



Member

General Federation of Women's Clubs - California Federation of Women's Clubs - Marina District
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President-Lynn Robinson, 1st VP-Carolyn Pohlner, 2nd VP-Janice Petrosino, 3rd 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-Open, Historian-Open, Directors-Madonna Davenport/Lee Large/Fran Day, Technology-Mary Alessandra-Cook

July 2023 Newsletter

MESSAGE FROM THE PRESIDENT Lynn Robinson

I hope you are all enjoying your summer. There are no general meetings in July or August. The board will continue to meet and make plans and take care of the club business. Helping Hands and Book Club will also continue to meet. There will also be some “just for fun” events so be sure to read the newsletter!

I would like to thank Irma Chiota, Annette Degner, Lois Koza, Lee Large, Lynda Myers, Betty Robertson, Linda Smith and Susan Warner for helping with the H.E.L.P. Gala. Some helped beforehand at the H.E.L.P. office and some on the afternoon and evening of the Gala. The event was a success and the H.E.L.P. staff was grateful for our help. Once again, we made TWC look good!



WINE AND CHEESE GET TOGETHER

WEDNESDAY, JULY 12TH
 3:00 PM
 AT THE CLUBHOUSE
 FREE

Come join us for a fun afternoon with wine, cheese, coffee and cookies.

RSVP to Susan Warner by July 10th so we will have enough wine!

JULY CALENDAR

July 12 3 p.m.	Wine and Cheese
July 14	Newsletter articles due
July 19, 10 a.m.	Helping Hands
July 19, 1 p.m.	Book Club
July 26, 10 a.m.	Board Meeting and Budget Meeting



THIRD VP HOUSE CHAIR

Janet Payne

On June 14th, the House Committee met with Norm Tuazon of Window Restoration and Repair at the clubhouse. He explained what he would do and walked us around each window showing us what was needed. He answered all our questions and also gave us suggestions on questions to ask a painting contractor. The committee felt that this is the company we want to use. Norm submitted an updated estimate. His waiting list is three months. We are on the list and will send a deposit as soon as Sharon is back in town to write the check. We are finally on our way!

TECHNOLOGY CHAIR IN THE CORNER

Mary Alessandra-Cook

The world is changing again right before our eyes. You are already hearing the promises and opportunities coupled with the concerns and issues about the technology of Artificial Intelligence or "AI" for short. In some future articles, I will delve more into some of those concerns and how they relate to our ongoing TWC operations. But for now, I thought I would give this new AI a test and let it write my newsletter article this month.

So here we go. I asked ChatGPT (the AI bot) the following chat command, "In 250 words or less, what are the top three technology tips for senior citizens to do over the summer". Here is the response which I couldn't agree with more so full credit to the Open AI Chat bot for your summer tech tips.

1. Stay connected with loved ones: Technology can help senior citizens stay connected with family and friends, especially during the summer when travel and gatherings are more common. Make sure you have a smartphone or tablet with video calling apps like Skype or FaceTime installed. These apps allow you to have face-to-face conversations with your loved ones, no matter where they are. Consider scheduling regular virtual get-togethers or even virtual family reunions. Additionally, social media platforms like Facebook can help you stay updated on the lives of your friends and family.

2. Explore online learning opportunities: Summer is a great time to learn new things and expand your knowledge. Many universities, educational

websites, and online platforms offer free or low-cost courses on a wide range of subjects. Take advantage of these resources to explore topics you're interested in, such as history, art, or technology. Websites like Coursera, Khan Academy, and TED Talks are excellent places to start. Learning online not only keeps your mind active but also allows you to engage with a global community of learners.

3. Utilize health and wellness apps: Taking care of your health and well-being is crucial, and technology can assist you in this process. There are various health and wellness apps available that can help you track your physical activity, monitor your sleep patterns, manage medications, and practice meditation or relaxation techniques. Fitness trackers or smartwatches can also provide insights into your daily activity levels and heart rate. By incorporating these technologies into your summer routine, you can stay motivated, maintain a healthy lifestyle, and ensure you're taking the necessary steps to care for your well-being.

Remember, it's never too late to embrace technology. Start with small steps, seek help from family or friends if needed, and enjoy the benefits that technology can bring to your summer and beyond.

Have a great summer!

TREASURER -Sharon Broadbent

The budget committee will meet on Wednesday, July 26 after the board meeting. Any budget requests or recommendations for charitable contributions should be submitted at or before the meeting to me. Thank you.

HOSPITALITY- Lois Koza

Wishing all you lovely ladies a very great summer!

JULY BIRTHDAYS

11	Edith Tucker
13	Meghan Johnson
14	Joanne Free
20	Carolyn Pohlner
25	Janet Payne
27	Connie Vassie
28	G.G. Mansfield



HELPING HANDS

Hildegard Graeber

This month we reminisce and take a random look back at previous meetings. I love to snap photos of our group working on various crafts. Over the past few years, we have made lots and lots of Huggy Bears, quite a few cuddle blankets, and recently a good number of fleece no-sew blankets. We will be meeting during July and August. Come and join us. We always have fun!!



Beverly + Carol



Donna + Beverly



Lou + Marilyn in Feb.2019



Annette + Donna + Allison + Lois in 2016



Nuria + Carolyn in Feb. 2022

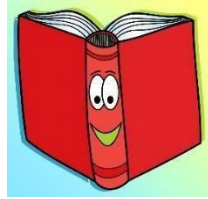
A new study shows that
buying fabric and
sewing supplies
prolongs your life.

Looks like I'm going
to be immortal.

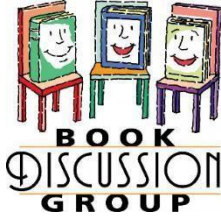


Donna + Pat + Lois + Liz in 2018

TWC BOOK CLUB – SUMMER MEETINGS



The July Book Club selection is Those Who Knew by Idra Novey. Discussion will be led by Judy Foster on Wednesday July 19th at 1:00 pm at the TWC Clubhouse.



August's selection is Becoming by Michelle Obama. Carolyn Pohlner will lead the discussion. The next meeting will be on Wednesday, August 16th at 1:00 pm at the Clubhouse.

BUSINESS MEETING



Mary Alessandra-Cook



PROGRAM

The June program was Lisa Daggett-Cummings, the Director of Development at the South Bay Children's Health Center. She explained volunteer opportunities at the Center and thanked us for the donation of crayons, coloring books and travel sized toiletries for the children.



Lisa Daggett-Cummings



Donation of crayons, coloring books and travel sized toiletries for the children.

Pictures by Irma