



Torrance Woman's Club

1422 Engracia Avenue, Torrance, CA 90501
310-533-9116



THE TORRANCE **WOMAN'S CLUB**

June 2024 Newsletter

A Message **from the editor**



HEALTH AND WELLNESS

Anita Dinicola

Long days in the summer sun can be dangerous for anyone if the necessary precautions aren't taken, and this is especially true for older adults.

According to the [Centers for Disease Control and Prevention](#), people who are ages 65 and older are more prone to heat-related health problems. As we age, our bodies don't adjust as quickly to sudden changes in temperatures, and various medical conditions and prescription medicines can contribute to heat-related illnesses.

Spending time outside can be very beneficial for older adults' physical and mental health.

Exposure to vitamin D is more important than ever. However, seniors need to be aware of potential summer dangers and take proactive safety measures to prevent overheating, overexposure to the sun and dehydration.

THIS IS THE END OF OUR CURRENT CLUB YEAR. We will not be meeting in July or August; however, we will continue to have our Helping Hands committee meeting on the third Wednesday in JULY and AUGUST. Please join us for this leisurely activity. Have a safe summer and return to TWC refreshed and eager to start volunteering again. A big thank you to all our officers and committee chairmen, everyone who helped with the fashion show, rummage sale, various contests, set up and clean up helpers, plus your generous donation of time and money to those in need.



TECHNOLOGY CHAIR

IN THE CORNER

If you've ever found yourself manually typing out information from images or struggling to make scanned documents into editable text, then there is a step-by-step process to unlock the potential of your images and convert any image into editable text right inside Microsoft Word—no additional plug-ins are required. Gone are the days of manual data entry or struggling with scanned documents. Follow these simple steps to harness the power of Word's built-in capabilities:

Step 1: Incorporate Your Image into Microsoft Word

Effortlessly insert your image by dragging and dropping it directly into Word or navigating to the Insert tab and selecting Pictures > This Device. Choose your image from your computer files and click Insert.

If you've ever found yourself manually typing out information from images or struggling to make scanned documents into editable text, then there is a step-by-step process to unlock the potential of your images and convert any image into editable text right inside Microsoft Word—no additional plug-ins are required. Gone are the days of manual data entry or struggling with scanned documents. Follow these simple steps to harness the power of Word's built-in capabilities:

Step 1: Incorporate Your Image into Microsoft Word

Effortlessly insert your image by dragging and dropping it directly into Word

or navigating to the Insert tab and selecting Pictures > This Device. Choose your image from your computer files and click Insert.

Step 2: Tailor Image Size to Page Width

For optimal results, consider resizing your image to fit the page width. Start by cropping unwanted elements: right-click on the image, select Crop, refine the crop region to include only relevant content, then click outside the crop area to save changes. With the image selected, choose Layout Options > In Front of Text to freely adjust its size and position.

Step 3: Preserve Your Work as a PDF

Secure your document's integrity by saving it as a PDF. Navigate to the File tab, select Save As, designate a location and file name, ensure PDF format is selected, and click Save.

Step 4: Transition to Editable Text in Microsoft Word

Open your PDF in Word to initiate the automatic conversion to editable text. Navigate to the File tab, select Open, locate your PDF file, and click Open. Confirm by clicking OK in the dialog box that appears.

Microsoft Word's PDF conversion ensures accuracy, minimizing the need for extensive edits. Typically, only minor adjustments are necessary if any at all. Focus your efforts on formatting the document to your specifications or applying professional design elements.

Embrace the Power of Microsoft Word. Seize the opportunity to transform images into editable text effortlessly. Let Word streamline the process, freeing you from tedious manual entry. Beyond Word, explore alternative methods for image-to-

text conversion using free OCR software apps.

Mary Alessandra-Cook

with help from ChatGP



THANK YOU FROM ANITA DINICOLA, DIRECTOR

Kudos to President, Lynn Robinson and the executive board that has served the last two years.

Thank you for your time, experience, leadership and knowledge.

Thank you for the time spent at district meetings and time away from your family to take care of business for the Torrance Woman's Club.

A job well done, thank you for caring, most of all. Thank you for your kindness.



HELPING HANDS

Bette Herbst

Twenty Bears went to emergency rooms at Little Company of Mary and Torrance Memorial Hospitals. Join the meeting on the third Wednesday of each month.

RESERVATIONS

The reservation due date for the June meeting is Thursday, May 30th, 2024. Our General Meeting and luncheon is Wednesday, June 5th, 2024.

Thanks very much,

Susan Warner, Reservation Chair



SET UP

Ladies, June 5th is our last meeting until September and anyone who would like to help with the setup for this meeting, please join me on Tuesday, June 4th at 10:00 AM.

Let's make this meeting setup extra special! 🎉



Thank you!

Lois

JUNE BIRTHDAYS

16 Juanita McLaren
22 Lee Ann Flaherty
27 Fran Day



1st VP - Dean of Chairmen,

Carolyn Pohlner

Advocates for Children

This will be our last collection of the year for The Volunteer Center's Food Pantry. Please be generous - add an extra box of cereal, jar of peanut butter, or can of Beefaroni to your donation - it's going to be a long hungry Summer for those children who won't have daily access to school breakfasts and lunches.

I know that the TWC monthly food donation to The Volunteer Center has a special place in all our hearts, but sometimes, when members are getting ready to leave for the monthly meetings, there are always lots of things on their minds and they may forget to bring this food. Please remember, you can always donate cash in any amount to our monthly food drive. Also, gift certificates to a local grocery store like Walmart or Ralph's, in any amount, would always be welcomed. Thank You for all your generosity this past Club year - I know the school children of Torrance certainly appreciated it!

Civic Engagement

Outreach to the Military

"Red Hat & Scarf Challenge" is underway at Operation Gratitude. If there are any Club members who wish to participate by knitting or crocheting red scarves, please contact Carolyn Pohlner for the contest details. I will be happy to pick up your completed scarves before June 9th, or you may bring them with you to the June 5th General Meeting. No pompoms on hats, and scarves should be 4"-5" wide and no longer than 48"-50". RED should be the main color.

Environment

We continue to collect the plastic lids and bottle caps for the "Buddy Benches. Lee Large is collecting the Rx bottles for the Service Dogs' medications. No need to strip off labels - Lee will do it for you!

Please continue to collect the caps and lids over the summer break - if you would like to drop them off on my front porch, my address is in the directory - Carolyn Pohlner. Please make sure your bags are securely tied. **Thank You!**

Please allow me this space to say, "Thank You" and "Goodbye" to my position as 1st VP- Dean of Chairmen for the past 4 years. I've loved reporting to Club members on so many different areas of concern within our Federation and would like to remind TWC ladies that this position is OPEN for 2024-2025. I encourage member(s) to step up and put your own personal spin on the position! And remember, it is NOT the responsibility of the 1st VP to complete the Annual Reports for each Officer and Board member.



PROGRAM CHAIR-Carolyn Pohlner

Pam Ament will preside over the Installation of the 2024-2026 Board of Officers, which will take place during the Program portion of our June 5th General Meeting.

I have really enjoyed being the Program Chair for the past 2 years and I did my best to bring informative, educational and entertaining speakers and activities to Club members. As Bob Hope used to say, "Thanks for the memories!"

TWC 2024 Fashion Show Update - Final Accounting

Here is the final summary of all revenue and expenses related to the Spring 2024 Fashion Show. As you can see, it was a very profitable success. If you have any questions or concerns, please contact Sharon Broadbent, Treasurer, or myself, Carolyn Pohlner, Fashion Show Chair. Thank you to *EVERYONE* who participated!

	Income	Expense	Total
Ticket Sales	8540.00		8540.00
R Catering Affairs		-6433.55	-6433.55
Silent Auction	1896.00		1896.00
Gift Cards	460.00		460.00
Money Hat	255.00		255.00
Raffle Baskets	1770.00		1770.00
Centerpieces	60.00	-55.00	5.00
Bar	315.50		315.50
Fascinators Hats	510.00		510.00
Donations	455.53		455.53
Vendor-Clothing	456.20		456.20
Vendor-Jewelry	225.00		225.00
Thank You Letters/Postage		-50.00	-50.00
Grand Total:	<u>\$16,828.23</u>	<u>\$-7,242.97</u>	<u>\$ 9,585.26</u>

Telescope -for Preservation 375.00

Fund

122 tickets sold \$17.27profit/ticket



PRESIDENT – Lynn Robinson

I have enjoyed being your President for the past 4 years. Thank you all for your support. I think we accomplished many things and hopefully made our club better. I also hope we had some fun along the way. You will still see my face as Third Vice President/House Chairman and I will try to carry on that work for our club. I know Carolyn will be a great President and I know you will support her as you supported me.

Lynn

Fashion Show!







May Meeting Program – Craft Project from Board and Brush





TWC Display at the Katy Geissert Civic Center Library. The display will be there through the month of May.

