



The Torrance Woman's Club Voice

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 Torrancewomansclub1921@gmail.com

TWC Officers: President-- Carolyn Pohlner, 1st VP/Dean-open, 2nd VP-Carol Woods, 3rd VP-Lynn Robinson, Recording Secretary-Ellen Jenkins, Corresponding Secretary- Carol Delome, Treasurer- Sharon Broadbent, Auditor- Sacha O'Hara, Ways and Means-Pam Ament, Program--Pam Barrett-Hill, Press-Pam Ament and Carol Delome, Yearbook- Lynn Robinson, Newsletter- Lynn Robinson, Reservations--Betty Robertson, Parliamentarian- Pam Ament

MARCH 2025 NEWSLETTER

PRESIDENT Carolyn Pohlner



TWC members have much to celebrate in the month of March - National Environment Month and National Women's History Month.

Beginning with the entertainment Program at the **Mar 5th General Meeting**, we'll learn about **"Women in Space"**. Make sure you stay after Lunch for Steve Norris and the Art Council of Torrance's annual production of original sketches featuring women who made history!

Let's celebrate one of TWC's women who has made some history of her own - On **March 6th**, the Torrance Chamber of Commerce will honor the achievements and leadership of TWC member **Sacha Duncan**, from Malaga Bank, at their annual **"Women of Influence"** Conference, at Sunrider International from 11:15- 2pm. Cost is \$52 and Reservations must be made through: torrancechamber.com/event/influence2025. Be sure to congratulate Sacha when you see her next!

Then there are lots of opportunities to enjoy our natural local habitat during March, which is Environmental Month:



El Retiro Library is hosting a **Composting Class**, **Thursday Feb 20th at 3pm**.

World Wildlife Day will be March 3. Visit a zoo - have you seen the Giant Pandas at the San Diego Zoo, yet?

Global Recycling Day is coming up on March 18 – besides recycling plastic bottle caps for "Buddy Benches", what other types of recycling do you do?

You can celebrate **International Day of Forests** with an outing and a hike in the woods **on March 21**.

And for a more local nature outing, you can enjoy **Take a Walk in the Park Day on March 30** - and follow up with a picnic.

Please don't forget to bring your new lipstick for the **Lipstick Drive!** We are collecting new lipsticks for survivors of domestic violence at our **Mar 5th General Meeting**. We hope to deliver the lipsticks to the administrative offices for some **women's shelters** in the South Bay- 1736 Family Crisis Center and/or Rainbow Services. Remember, Ladies, you can purchase lipsticks on Amazon for as little as \$0.98/tube! At that price – you could buy 2!!

MARCH CALENDAR

Feb. 27	Reservations due for Mar. Meeting	
Mar. 04	10 am	Meeting Set Up
Mar. 05	General meeting	
	10 am	Social Hour
	11 am	Business Meeting
	12 pm	Lunch & Program
	Arts Council of Torrance -Women in Space	
Mar. 12	10 am	Craft Day
Mar. 12	1 pm	Game Day
Mar. 19	11 am	Helping Hands
Mar. 26	10 am	Board Meeting
Mar. 27	Reservations due for April Meeting	

THINGS TO BRING ON MAR. 5TH

1. **Items for the Volunteer Center Food Bank**
2. **New lipstick for the Lipstick Drive**
3. **White elephant item for Christmas in March "paper-bag-auction"**
4. **Dues**



MARINA DISTRICT CALENDAR

Mar. 21	10:00 am. District Meeting Santa Monica Bay WC
Apr. 26	10:00 am. District Convention King Harbor Yacht Club

FIRST VICE PRESIDENT/ Dean of Chairmen OPEN



We're looking for someone to fill this position!

SECOND VICE PRESIDENT – MEMBERSHIP

Carol Woods



A big thank you to the ladies who paid their 2025 yearly dues at the February meeting. Remember it is that time of the year when we collect \$50 in preparation for the upcoming term. We can accept cash or check made out to The Torrance Woman's Club. Either bring it with you to the March meeting and give it to the membership committee or mail it to the treasurer, Sharon Broadbent.

We will be awarding Service Year Pins in April and ask that any member who thinks they are eligible for a 5, 10, 15, 20, 25 year pin or longer to please notify the membership committee so we can be sure you are included.

THIRD VICE PRESIDENT/ HOUSE CHAIRMAN Lynn Robinson

The House Committee met on February 21st. Items discussed were: front railings – getting estimates for sanding and painting, New sign – meet with City regarding sign ordinance. Hardwood floors – we have a referral from Frid's Carpets for a refinishing company. Lynn will contact them, Lobby Carpet – Lynn has contacted Fred's Carpet and will meet with them, Westside Door replacement – Carolyn is getting an estimate, ADA/Historic Preservation – Lynn, Janeet and Mary will meet with the City for information. Other items were discussed but no specific action was planned pending receipt of

information on the above items. The next committee meeting is set for Tuesday, March 25th at 10:00 am. estimated costs.

RESERVATIONS Betty Robertson



Hello, Ladies of Torrance Woman's Club. I just want to remind you to contact me if you will be attending the March meeting. The deadline for reservations is **February 27**. Please call me at 310-367-1188 or email me at betsew@aol.com. I look forward to hearing from and you and seeing you at the meeting



MARCH

5	Sharon	Broadbent
9	Sacha	Ohara
10	Hanna	Knight
11	Lois	Koza
13	Pam	Sheerin
16	Jeanne	Gilbreth
17	Patti	Fuchs
20	Yoko	Mendelson
24	Alycia	McCord
26	Theresa	Abbey

HAPPY BIRTHDAY TO YOU!!

HOSPITALITY Lois Koza



“Top of the Day, Dear Ladies 🍀 🍀

Set up for our Wednesday, March 5th meeting will be on Tuesday, March 4th at 10:00 AM

If you missed an opportunity to sign up last month, please join us so we can continue to make our club house “gorgeous” for our March meeting. 🍀 🍀 🍀

Thank you and see you soon! 🍷 🍷 🍷 🍷

Lois 🍀 🍀



Ladies, just a reminder that wine prices have increased to \$2.00/glass for our monthly General Meetings. We would

like to ask Members to consider donating bottles of their favorite wines, Prosecco, and other libations to supplement the TWC Wine “Cellar”! Screw top bottles are preferred. All contributions are very much appreciated!

Thank You!

TWC Board

PROGRAM DIRECTOR Pam Barrett

HELLO LADIES--

Well, we started the year off with a "FUN" Bingo game in January and then in February, for Valentine's Day, we were treated to the Narbonne High School's-- Hart's Academy Dance and Singing group! I hope you were able to see them perform because they were TERRIFIC! The talent and

energy they have, we can only remember. We will definitely have them back next year!!

So now for March, which is National Woman's History Month," we will have the return of our wonderful producer and writer, Steve Norris, from the Arts Council of Torrance. He produces and directs plays for the Armstrong Theatre in Torrance. This month he will have a couple of women speaking on their adventures in "Space"! We will learn how they feel about being in space!

Remember this is St. Patrick's Day--month, so green is a "must"!!
Thanks, Pam

WAYS AND MEANS **Pam Ament**



The TWC Ways and Means Committee has been working tirelessly to finalize our fundraisers for the 2024-2026 Administration. We have two upcoming events that promise to be thrilling, and we hope you'll join us with your enthusiastic support!

Christmas in March - Paper-Bag Auction - On March 5, at our General Meeting, we're hosting a "paper-bag-auction" that we call Christmas in March. Bring your best white elephant items and join the fun! Drop off your items on Tuesday, March 4, from 10 am to noon, or bring them in on Wednesday before the meeting from 10-11 am. Tickets for the event will be available for purchase: two tickets for \$5.00, six tickets for \$10.00, and thirteen tickets for \$20.00. This promises to be a fun event for everyone. Your smiles, items, cash, and checks are welcome!

Big Hats and Mint Juleps Fundraiser - Get ready for our big Springtime fundraiser on May 3! This event coincides with the Kentucky Derby, and we're embracing the theme with style. This afternoon at the races includes lunch and fun with friends, all while we raise money for our many philanthropies. We need basket items, silent auction items, and lots of help. We're looking forward to seeing our members in the biggest hats ever! Fliers will be on

the luncheon tables on March 5 for you to take. Please help us collect prizes galore, tell your friends, and let's go to the Derby in style together!

There is even more to come, but we will leave that for another time...look for our complete fliers soon and see you in March.

Luv from your TWC Ways and Means Committee,
Pam Ament
Lois Koza
GG Mansfield
Janice Petrosino
Linda Pollick
Betty Robertson

SEE'S SPRING CANDY FUNDRAISER **Carolyn Pohlner**



Here comes Peter Cottontail. . .

Just in time for the See's Easter Candy Fundraiser

You can look for the order forms at each place setting at the March 5th General Meeting. Feel free to place your order by phone or email - just contact Carolyn Pohlner. All orders will be filled and delivered at the April 5th General Meeting - well before Easter! Please remember the USO – the troops love the lollipops.

TWC "CRAFTS DAY" AND "GAME DAY"

Carolyn Pohlner

Ladies, don't forget that Wednesday, March 12th is "Crafts Day." Carol Woods will be bringing all her card-making supplies so we can fashion our own handmade cards for the Troops and for ourselves. Learn the origami style teabag folding technique and other

decorations. 10-12pm in the Clubhouse - Coffee and baked goods will be available.



Bring a brown bag lunch and remain for the afternoon activity- "Game Day" Yes, we're bringing back Game Day – but this time – at no charge to you. Come play: Bunco, Mexican Train, Rummikub, Bingo, or bring your own game and teach other members how to play. Refreshments available. 1-3pm in the Clubhouse.

TECHNOLOGY CHAIR IN THE CORNER

Mary Alessandra-Cook

Achieving Better AI Query Results

In the fast-paced world of technology, crafting precise and effective AI queries can be the key to unlocking valuable insights and solutions. This article delves into the essential elements that make an AI query not just good, but great. Whether you're looking to streamline your data analysis or enhance your interaction with AI tools, understanding the nuances of constructing a query can make all the difference. Dive in to discover how small adjustments can lead to significant improvements and pave the way for achieving your goals with clarity and precision.

1. Provide Context

Descriptor: Offer background details relevant to your query. **Importance:** Context ensures the AI has a comprehensive understanding, leading to more accurate and relevant responses. **Example:** "I'm planning a trip to Tokyo next month."

2. Be Specific

Descriptor: Include exact details and parameters within your question. **Importance:** Specificity helps the AI hone in on precise information,

avoiding ambiguity and delivering tailored answers.

Example: "Can you suggest vegetarian restaurants in Tokyo?"

3. Clarify Intent/Goal

Descriptor: Explain what you're looking to achieve with your query. **Importance:** Understanding your intent allows the AI to align its responses with your objectives, ensuring the results are actionable and useful. **Example:** "I want to find a place for a romantic dinner."

4. Define Response Format

Descriptor: Specify how you want the information to be presented (e.g., list, summary, step-by-step instructions). **Importance:** A clear format makes it easier for you to digest and apply the information, enhancing usability. **Example:** "Please provide a list of top 5 restaurants."

By following these steps, you can harness the full potential of AI to get precise and meaningful answers tailored to your needs. Engaging with AI effectively can streamline your tasks, enhance productivity, and open up new avenues of creativity and insight.

With these pointers, you'll be on your way to mastering AI queries and reaping the benefits of this powerful tool. Good luck!



CIVIC ENGAGEMENT AND OUTREACH – Mary Hileman

Cherry Blossom Cultural Festival: The Annual Cherry Blossom Cultural Festival will be held at Columbia Park on March 30th, from 11:00 am to 4:00 pm. There will be delicious food, beautiful performances, and handmade crafts.

Columbia Park, 4045 190th St., Torrance. There will be free shuttle service to the park from 20420 Madrona Ave. (City Yard property)

Annual AARP Income Tax Preparation: The annual AARP Income Tax Preparation for seniors is going on now through April 15, 2025 at the Bartlett Center – Russ Nolte Annex at 1339 Post Ave., Torrance. 310 320-5918

Service is provided Monday, Tuesday, Thursday and Saturday, 9:00 am to 2:30 pm. No appointment is necessary. (Editor's note: I called and checked on this and it is correct. There is still a fence around the building but there is 1 opening for customers.)

COMMISSION ON AGING

Commission on Aging meetings are held on the first Tuesday of each month in the Commission Meeting room in the West Annex building (3031 Torrance Blvd.), located next door to the City Hall.

The next meeting of the Commission on Aging is scheduled for March 4th, 2025 at 9:30 am.

The featured program will be "Comfort Keepers", an in home care company based in Torrance, providing caregivers.

HELEN DENNIS, Daily breeze columnist on Aging, provided an interesting presentation at the February meeting. Two interesting topics covered were:

TOMBOT: A robotic emotional support puppy. For information, go to www.tombot.com

GO GO GRANDPARENTS: Assists with scheduling an Uber ride when you don't have a cell phone or the Uber app. They will also arrange for food and grocery delivery. For more information go to www.gogograndparents.com

HEALTH and WELLNESS
MARY HILEMAN



Finding a caregiver can be a very stressful time. An important first step is to assess your needs to determine the level of care required. Sometimes family, friends, your church or other organizations

can provide referrals. But, if you need further assistance, there are resources available.

Focal Point on Aging in Torrance has a catalog available on line which includes an extensive list of options for services, including:

Alzheimer's Care Facilities, Board & Care Facilities, and Nursing Homes

In Home Services

Case Management: If you are not located near your family member, or you can't take on the responsibility, you can consider hiring a professional geriatric case manager to help you.

Google Focal Point on Aging Torrance. Click on the website, scroll to the bottom of the page and click on the catalog.

help4srs.org On the **H.E.L.P.** Website there is a **Caregiving Tools** section under the **Health Education** banner at the top of the page, which includes:

Residential Care Referral Services

Hiring a Home Care Provider – Needs Inventory, Creating a Plan of Care

Hospice at Home

Case Management: HELP has an information sheet on hiring a case manager.



HELPING HANDS **Bette Herbst**

Helping Hands will continue the Bear Program for the hospitals and fleece blankets for the painted turtle camps along with blankets for rainbow services. Meeting the third Wednesday of every month from 10 AM until 1 PM. However, the March 19th meeting is going to be a craft program making craft items out of buttons and a "Potluck Lunch".

The Torrance Woman's Club members are invited to participate by bringing a craft project and also

buttons if you have them. We will have lots of buttons, decorative ornaments and jewelry. Bring glue, either bottled or a glue gun. We are having a button craft adventure so join us. There will be a signup-sheet at the March TWC meeting.

Thank you to Sharon Broadbent for donating a sewing machine to Helping Hands. We now have 2 club machines and 2 club members can sew bears. Thank you, Sharon!

In June Janice Petrosino will have a craft project for our monthly participants and she will need to know who wants to participate in order to have enough supplies.



ADVOCATES FOR CHILDREN PROJECT: GINA RADOCCIO, CHAIRMAN

Gina had no report this month, but Carolyn submitted the following article.

"Operation Teddy Bear" - The Backpack Project sponsored through The Volunteer Center, packed 5,000 backpacks and are now in the process of distributing them to schools throughout the Southland. Volunteers, including several members of the TWC - Pam Barrett, Sharon Broadbent, Ellen Jenkins, Lois Koza, Linda Lescoe, Carolyn Pohlner and Carol Woods - spent some time stuffing backpacks in January with donated supplemental reading and math materials and the cute signature Teddy Bears. During February, some of us read aloud to first graders in Compton, Gardena, San Pedro, Torrance, Wilmington and beginning next week we'll launch the campaign in Long Beach. There are still opportunities for even more members to sign up to read and hand out the backpacks. So, if you're at all interested in observing firsthand the surprise and glee on these 6yr.old faces, as they discover all the cool educational treats inside their gifts, let Carolyn know and she'll help you sign up!!

INTERNATIONAL OUTREACH Bette Herbst

World Central Kitchen

The purpose of the Torrance Woman's Club International Outreach program is to provide funds for a needy international organization. This year the club has chosen to give two hundred dollars to the World Central Kitchen. In addition, monies in the amount of \$100.00 have been donated by club members for a total of \$ 300.00.

World Central Kitchen was founded by "Jose Andres" in 2010 to provide meals for victims of earthquakes and has provided meals all over the world ever since.

Torrance Firefighters Association Spaghetti Dinner

- **Date:** 03/08/2025 4:30 PM - 8:00 PM
- **Location:** Ken Miller Rec Center
[3341 Torrance Blvd](#)
[Torrance , California 90501](#)

Join the TFFA for our annual spaghetti dinner and bake sale. All profits donated to the Alisa Ann Ruch Burn Foundation. Adults \$10, Kid (8 & under) \$8.

CFWC CONVENTION INFORMATION Kathi McGraw CFWC Convention Chair

The CFWC Convention is Coming so... Save these Dates, May 15-17, 2025.

The Convention will be at the Holiday Inn - San Jose Silicon Valley. The room rate will be \$129 + tax on a King or Double. An Executive King will be \$139 + tax.

Parking will be complimentary and a shuttle is available from the Airport. The Theme for this year is **Salute to the Red, White and Blue**. We have exciting speakers coming from Honor Flight, Tunnel to Towers, and Rosie the Riveter. We are also honored to have the GFWC President Elect, Wendy Carriker, as our guest.

There will be workshops on Friday and Saturday and a Chairman's Fair on Saturday morning.

Look for the Convention Call to be sent out via email to all Club Presidents after March 15th. Our Convention cannot be a success without You!

ENVIRONMENT

Nancy B. Jones, CFWC Environment Chair

Thank you to our California Federation Clubs and a District for supporting Penny Pines! The totals for Penny Pines donations in 2024 were: \$15,300 donated and 950 volunteer hours collecting, counting, and mailing out your checks to National Forests in California. Let's keep up the good work!

From the March 2025 Peninsula Seniors Newsletter:

Pam Barrett Hill, On Her Diamond Lifetime Membership and Community-Minded Spirit



Pam Barrett Hill

How would Webster define our member Pam Barrett Hill? Undoubtedly in terms such as outgoing, delightful, fun, generous, and community-minded.

A Peninsula Seniors member since the early 2000s, Pam recently upped her membership level to become a Diamond Lifetime supporter. Her reasoning? "This is an important community organization that depends on support from its members and friends. It doesn't receive many government grants or similar funds."

Today, Pam is a retired flight attendant and an enthusiastic

community supporter with memberships in a dozen local associations. "When I retired in 2003, I started joining organizations, and I've kept active membership in them all for 20+ years!" Those organizations include The Norris Theatre (she's a trustee), Las Candelistas, and Women's Clubs in Torrance and Redondo Beach.

Born in San Mateo, California,

Pam was reared on both the East and West Coasts. "My dad was in the Coast Guard, so we moved every two years, always living near an ocean except for the years he was in the Pentagon."

In the '50s, Pam's parents moved to Lunada Bay, and Pam wanted to live nearby. She's been a South Bay resident ever since.

When asked what she appreciates most about Peninsula Seniors, Pam quickly mentions her decades-long collaboration with our travel coordinator, Jo Anne Weber. "Together, we led seniors on numerous tours and travel adventures, always enjoying ourselves in exciting places. We complemented each other, worked well together, and became good friends.

"Since I've been with Peninsula Seniors, their activities and events have expanded, thanks to a terrific board of directors and our wonderful executive director, Margie Beierschmitt. There's now so much to do, so many things to try, so many opportunities, and the best part is making lots of new friends who *make life fun*."

