



Torrance Woman's Club
1422 Engracia Avenue, Torrance, CA 90501
310-533-9116



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-Pam Ament and Carol Delome, Yearbook- Lynn Robinson, Newsletter- Lynn Robinson, Reservations--Betty Robertson, Parliamentarian- Joan Harmon

AUGUST 2024 NEWSLETTER

PRESIDENT

Carolyn Pohlner

Even though we're leaving the "dog days of summer" behind - typically, that hot and sultry period from the beginning of July through mid-August - Summer isn't over quite yet and we still have some relaxing vacation days ahead until the Fall hustle and bustle begins.

The Ice Cream Social/Birthday Party turned out to be pleasant break from summer chores and Club responsibilities. Twenty-four Clubwomen showed up at the Clubhouse for some plain old-fashioned fun and friendship, and five members - Connie Vassie, Roberta Smith, Judy Foster, Char Kyes and myself - celebrated their Summer birthdays with cake and ice cream. It seemed like everyone's favorite dessert that day was a banana split, with lots of hot fudge!

And, we have another special social afternoon planned for August! Pam Ament has lined up a fun experience for us - "Sipping and Painting" - all while raising a few dollars for the Clubhouse. We'll indulge our creative sides and enjoy some fruit of the vine at the same time - can't you just imagine the results?!

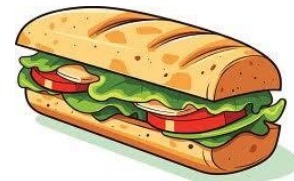
And now, a little something special for all those hard-working volunteers, who've been busy over

the Summer preparing for the beginning of our new Club year . . .

In case you didn't know, August is National Sandwich Month. As I look back nostalgically on all those great brown bag lunches my mom made for me during my childhood school days, it will be my pleasure to treat all those Officers, Committee chairs and Committee members who come to the August 28th Board meeting to remain afterwards for a lunch of sandwiches, salads and sociability!

Best ~

Carolyn



AUGUST CALENDAR

No General meeting

Aug 14	1:00 PM –Let's Paint (See page 8)
Aug 16	9:00 AM-Orange Dist. Conference
Aug 21	10:00 AM – Helping Hands 1:00 PM – Report Writing Workshop (See page 2)
Aug 28	10:00 AM - Board Meeting In person
Aug 29	Reservations due for Sept. Meeting



MARINA DISTRICT CALENDAR

August 9 10:00 AM – Board Meeting

FIRST VICE PRESIDENT/ Dean of Chairmen OPEN

We're looking for
someone to fill this
position!



SECOND VICE PRESIDENT – MEMBERSHIP



Carol Woods

Believe it or not, in six months it is going to be 2025. We will be one quarter of the way through the 21st century. What have you done to improve your life and the lives of people you interact with? Volunteering is a good way to help—it can be a smile on your face with a simple “hello” or a \$1000 donation to your favorite charity.

Right now, there are 85 members in The Torrance Woman’s Club. Do you think that we can get to 100 by January 2025? We need 15 new members to reach that goal.

Did you know that The Torrance Woman’s Club will be celebrating the 100th anniversary of the club house in October 2025? Let’s invite our neighbors, friends, and acquaintances to a meeting, an activity, or a fund raiser. Our motto, for such a historic event could be:

100 WOMEN FOR 100 YEARS

THIRD VICE PRESIDENT/ HOUSE CHAIRMAN Lynn Robinson

Thank you to those of you who have agreed to serve on the House Committee and who have volunteered to review our old minutes. I will be contacting you soon to set up meetings.

Important Notice for All Board Officers and Committee Chairs

I am pleased to announce that Pam Ament, Past CFWC President, has graciously agreed to impart her wisdom and expertise in conducting a special workshop all about the Annual Report Writing. If you are an Executive Board Officer or Committee Chair, you are responsible for submitting a report at the end of the year and if you are ‘new’ in your position, it is *strongly* recommended that you attend this workshop on Wednesday, Aug 21st from 1pm - 3pm, at the TWC Clubhouse. Light refreshments will be served. Please RSVP directly to Carolyn Pohlner, by email: cpohlner@gmail.com or phone: 310-370-2494. Thank You and I hope to see 100% attendance at this workshop.

Carolyn,
President

HELPING HANDS Bette Herbst



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

RESERVATIONS

Betty Robertson

Hello Everyone! I hope your summer is going well. With the help of Susan Warner, I will be your new Reservations Chair. This is an early reminder that reservations for our General Meeting on September 4th will be due on August 29th. This gives Richard time to shop and prepare our lunch. Please call me no later than August 29th with your lunch reservation. 310-367-1188. If you make a reservation but then are unable to attend, it is your responsibility to still pay the \$20.00 for lunch. I hope you all understand that once Richard buys and prepares the food, it has to be paid for. I am so looking forward to seeing everyone again.

“SUMMER BOARDS” EXPERIENCE

As President, I attended my first Summer Board Conference in Ontario, CA, July 11-13th, with Marina District 1st VP, Lynn Robinson as my roommate. The Conference derives its name because the entire State Executive “Board” of Officers are on hand to introduce themselves and their agendas for the upcoming year. And because it meets in the “Summer.

Structured very similarly to the State Convention, I attended General Assemblies throughout most of the day Friday and Saturday morning and participated in break-out workshop sessions on Friday afternoon. I was surprised by the amount of useful information I learned from the General speakers, as well as from individual Club and District members I met sitting next to me at my own table. These conferences and conventions can be extremely helpful to first-time officers, like me, and hearing how other Clubs operate, fundraise and retain their members is of vital importance to me right now.

One of the most interesting philanthropies I heard about this past weekend was the “Making Spirits Bright” organization - which supports lower-ranked military personnel and their families, with food drives, baby supplies, and gifts for entire families at the Holidays. I will be sharing this information with our TWC Philanthropy Committee later this Fall,

when we meet to decide which charities we’ll want to donate to throughout the upcoming Club year.

Carolyn



Lynn, Suzanne Beaudelaire (RBWC), Angie Waller (Marina President), Carolyn, Sheila Kutkas (RBWC, seated) and Sonya Matthies (CFWC President) Photo courtesy of Suzanne.



AUGUST

3	Susan Warner
8	Roberta Smith and Cherie Wisman
9	Maxine Trevethen
12	Judy Foster
13	Linda Neves
19	Frances Hunter
27	Linda Lescoe
29	Charlotte Kyes

HAPPY BIRTHDAY TO YOU!!

Just a thought

“No act of kindness, no matter how small, is ever wasted.”

-Aesop

WAYS AND MEANS CHAIR

Pam Ament



Hello Members,

We have an exciting August fundraiser planned for TWC!

Let's Paint (see attached flyer) will be a wonderful way to unleash the artist in each of us.

The event will take place on August 14th, with a Social Hour starting at 1 pm, and painting sessions from 2 pm to 4 pm, where we will bring out the Van Gogh in each of us.

The cost is \$25.00 per artist, which includes wine and snacks. The class will be taught by Debbie Ahrendt, who happens to be Sharon Broadbent's sister.

Please RSVP by August 10 to Pam Ament at ament.pam5@gmail.com or 310-344-8605.

We hope to see you there. More information can be found on the flyer but call Pam for further information. Feel free to bring your friends and let's enjoy the afternoon together.

Your Ways and Means Committee,
Pam Ament Lois Koza
GG Mansfield Janice Petrosino
Linda Pollick Betty Robertson

TWC Newsletter Naming Contest - Grand Prize \$50

Hello Clubwomen! Don't you think it's time our wonderful Newsletter had a NAME?



Well, don those thinking caps and come up with a catchy one and you could win a \$50 Target Gift Card for your efforts!

Some suggestions to get those creative juices flowing:

Torrance Woman's Club Courier
Torrance Woman's Club Chronicle

Torrance Woman's Club Crier
Torrance Woman's Club Connection
TWC Tidings

Please submit your entries by Sept 1st, DIRECTLY to Carolyn Pohlner and members will vote on suggestions at our Sept 4th General Meeting.

TECHNOLOGY CHAIR IN THE CORNER

Mary Alessandra-Cook

First sharing of news is an update on our Projector Project. The controller piece of the equipment bundle that was back-ordered was finally received in at the end of July, so we have had to push installation of the project equipment out to mid-August. That still leaves enough time to get everything in place by the time we resume meetings in September. If anything unforeseen occurs to push the plan out again, I will let you know when we meet in person in September.

For this month's tech article, I am going to pass on word for word from Kim Komando's article on whether it is worth providing your voice to your bank. Her article asked that it be passed onto friends and family. I hope it helps you with your own personal decision on the topic.

Your bank wants your voice

You already gave your bank your DOB, Social Security number and your mother's maiden name. Now, they want your voice.

Banks say it's an extra layer of biometric protection against fraud and cybercrime. But with the rise of hackers stealing voice data for deepfakes, is it worth the risk?

The identity arms race

Hackers are always one step ahead. If you're skeptical of your bank having your voice data on record, you're not crazy — you're smart. A voice can be cloned using AI with as little as 10 seconds of audio. Frightening.

No matter how much money you have in the bank, a hacker or scammer wants it. Call your bank's customer service line that you see on its website and

ask to opt out of voice authentication. It takes two minutes.

Make the hackers 'loan ly'

Of course, because you're smart, you use strong unique passwords, you enable 2FA, you don't bank on public Wi Fi, and you always monitor your accounts. But it might be worth a phone call or trip to your local bank branch to ask if they offer extra security features.

Secure keys: This physical or digital device generates one-time passcodes that are usually only good for 30 seconds for safer online banking.

Banking alerts: Set up text or email notifications for various real-time account activities, such as large transactions, failed login attempts and account changes.

Account lockout features: Many banks offer options to automatically lock your account after a certain number of failed login attempts.

Advanced access: This is enhanced security for certain activities using additional verification steps. For example, Morgan Stanley asks me for a one-time passcode if I log in at a new location.

Please feel free to also share this story with your friends and family to keep them safe before the tsunami of voice-cloning scams hits. They're coming! Let's do our best to fight back.

DAY OF COMMUNITY SERVICE – TWC AT LA REGIONAL FOOD BANK Mary Alessandra-Cook

Here's the hands on community service we all look forward to doing- our only cost is the labor of our time and being willing to spend a few hours helping to put food into boxes at the beautiful Los Angeles Regional Food Bank in the City of Industry. The state of the art facility uses a modern assembly line and food stations, which make the process very easy for anyone to work. Think of how much fun Lucy and Ethel had in their episode packing the candy – we will have just as much fun too!

Whether you are a seasoned member or just brand new to TWC, this event is great and welcomes your participation. Here is the information:

Saturday, September 14, 2024

9:00 AM (check in by 8:30 AM) to 1:00 PM

Meeting Location:

Los Angeles Regional Food Bank - CITY OF INDUSTRY SITE

2300 Pellissier Place, City of Industry, CA 90601

Here is the sign up link- and you can also contact TWC member Mary Alessandra-Cook to send you the link:

Los Angeles Regional Food Bank - Volunteer Console (cervistech.com)

PLEASE NOTE:

- Volunteers must be able to lift between 10-25 lbs.
- Arrive 15-20 minutes early to allow time for parking and check-in.
- Plenty of free parking available on-site.
- The minimum age requirement to volunteer is 18.
- No walk-ins are allowed - all volunteers must register online ahead of time.
- For your safety, headphones/earbuds cannot be worn in the production/volunteer area.

DRESS CODE:

- All volunteers must wear closed toe/closed heel shoes.
- Casual and comfortable attire is recommended.
 - o Ex: t-shirt and jeans
 - o For safety reasons, please no shorts or tank tops
- Effective 3/14/2022, they will no longer be requiring volunteers to wear a mask; however, it is strongly recommended.
 - Gloves will be provided on-site.

Fight hunger with us by giving just a little bit of your time. We know you will walk away with feeling on top of the world for making a difference!



CIVIC ENGAGEMENT AND OUTREACH – Mary Hileman

LIBRARY HAPPENINGS

Armchair Traveler Book Group meets on 8/14/2024 11:00 am at the WALTERIA Library 3815 242nd St. The novel for discussion: Number One Chinese Restaurant: A Novel by Lillian Li

Piano Potpourri with Dr. James Lent – 8/9/2024 2:30 pm at Katy Geissert Civic Center Library. Dr. James Lent, faculty member of the UCLA Herb Alpert School of Music, performs a variety of pieces on the piano.

Change and the Torrance Civic Center: Join Librarian Michael George as he discusses the history and potential future of this valuable piece of civic real estate. 8/3/2024 at 2:30 pm – Katy Geissert Civic Center Library

TORRANCE ROSE FLOAT ASSOCIATION

The design for the 2025 Tournament of Roses Float has been approved by the City Council. Soon you can see a picture of it on the Rose Float Association's website. www.torrancerosefloat.org

You can support a Rose Float Association Fundraiser on Wednesday, July 31st 7:00 am - 9:00 pm at Hof's Hut, 23635 Crenshaw Blvd., Torrance.

TORRANCE HISTORICAL SOCIETY

Fall Tour of Historic Homes – A self-guided tour of the inside of four historic homes in old Torrance.

Saturday & Sunday, October 12 & 13, Tour begins at the Museum, Time: 11:00 am – 4:00 pm

Cost: \$50.00 per person

For reservations, please call the museum at 310 328-5392 www.TorranceHistoricalSociety.com

TORRANCE THEATRE COMPANY

The Little Mermaid: August 3 – 17, 2024 A musical at the Armstrong Theater. In a magical kingdom beneath the sea, the beautiful young mermaid Ariel longs to leave her ocean home to live in the world above. Fun costumes, fantastic

music, and a heartfelt story. Tickets \$25.00 - \$45.00 can be purchased at www.arts.torranceca.gov or 310 781-7171

The brochure for the Torrance Theatre Company 2024-2025 season can be found on the theater's website. The new season begins in October.

For tickets or more information: 424 243-6882 www.TorranceTheatreCompany.com

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.), which is located next door to the City Hall.

The next meeting of the Commission on Aging is scheduled for Tuesday, August 6th at 9:30 am.

The featured speaker will be Grace Fallwell, Program Coordinator at HELP – Helping Elders Live Productively. HELP provides free resources, services and referrals to help older adults make informed decisions.

The July meeting featured a presentation by Tommy Ton, Outreach & School Relations at El Camino College.

El Camino College Community Education program was discussed. The Fall Catalog will be available on the website www.eccommunityed.com

310 660-6460 for further information.

HEALTH and WELLNESS

MARY HILEMAN

As we know, exercise is important for our overall health and wellbeing. Some kind of exercise every day can help keep us moving. Torrance offers many movement and exercise opportunities.

Bartlett Senior Walking Club: 1318 Cravens Ave., every Friday at 10:00 am. All levels are welcome.

Mini Fitness Center: Now open at the Bartlett Center – Monday – Friday 9:00 am – 3:00 pm (closed for lunch from 11 – 12:30) \$5.00 annual membership fee.

There are many types of exercise classes held at the Bartlett Center – including chair exercise

Torrance Memorial Hospital offers many exercise classes including stretch, chair Yoga, Tai Chi

Dancing is a great form of exercise. Salsa and Line Dancing classes are available at the Bartlett Center, at TUSD Adult School and Torrance Memorial.

You can also watch exercise programs on DVD, TV and You Tube or take a walk around the block or at the mall. Most senior Medicare Advantage Plans offer Silver Sneaker membership for use at various gyms in the community.

Contacts for class offerings and schedules:

Bartlett Center: 310 320-5918

Torrance Memorial: 310 517-4666

TorranceMemorial.org/classes

TUSD Adult School: Registration for the Fall term has begun. You can see the course catalog at www.tusd.org Under Programs select Community Education and Interest

SENIORS DON'T BE SCAMMED – SELECTING A CONSTRUCTION CONTRACTOR

Seniors are a vulnerable audience, often preyed upon by unlicensed or unscrupulous contractors.

The California State Contractors Board has the following suggestions to keep in mind before hiring a contractor:

1. Do a license check at cslb.gov
2. Check to see if permits are required for your project, see if the contractor will apply for the permits
3. Check that the contractor has liability and worker's compensation insurances

4. You have 5 days to cancel a contract if you change your mind
5. Get and check references, and get at least three bids for your project
6. Avoid door to door pressure
7. Do not give a deposit or down payment without a contract. Do not give cash. A downpayment should be 10% or \$1,000.00, whichever is less
8. If you sign a contract electronically, ask for a paper copy

outreach@cslb.ca.gov for more information





Wednesday, August 14th

At The Torrance Woman's Club Clubhouse

**1:00 pm Social Hour
2:00 – 4:00 pm Paint**

Debbie Ahrendt of "Let's Paint" will provide everything needed to do the paintings (see picture below), including canvas, easel, brushes, paint, and aprons.

Show up to enjoy an afternoon of creativity, wine, friendship, and light refreshment.

The size of the canvas will be 12" x 16".

**R.S.V.P. by August 10th to Pam Ament:
310-344-8605 or ament.pam5@gmail.com**

\$25.00 per person

**Checks made payable to:
The Torrance Woman's Club**



1422 Engracia Avenue, Torrance



With its unwavering commitment, the Torrance Woman's Club has a long history of helping its community and others in need. Founded in 1921, it is affiliated with the California Federation of Women's Clubs and the General Federation of Women's Clubs. We are a 501(c)(3) Non-Profit Organization open to anyone wishing to contribute their time to benefit others.