



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

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-Open, Yearbook- Lynn Robinson, Newsletter- Lynn Robinson, Reservations--Betty Robertson, Parliamentarian- Joan Harmon

JULY 2024 NEWSLETTER

PRESIDENT

Carolyn Pohlner

June is an interesting month - noted for endings and beginnings - the end of school and Graduations and yet the accompanying ceremonies are called "Commencements". Lots of weddings are performed in June and couples 'begin' their married lives together. Our TWC club year draws to an end and a new one begins. The Installation ceremony takes place in June with the 'old' Board leaving their jobs and the 'new' Board assuming their positions. I am eager and excited to begin my term as President and carry out some new ventures for us all and yet, there are many long-standing projects and traditions that I intend to carry over from previous TWC administrative Boards. In the spirit of carrying on a tradition that Lynn Robinson was successful with, I want to continue offering our members more social activities, so, I invite you all to participate in the Ice Cream Social next month - there will be no fundraising, no philanthropic endeavors - just food, fun and friendship!

I'm also looking forward to getting to know some members better and strengthening relationships with certain others that I already know. One goal I have is to be able to sit at a different table each month and 'meet' every member - I hope you will welcome me when I ask, "May I join you?" Perhaps, some of you will want to do the same!

Carolyn Pohlner



JULY CALENDAR

No General meeting

July 10	1:00 PM – Ice Cream Social (See page 6)
July 17	10:00 AM – Helping Hands
July .31	10:00 AM - Board Meeting In person



MARINA DISTRICT CALENDAR

July 19	10:00 AM – Board Meeting
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FIRST VICE PRESIDENT/ Dean of Chairmen OPEN

We're looking for
someone to fill this
position!



SECOND VICE PRESIDENT – MEMBERSHIP



Carol Woods

After researching the role of the membership Chairman, this is what I discovered. It is a highly visible role in any organization, especially charitable and other not-for-profit organizations [like The Torrance Woman's Club] that are member-driven. Well, I thought I should introduce myself. I am the new Second Vice President in charge of membership. My personal goal this year is to learn everybody's name! My other goals are to create activities that will appeal to "old" and new members, to encourage socialization, volunteerism, philanthropy, and excitement in all our programs. I am in need of women who would like to help me. Please let me know that you would like to join the membership team because with a team together everyone achieves more.

Give me a call (310) 650 6342
or e-mail carol4asc@gmail.com.

Just a thought

"When sleeping women wake, mountains move."
--- Chinese proverb

THIRD VICE PRESIDENT/ HOUSE CHAIRMAN Lynn Robinson

Thank you to Janet Payne and her committee for all their hard work over the past 4 years. I plan to continue the work that they began. We need paint on the front of the building, a new sign, our hardwood floor should be striped and cleaned and the lobby carpet needs to be repaired or replaced. I have been advised that we need a historical evaluation before we can have an ADA study. So as you can see we have our work cut out for us. If you are interested in serving on the House Committee for the next 2 years, please contact me.

PAST 3RD VP - JANET PAYNE FINAL REPORT.

A BIG THANKS goes out to the ladies on the House Committee for four years. Char Kyes, Sharon Broadbent, Lynn Robinson, Mary Alessandra Cook and Betty Robertson. They worked tirelessly many times at meetings and from home. Some family members also helped. The accomplishments were large and small and I am grateful for the support.



HELPING HANDS Bette Herbst

Helping Hands is meeting in July, working on a holiday boutique item to sell and making bears for the hospitals.



SET AND SERVE Lois Koza

Wishing you a happy and fun filled July!
See you in September!

Lois



JULY

14	Joanne Free
20	Carolyn Pohlner
25	Janet Payne
27	Connie Vassie
28	GG Mansfield

HAPPY BIRTHDAY TO YOU!!

WAYS AND MEANS CHAIR Pam Ament



Dear Members,

I am excited to announce that I will serve as your Ways and Means Chair. I am eager to contribute my experience and dedication to this role and collaborate with you all.

A little about me: I have been a part of the Federation since 1995 and joined TWC in 2010 after my retirement.

I have held various roles throughout my volunteer journey, including California LEADS in 2004, Marina District President from 2008 to 2010, and various Chairmanships and Officer positions at the State Federation. I had the honor of serving as the CFWC State President from 2020 to 2022 and have been a GFWC Chairman for the past two years and a chairman at WSR. I've also been managing the California Federation and the Marina District Facebook pages since 2009, a responsibility I will continue.

While I am excited to focus more on my home club and reduce my travel commitments, I am also committed to co-chairing the Western States Region

Conference in September 2025. This conference will bring together California members and representatives from 10 other states in Long Beach.

Looking ahead, I have a clear vision for the next 2 years. I plan to share the fundraising responsibility with a committee of 5 dedicated ladies who have volunteered to assist. We will form sub-committees for events and aim to raise \$20,000 each year for our donations without burdening our members. Our goal is to organize fundraising and PR events that appeal to everyone. We will also include activities during our general meetings that can engage the entire group.

I look forward to our upcoming Board Meeting, where I will present my ideas for our club. I am enthusiastic about driving positive change and serving each of you in this capacity!

PROGRAM DIRECTOR Pam Barrett

Hi everyone--I am taking over from Carolyn Pohlner, starting in September, as program chair. I hope to do as good a job as she did! We are going to start off with a bang! We will have the "LA. Southtown Choir" perform for us after lunch. Please stay to listen to their great voices. Our own Susan Warner is one of the members. Carolyn, Pam Ament and I will be scheduling the agenda for the 2024/25 season so be prepared for a lot of fun and many interesting topics!

TECHNOLOGY CHAIR IN THE CORNER Mary Alessandra-Cook

Summer gadgets! As we dive into summer, here are some unbelievably useful gadgets to enhance your warm-weather experience. They could be great gift ideas for the summer birthdays of your family and friends:

Cordless Robotic Pool Cleaners: The Aiper Scuba Series offers efficient dirt removal and smart navigation for both above-ground and in-ground pools. Spend more time enjoying your pool and less time maintaining it.

Floating Beach Tent with UPF 50+: The Shibumi Shade beach tent provides sun protection and assembles in just 3 minutes. Perfect for beach days without worrying about it flying away.

Sleek Cold Plunge Bath: The Plunge cold and hot water therapy tub cools, filters, and sanitizes water. It has a modern design that blends seamlessly indoors or outdoors, and it chills itself—no ice needed.

Portable Shower for Sand Removal: The BeachBox portable shower & storage box rinses off sand and dirt before you enter the car. It is a 4-in-1 product with 4–5 minutes of flow time.

Multi-Terrain Cart for Beach Gear: Transport your beach essentials effortlessly with a sturdy cart designed for sand, grass, and pavement.

24" Gas-Powered Pizza Oven: The Ooni Koda 2 Max bakes pizzas up to 20" in diameter, making it perfect for backyard parties and feeding a crowd.

Light-Responsive Prescription Glasses: These innovative glasses adjust to changing light conditions, ensuring optimal vision during sunny days.

Frozen Treat Maker: Create homemade ice cream, sorbet, and more with a portable frozen treat maker. Beat the heat with delicious frozen delights. Enjoy your summer adventures with these fantastic gadgets!

Mary Alessandra-Cook

ESO Epsilon Sigma Omicron

Hello, all current TWC ESO members, and hopefully some new members, who will join our ranks this summer.



Speaking of *summer*, it is time for the **2024 Summer Reading Challenge** from our CA State ESO Chairman, Reggie Maddox. There are 10 Challenges to complete, and all completed entries will be entered in a drawing that will be announced at the CFWC Fall Board Meeting. Summarized, here are the ten, fairly easy, reading Challenges for this summer:

- Read to a child
- Read at breakfast
- Read on vacation

- Read a mystery
- Read a book about Leadership (recommending “Everyone Communicates-Few Connect by John C. Maxwell- this was recommended by Vicki Holden CFWC Leadership Chairman)
- Read a book that takes place at the beach
- Listen to an Audio book
- Read a book by a CA author
- Read the next book in a series
- Read historical fiction

The actual pdf document form to check off these reading challenges is at the end of this newsletter, and I have soft copies I can send you upon request. Happy reading,
Mary Alessandra-Cook
TWC ESO

THIS DAY IS MINE

This is the day that belongs to me, for it was given to me early in the morning, freely and without obligation. The moment that I accepted the gift, I accepted the responsibility for its growth. I can make it ugly by deciding to be miserable, or I can make it beautiful by deciding to be glad.

This is the day to be free, to cut the bonds of all those tomorrows and all those yesterdays. I would be unwise to waste any part of today in useless guilt or distress about a yesterday, or in a pointless worry or panic about tomorrow. Since I have but one chance at today, I want to live it well. I hope that I will handle myself in such a manner that when today becomes yesterday, my memories will be pleasant, and when tomorrow becomes today, my regrets will be few.

This is the day to be thankful, for some pains removed and some blessings received; to translate my gratitude from mere words into cheerful, wholehearted achievement.

This is the day to promise myself that I am going to build my world with gladness and with love~~
RIGHT NOW~~ because this is the only day that belongs to me.

H.W., author (Thank you Lynda Myers)

CIVIC ENGAGEMENT AND OUTREACH – Mary Hileman

Torrance Historical Society

The Torrance Historical Society's Annual Tea at Chado Tea Room will be held on Sunday, August 4th from 3:00 pm to 5:00 pm

For reservations, please call the museum at 310 328-5392

www.TorranceHistoricalSociety.com

Torrance Theatre Company

Tickets are still available to the last show in the 2023-2024 season for the comedy "It's only a Play". The show runs through June 22.

The brochure for the 2024-2025 season can now be found on the theatre's website. The new season begins in October.

For tickets or more information:

www.TorranceTheatreCompany.com

424 243-6882

SENIOR ACTIVITIES

Senior Taxi and Dial – A -Ride: The city of Torrance provides a substantially reduced partially subsidized Senior Taxi Program for participants 65 years or older. Ride credits can be purchased and used for the taxi rides. Cost is based on income. The Dial-a-Taxi Program is similar, participants must be disabled.

Taxi service is provided by Bell Cab and South Bay Yellow/United Checker Cab.

Applications are available at the Mary K. Giordano Regional Transit Center Store at 465 Crenshaw Blvd., Unit 485. Monday – Thursday, and Alternating Fridays. 310 781-2174 or 310 781-2176 for further information.

Program Brochure is available on the city's website at transit.torranceca.gov

COMMISSION ON AGING

The Commission on Aging deals with the needs and issues confronting senior citizens in the community and provides a voice for senior citizens as a community group. The Commission has a direct liaison to the City Council.

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

The next meeting of the Commission on Aging is scheduled for Tuesday, July 2nd 7th at 9:30 am.

This meeting will feature a presentation by Tommy Ton, Outreach & School Relations at El Camino College.

HEALTH and WELLNESS **Mary Hileman**

UCLA Stroke Unit: Time has a significant impact on the severity of patient outcomes in stroke. The earlier the patient is diagnosed and receives treatment, the more likely they are to make a meaningful recovery. By bringing the hospital to the patient, California's first mobile stroke unit provides access to diagnosis and treatment of stroke prior to hospital arrival. Since 2017 the UCLA Stroke Unit has been available in the south bay – specifically in Torrance 3-4 days a week.

When the paramedics are called, if a stroke is suspected, they will call the stroke unit if it is stationed in Torrance at the time.

The stroke unit is a specialized ambulance that offers advanced clinical care. It is staffed by a vascular neurologist, either in person or by telemedicine, critical care nurse, firefighter paramedic, and a CT technologist. This enables examination of brain tissue and brain blood vessels in the vehicle prior to arrival at the hospital. If necessary, patients can be quickly treated with lifesaving medication in the stroke unit and then routed to the hospital.

DISASTER PREPAREDNESS

As you know, we can never predict when a disaster might strike our area in the form of fire, flood, earthquake, etc. The Federal Government has developed several disaster preparedness guides, with one developed specifically for Older Adults.

This Disaster Preparedness Guide is intended to support older adults in preparing in three easy steps: assess your needs, create a plan and engage your network. The guide provides easy to read, user friendly worksheets that walk individuals through a self assessment to identify specific needs and checklists that create a personalized plan.

www.ready.gov/older-adults for the Guide.

INTERNATIONAL OUTREACH **Bette Herbst**

It has been suggested TWC make a donation to World Central Kitchen Incorporated. This group sets up kitchens in disaster areas worldwide and is rated 4 stars on Charity Navigator. I will be presenting it to the board at the June meeting.

The Torrance Woman's Club **Ice Cream Social**



Did you know that July is National Ice Cream Month? President Ronald Reagan officially made this proclamation in 1984 when he called for all people of the United States to observe these events with *"appropriate ceremonies and activities."*

I Invite you to come celebrate and indulge with me in this delicious dessert Wednesday afternoon, July 10th at 2:00pm, at the Torrance Woman's Clubhouse. Choose from all the traditional toppings to make your favorite ice cream concoction from Banana Splits to Hot Fudge Sundaes.

And what's ice cream without cake? So, we will serve Birthday Cake in recognition of all the Summer Birthday Club Members!

Party hats optional!!

Ladies, this is not a fundraiser - rather, it is my treat to all of you! I do ask that you RSVP directly to me, so I can be sure to have enough ice cream and cake on hand for everyone.

Carolyn Pohlner (310)-370-2494
cpohlner@gmail.com



Mary Alessandra-Cook won first place in the CFWC Photography Contest in the "Volunteers in Action" category. Congratulations Mary!



Sharon, Lois, Annette, Carolyn and Lynn volunteering at the H.E.L.P. Gala June 1st at the San Pedro Elks Lodge.



Photos courtesy of Irma Chiota and H.E.L.P.

2024-2026 OFFICERS AND CHAIRMEN

Elected Officers

President	Carolyn Pohlner
First Vice President	Open
Second Vice President	Carol Woods
Third Vice President	Lynn Robinson
Recording Secretary	Ellen Jenkins
Corresponding Secretary	Carol Delome
Treasurer	Sharon Broadbent
Auditor	Sacha O'Hara
Ways and Means	Lynn Robinson
Newsletter	Lynn Robinson
Reservations	Betty Robertson

Appointed

Parliamentarian	Joan Harmon
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Internal Affairs Chairmen

Americana	Beverly Saliba
Decorations	Lois Koza
Inspiration	Char Kyes
Technology	Mary Alessandra-Cook
Telephone	Claudeene Lyons

Federation Chairmen

Advocates for Children	Gina Radocchio
Art and Culture	Open
Civic Engagement and Outreach	May Hileman
Conservation	Open
Crafts	Open
Domestic & Sexual Violence Awareness and Prevention	Open
Education and Libraries	Carolyn Pohlner & Lois Koza
Environment	Open
ESO	Open
Health and Wellness	Mary Hileman
LEADS	Open
Legislation and Public Policy	Open

Musician Contest	Open
Photography Contest	Open
Woman's History	Open
Writing Contest	Open

YEARBOOK Lynn Robinson



Ladies, I will be working on the yearbook in August. If you have any suggestions for the book, please send them to me by July 31st.

Also if you have not renewed your dues (there are 11 of you) please be sure your dues reach Sharon by July 31st or you will not be included in the book.



SOME GFWC HISTORY

1868: GFWC's roots can be traced back to 1868 when Jane Cunningham Croly (1829-1901), a professional New York journalist who wrote under the pen name of Jennie June, attempted to attend a dinner at an all-male press club honoring British novelist Charles Dickens. Croly was denied admittance based upon her gender, and, in response, she formed a club for women. She chose the name Sorosis, a Greek word meaning "an aggregation; a sweet flavor of many fruits."



Summer

Reading Challenge

