, restaurants, chemists, etc. There are various options you can select from. You can also simply type "chemists near me" to get a list of chemists near your location
7. Press GO. The map will show you the route to your destination
8. You can select your mode of transport from the list above – Car, Bike, Public Transport, By Walk, or By Cab
9. The lower bar shows you the distance and the time for travel depending on the traffic
10. Press START
11. If you miss a turning, Google Maps automatically reroutes your trip
12. You can select audio guidance by pressing the audio button on the right of your screen. Select "unmute"

These quick and easy tips ensure that your trip is smooth.

1. Share your trip: You can share your trip's progress with your friend using the "Share your trip" option. You can also let them know if the cab you have booked is delayed.
2. Save a location: Saving a location allows you to quickly select the places you commonly visit. You can save your home address, office address, friend's/relative's homes, doctor's address, etc. This saves you the trouble of entering your addresses every time." *A word of caution though.* Many people never use or save their home address in their smart phone just in case it ever gets stolen. Nothing in the maps app or other navigation systems prevents you from using a safely trusted location as your home address, like the nearby grocery store or gas station. As is always good advice, be careful of the private things that you allow to be seen on the internet.



## HELPING HANDS

### Hildegard Graeber

As usual, the Helping Hands group meets on the 3rd Wednesday of each month, rain or shine. To prepare for meetings in the winter months I've been reviewing old copies of the newsletter, as well as my collection of pictures on the computer. Here are a couple of pictures, of past creations, and one showing "work in progress." Join us if you can.



Fabric that has been donated will be used to create Huggy Bears and Turtle Pillows.



It takes a team to accomplish this task:

- Trace pattern onto two pieces of fabric
- Cut out shape
- Sew together two cutouts leaving a three-inch opening for stuffing
- Turn material so that the right side is visible
- Stuff the bear and turtle with batting
- Hand sew the opening shut
- Iron on facial features
- Draw details on face
- Tie a ribbon on each bear

Forty bears are delivered each month to the emergency rooms at Little Company of Mary and Torrance Memorial Hospitals for the pediatric patients.

A similar procedure follows the turtle pillow and tied fleece blankets donations. [shown in picture below]. They are delivered to the Painted Turtle Camp, located in Lake Hughes, which provides a full camping experience at no cost for children who are faced with chronic health issues, such as leukemia, cystic fibrosis, kidney disease, cerebral palsy, spina bifida, and many other medical conditions.



## GROUNDHOG

### DAY

Groundhog Day was February 2<sup>nd</sup>. Did Punxsutawney Phil see his shadow? YES...he predicts 6 more weeks of winter!!!



**BRRR!**

## **FIRST VICE PRESIDENT**

**Carolyn Pohlner**

### **Advocates for Children**

TWC collected 170 food and healthcare items at the February General Meeting for The Volunteer Center's "Food for Kids" Program. Thanks, one and all! Next food drive is April, in time for Easter and Spring Break!



### **Arts & Culture**

Sat, Feb 4<sup>th</sup>, Betty Robertson and I drove up to the Santa Monica Bay Woman's Clubhouse for a day of crafting – making paper valentines.

Our mission was twofold - we wanted to support their fundraiser, benefitting the Santa Monica High School Jazz Music Program and we wanted to get ideas for our own TWC "Helping Hands" project for next year's Operation Gratitude – making and sending Valentines for Vets, Active Troops and First Responders. On the drive up at 9am, we agreed we weren't going to stay all day - but once we started cutting and gluing, we were on such a creative 'high' and listening to some great jazz standards we were humming and swaying and having such a good time we stayed until almost 2 pm! Together we made several dozen valentines – perhaps, not the best-looking cards, but definitely from the heart! Some fortunate soldier somewhere will smile when they receive it!



### **Environment**

**"Pennies For Pines"**

*"He that plants trees loves others besides himself."*

Attributed to Thomas Fuller,

17<sup>th</sup> century clergyman and historian Please don't forget the "Pennies Pines" containers on the tables!

### **"Buddy Benches"**

I delivered 40 pounds worth of plastic bottle caps to Carol Schreiner, Redondo Beach Kiwanis Club for "Buddy Benches" in Torrance Schools, early Saturday morning, Feb 4<sup>th</sup>. So, keep collecting those lids - and if you don't mind sorting the Rx bottles from all the other plastic recyclables, Hildegard would love to take them for the Guide Dogs. (Please include the lids that go w/the Rx bottles)



### **Fundraising**

The TWC Board was polled and decided to proceed with a Spring/Easter



See's

Candy Fundraiser. Sales from the Spring Candy Drive over the past two years have raised over \$350 -\$400 for the Club, and with our Clubhouse funds perilously low, we opted to hold this fundraiser. Please show your support by buying a box of Lollipops for the USO Troops, even if you don't care to buy any candy for yourself. The order form is attached at the end of this newsletter for your convenience. Simply download, complete and return it to me with your check payable to "The Torrance Woman's Club", at the March General Meeting. OR, to make matters even easier, just call me on the phone with your order and I'll complete the form for you at my end! All candy will be delivered to you at the Clubhouse at the April General Meeting.

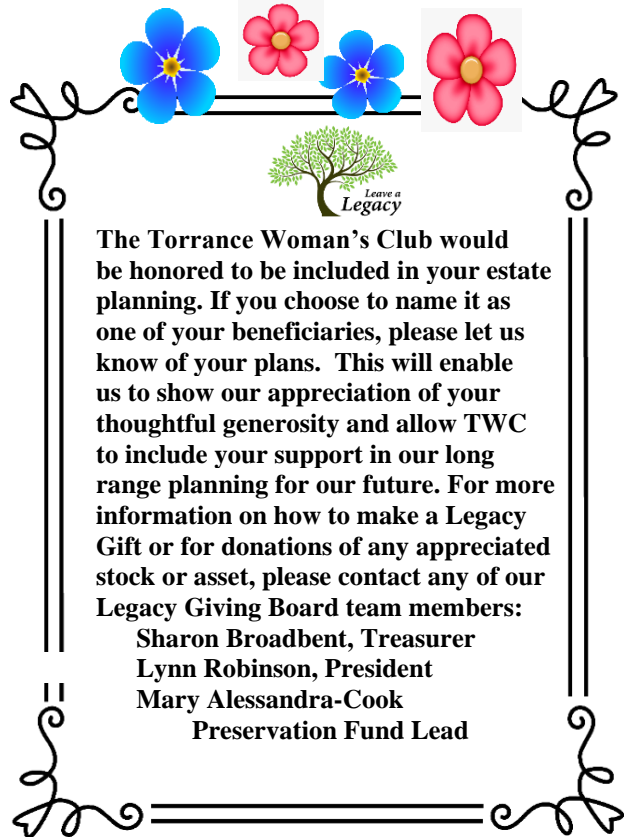
## Capital Campaign Preservation Fund A Thought to Ponder

Dear TWC Members,

As chair of the TWC Capital Campaign, I first want to thank every member who donated to this effort from the window reserve in 2021 and then last year in 2022 with direct contributions to the Preservation Fund. It really is important that we make this investment to repair and improve our Clubhouse for urgent needs and long term improvements. But the journey has made me really see that the big picture is going to have to be about making the Clubhouse universally accessible to all who wish to use it. That means helping our own members as we age and have mobility issues, and for those who wish to rent our treasured community space. It is currently not very accommodating to those who have mobility issues or are in a wheelchair. So, we will need to set aside money to remodel the bathroom, at least that is my opinion and I think it will be part of our long-range plans.

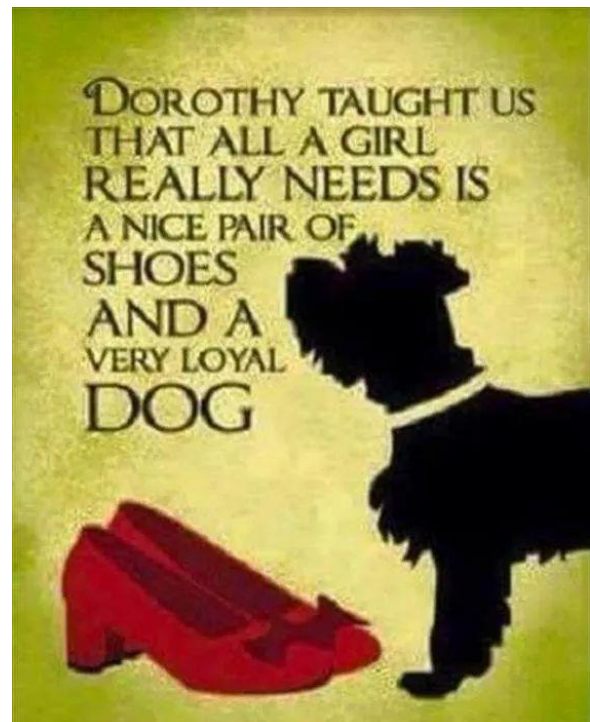
Remodeling a bathroom for wheelchair accessibility tends to run between \$500 to \$15,000. I'd love to see us raise another \$10,000 fairly quickly in order to set money aside for such a remodel. And then I thought, maybe our NEWER members would like to help with this. I know we have at least 20 new members in the past year and perhaps they could see it in their hearts to support this effort, as we are all getting older and could use a bigger bathroom space. If 20 members, new members, or even our seasoned members, could find a way to make a \$500 donation in the month of March, then we would have that additional \$10,000. These donations are all tax-deductible and every donation we receive over \$500 will get permanent recognition on our donor wall. So please think about it. And if anyone wants to help, with any amount or at any level of donation, the donor remittance form is included again as an attachment to this newsletter.

Mary Alessandra-Cook



The Torrance Woman's Club would be honored to be included in your estate planning. If you choose to name it as one of your beneficiaries, please let us know of your plans. This will enable us to show our appreciation of your thoughtful generosity and allow TWC to include your support in our long range planning for our future. For more information on how to make a Legacy Gift or for donations of any appreciated stock or asset, please contact any of our Legacy Giving Board team members:

Sharon Broadbent, Treasurer  
Lynn Robinson, President  
Mary Alessandra-Cook  
Preservation Fund Lead





Please return this completed form with your tax-deductible contribution to the address below. Print all information clearly.

Enclosed please find my gift of:

☐ \$20,000 and up   ☐ \$10,000 - \$19,999   ☐ \$5,000 - \$9,999   ☐ \$2,500 - \$4,999

☐ \$1,000 - \$2,499   ☐ \$500 - \$999   ☐ \$100 - \$499   ☐ Other: \_\_\_\_\_

☐ Check enclosed, made payable to: **The Torrance Woman's Club**

My Gift is in Honor of: \_\_\_\_\_

My Gift is in Memory of: \_\_\_\_\_

Please send an acknowledgment on my behalf to:

Name \_\_\_\_\_

Address \_\_\_\_\_

For donations of appreciated stock or to make a Legacy Gift, please contact Treasurer Sharon Broadbent at 310-533-9116 to coordinate arrangements.

We are grateful for your gift! Please provide your information below:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

☐ I wish my donation to be anonymous

The Torrance Woman's Club is a 501(c)3 non-profit. Our tax identification is FEIN#33-0249000

The Torrance Woman's Club

1422 Engracia Avenue

Torrance, CA 90501-3201

Telephone: 310 533-9116

[www.torrancewomansclub.org](http://www.torrancewomansclub.org)

To make a payment by PayPal, scan this QR code or use the button located at the top of our website and input "Preservation Fund" in the notes section. Our website takes PayPal, debit, and credit cards.



Please charge my gift of \$\_\_\_\_\_ to my credit card:

☐ MasterCard   ☐ Visa   ☐ American Express   ☐ Discover

Card No: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ CV Sec. Code: \_\_\_\_\_

Cardholder Name: \_\_\_\_\_

Address: \_\_\_\_\_ Apt. No.: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature: \_\_\_\_\_ Today's Date: \_\_\_\_\_



# See's CANDIES®

## 2023 Spring Fundraising



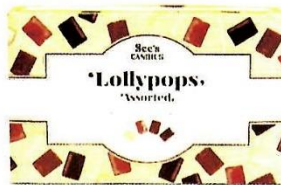
**Dark & Light**  
Yummy, crunchy and chewy.  
Delivered in seasonal wrap.  
1 lb. \$29.00 #540334



**Assorted Dark & Light**  
Milk and dark decadence.  
Delivered in seasonal wrap.  
1 lb. \$29.00 #540318



**Peanut Brittle**  
Buttery, crunchy and irresistible.  
1 lb 8 oz \$29.00 #500355



**Assorted Lollipops**  
Vanilla, Butterscotch, Café Latte and Chocolate.  
Approximately 30 lollipops.  
1 lb 5 oz \$28.50 #500296



**Toffee-ettes**  
Crunchy toffee, milk chocolate  
and almonds.  
1 lb. \$29.00 #500316



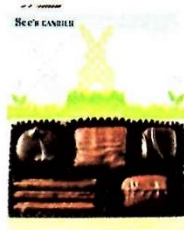
**Peanut Butter Egg**  
An irresistible treat.  
3 oz \$8.50 #506610



**Chocolate Butter Egg**  
Creamy and delicious.  
3 oz \$8.50 #506611



**Bordeaux Egg**  
A tasty classic.  
3 oz \$8.50 #509501



**Happy Spring Box**  
Full of See's favorites.  
3.5 oz \$11.00 #509693



**Marshmallow & Scotchmallow Eggs**  
One box, four yummy eggs.  
3.4 oz \$9.00 #509493

# See's CANDIES.

## 2023 Spring Fundraising PRE-SELL FORM

### FUNDRAISER INFORMATION

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Team or Room #: \_\_\_\_\_

	1 lb Nuts & Chews #540334	1 lb Assorted Chocolates #540318	1 lb 8 oz Peanut Brittle #500355	1 lb 5 oz Assorted Lollypops #500296	1 lb Toffee-ettes® #500316	3 oz Peanut Butter Egg #506610	3 oz Chocolate Butter Egg #506611	3 oz Bordeaux™ Egg #509501	3.5 oz Hoppy Surprise Box #508693	3.4 oz Marshmallow & Scotchmallow® Eggs #509493	TOTAL
1.											
2.											
3.											
4.											
5.											
6.											
7.											
8.											
9.											
10.											
11.											
12.											
13.											
14.											
15.											
Total Quantity of Each Item											\$

TOTAL

or

## 2023 Spring Fundraising

Please fill out form completely.

### FUNDRAISER INFORMATION

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Team or Room #: \_\_\_\_\_

Total Quantity of Each Item

Amount Due

	1 lb Nuts & Chews #540334	1 lb Assorted Chocolates #540318	1 lb 8 oz Peanut Brittle #500355	1 lb 5 oz Assorted Lollypops #500296	1 lb Toffee-ettes® #500316	3 oz Peanut Butter Egg #506610	3 oz Chocolate Butter Egg #506611	3 oz Bordeaux™ Egg #509501	3.5 oz Hoppy Surprise Box #508693	3.4 oz Marshmallow & Scotchmallow® Eggs #509493	
	\$29.00	\$29.00	\$29.00	\$28.50	\$29.00	\$8.50	\$8.50	\$8.50	\$11.00	\$9.00	
											\$

All purchases are subject to our terms and conditions which can be reviewed at [sees.com](https://www.sees.com)  
For additional information, call 800.733.7123.

We're having a Baby &  
Everyone's Invited!!!

# BABY SHOWER

For:

Foster Children Resource Project  
D.C.F.S. Babies

March 9, 2023

1:30 pm - 3:00 pm

Hosted by Marina District  
at Torrance Woman's Club

1422 Engracia Ave.  
Torrance CA 90501

RSVP Gina Radocchio  
310-379-8315

Unwrapped  
Items  
Needed  
Newborns  
to 24 Months

Suggested Items:

Baby Powder

Shampoo

Baby Wipes

Diapers

Baby Lotion

Blankets

Baby Bottles

Clothing

Onsies

Pajamas

Booties

Baby Toys & books

Anything a Baby Needs

\*\* No Baby Formula Please \*\*

We Hope to See you There!





**Torrance  
Woman's Club**  
*Presents*

# ***Queen for a Day***

*Fashion Show*

**Saturday, May 6, 2023**

**11:00 am**

**Torrance Woman's Clubhouse  
1422 Engracia Avenue, Torrance**

**Donation \$60**

*Proceeds to the Scholarship Fund*

Priority seating for complete tables of 10 received by April 5<sup>th</sup>

\*\*\*\*\*

Mail check payable to the Torrance Woman's Club  
Sharon Broadbent – 1903 261<sup>st</sup> Street, Lomita CA 90717

Name: \_\_\_\_\_

Phone or email: \_\_\_\_\_

- Meal Choice: ☐ Lemon Herbed Chicken Breast  
☐ Teriyaki Salmon  
☐ Pasta Primavera

If you are paying for more than one ticket, please provide guests' name and meal choice.