



#### 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-- Lynn Robinson, 1st VP/Dean-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-, Yearbook-Open, Newsletter-Carol Woods, Reservations-Susan Warner, Parliamentarian-Gina Radocchio, Historian-Open, Directors-Madonna Davenport/Lee Large/Fran Day

## SEMEMBER 2023 NEWSLETTER

# PHASE I-WINDOW RESTORATION SET FOR SEPTEMBER 7 AND 8!!

## PRESIDENT'S MESSAGE

**Lynn Robinson**

Welcome back! As you can see from above our window repair is scheduled to begin on September 7th. This opened another Pandora's Box – the drapes. They have to be taken down before the repair work. Who and when can they be taken down? Do we clean and re-fireproof or replace? If the painter can't come right after, do we re-hang? If so, do we clean or replace after the second take down? The House Committee and the board are working on the answers to these questions.

On Wednesday, August 23, 2023, we held our first Pajama Breakfast. See the photos at the end of this newsletter. Richard and his staff prepared a yummy breakfast and there was not a crumb left over! We had almost 30 ladies, most in their pajamas. The bar served Mimosas. Some added cranberry juice to theirs. I don't know if that has a name, but it was good! Everyone had a good time. We have some more ideas for "just for fun afternoons" so be sure to read the newsletter each month to find out what they are.

The California Federation of Women's Clubs has 4 areas in the state. We are part of Area C. In October each area holds a conference. Our Area C Conference is Saturday, October 14<sup>th</sup> in Long Beach. The CFWC President and First and Second Vice Presidents will be there. It would be nice to

have a group from TWC at the conference. It should be an enjoyable day and includes lunch. The flyer with all the details is on the last page of this newsletter.

I just received an email from the President of the El Segundo Woman's Club. Their clubhouse has just been listed on the National Register of Historic Places by the U.S. Department of the Interior. They are having a plaque unveiling ceremony on Monday, September 18<sup>th</sup> at 4:00 pm. Let me know if you are interested in attending. I have told their president that I am interested in finding out how they did this. It is something I have wanted to look into for us. It would be great if someone has already done the work and research!

I hope you all had a great summer and I look forward to seeing you all at the September meeting.



## PROGRAM

### **Carolyn Pohlner**

Welcome back,  
ladies to another  
busy year at the



Torrance Clubhouse – one that is filled with many entertaining programs for you! You may refer to your Yearbook for a complete listing of all upcoming events – some new and some more traditional programs brought back by popular demand!

We hope you'll join us Sept 6<sup>th</sup> for a lively performance from the wonderful voices of the **L.A. South Town Chorus**. This is an a-cappella group, whose members include our very own Susan Warner. They will kick off the 2023-2024 calendar year in a fun, festive way.

Richard Brice, our Catering Manager, will whet our appetites with a delicious salmon and pineapple entrée, salad and a refreshing dessert.

## SEPTEMBER BIRTHDAYS

1	Marilyn Keller
1	Betty Paxton
2	Jerri Plum
20	Laurie Vaillant
22	Terry Moore
29	Pam Ament
29	Patricia Green
30	Lee Large



### Civic Engagement & Outreach

"Cup of Joe for a Joe"- Look for the ceramic coffee cups on the tables this month to donate some of your excess change.

## 1<sup>ST</sup> VICE PRESIDENT

### **Carolyn Pohlner**

(excerpted from the July 31 issue of *Quick Bytes*)

The origins of the term "National Day of Service" may have begun with Martin Luther King Day in 1994, but the term is used for many other days dedicated to service or volunteerism.

The original National Day of Service has inspired a movement of service and volunteerism across the nation and across the world. Some churches also celebrate a "Day of Service".

Ladies of The Torrance Woman's Club can participate a little early in this "National Day of Service" by contributing donations of food for The Volunteer Center's Food Pantry. We will be collecting your canned goods, boxed cereals, and packaged pastas at our **Sept 6<sup>th</sup> General Meeting**.

### ESO & Libraries - TWC Book Club

September is National Library Card Sign Up Month - I'm sure all our TWC book lovers have Library cards – and if you're like me, probably to several different Libraries! Why not use yours this month and check out the TWC Book Club's selected title, The Silent Widow, by Sidney Sheldon and join us for our discussion on Wednesday, September 20<sup>th</sup> at 1 p.m. Anita Dinicola will host the discussion at her residence, The Huntington Retirement Hotel at 20920 Earl Street.

I leave you with this message from Shari Meyer, CFWC Inspirational Values Chair. I felt it was particularly appropriate as we come back together in September, ready to begin another fun-filled, busy year with The Torrance Woman's Club!

Nothing behind me,  
everything ahead of me,  
as is ever so on the road.

Jack Kerouac

What if we read the last line this way

**"as is ever so in Federation?"**

Would that not be an encouraging, even inspiring way to look on our clubs?

## **TECHNOLOGY CHAIR** **IN THE CORNER**

**Mary Allesandra-Cook**

This month's tip comes from one of **Kim Komando's** recent newsletters, and I will edit it down to the basics that you need to know about **being charged to message your doctor.**

The doctor will see you now ... *anywhere*, thanks to telehealth. But patients have found these visits sneaking a hand into their wallets. A growing number of hospitals and doctors nationwide are charging patients just to message their doctors. That's leading to surprise fees as high as \$50 for an email!

It feels like we're getting nicked and dined for everything - but charging patients to ask a question seems pretty extreme.

Doctors have their reasons. Patients are furious. Let's break it all down.

During COVID, telehealth portals couldn't handle video visits like simple phone calls unless they opened call centers. Instead, they used email to screen patients and chose only a few for online video chats with a doctor. That's still a *lot* of emails.

In 2019, the U.S. Centers for Medicare and Medicaid Services added new billing codes that allowed healthcare businesses to charge for written messages. Slowly but surely, message fees have gone live. Some hospitals and offices use proprietary software to track who and how often a patient emails their doctor, while others are charging via common patient portals like MyChart.

Hospitals in Ohio, Illinois, Maryland, Texas, Pennsylvania, Oregon and California all have taken the pricey plunge. And many more will be moving to these pay-to-email fees as standard practice.

### **Tips to dodge patient messaging fees:**

Some chats are more likely to add dollar signs to your bill than others. Ways around the fees:

- If you need a doctor's direct advice, try to wait for a covered visit to bring it up. Anything that takes a doctor more than five minutes counts. That can include prescription changes, unexpected changes in ongoing symptoms or conditions, and regular check-ups for long-term conditions.

- If scheduling appointments, getting a new refill on a prescription, asking about a recent medical visit or following instructions from your doctor to send an update, you can probably message without worry. These messages don't usually get billed.
- When possible, send direct emails through your email client, like Gmail or Outlook. These are less likely to be charged than a patient portal like MyChart, although it's more challenging to contact a doctor's office directly.

**When in doubt**, call your healthcare provider and ask about their email billing policies. If you're kind, healthcare workers might help you determine the most affordable way to contact your doctor.

## **L.A. REGIONAL FOOD** **BANK PROJECT**

Torrance Woman's Club Day of Caring (with Family and Friends and sister clubwomen from South Bay Junior Women's Club and the Woman's Club of Redondo Beach) is set for Saturday, October 28<sup>th</sup> from 9AM to 1PM at the Los Angeles Regional Food Bank warehouse in City of Industry. Spots on our team, limited to 24 participants, are going fast. At press time we only have 9 spots left. If you want to go and haven't signed up yet, please contact Mary Alessandra-Cook directly to receive the email link. On this special fall Saturday, we will help assemble food packages for children, families, and seniors. The food packages consist of shelf-stable food items such as grains, canned fruits and vegetables, and protein. This will be fun day where we give a little bit of our volunteer time and make a huge difference in the lives of those who experience hunger in our greater community. Do you want to give back in this special way, then come join the team!

Mary Alessandra-Cook



## **HELPING HANDS**

### **Hildegard Graeber**

Hi to all TWC members, especially to those who contribute to the Helping Hands efforts. Whatever skills you can bring and share, we appreciate your “helping hands”. We have had lots of donated fabrics, so that we could cut and sew and stuff our famous Huggy Bears. Recently we shared our pattern and instructions with another woman’s club in Bakersfield after they heard about our continued donations to the 2 hospitals in Torrance. That group doesn’t meet in the summer, but they assured me that they will get busy sewing and giving to their hospitals in September. And I learned that they also sew and donate to the Painted Turtle Camp. So here are some pix of recent donations to the Camp, a fleece blanket, several bags full of lap quilts, a box full of turtle “skins” (they’ll be filled on site to become pillows), and the entry gate of the Camp.



**Years ago, we made a bus trip and toured the camp. I hope that we can do it again someday.**





## CALENDAR

**SEPT. 5, 10 a.m.** Set up for tomorrow's meeting

**SEPT. 6 Regular Meeting**

10 a.m. Social Hour

11 a.m. Business Mtg.

12 noon Lunch served

1 p.m. Program

**SEPT. 15 Newsletter article due**

**SEPT. 20, 10 a.m. Helping Hands**

**SEPT. 20, 1 p.m. Book Club**

**SEPT. 27, 10 a.m. Board Meeting**

**SEPT 28 Reservations** for the October meeting due  
[Notify Susan Warner]



## RESERVATIONS

**Susan Warner**

Time to make your reservation for our October 4<sup>th</sup> general meeting at the clubhouse. The reservation due date is Thursday, September 28<sup>th</sup>. The reservation fee of \$20.00 will remain the same, paid at the door when you arrive. If you do make a reservation and are unable to attend, we kindly request that you be responsible for the fee and notify our treasurer Sharon Broadbent. Please make your reservation with Susan Warner.

Telephone (310) 5344092

Or

E-mail luvsapanda1@aol.com

Reservations need to be made the Thursday before each monthly general meeting. Looking forward to seeing all of our incredible TWC ladies each month.

## HOSPITALITY

**Lois Koza**

Welcome back to all you sweet ladies as we begin our 2023-2024 year with our first meeting on Wednesday, September 6<sup>th</sup>. To start us off in a happy mood, the tables and room will be decked out in a Hawaiian theme! So, get your pretty outfits on and come join our first meeting!

Setup will take place on Tuesday, September 5<sup>th</sup> at 10:00 a.m. and since our setup sheet is not available yet, anyone interested in helping please contact me directly at 203-545-9048. I look forward to seeing all your smiling faces soon! Thank you! Lois Koza"



## TREASURER'S REPORT

**Sharon Broadbent**

I will be presenting the proposed club budget at the September 6<sup>th</sup> club meeting for approval by the membership. I will also be asking for members to join the philanthropy committee that will propose the charities that the club will support in the upcoming year

## WHAT TO BRING TO THE SEPTEMBER MEETING

Canned goods, boxed cereals, and packaged pastas for Volunteer Center Food Pantry

Excess change for Cup of Joe - put into mug on tables

Your aloha spirit.

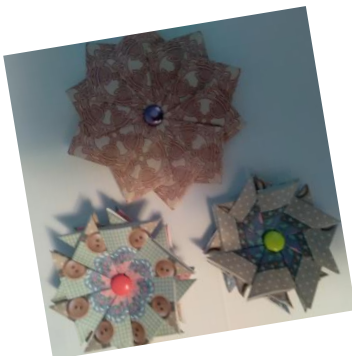


## CARD MAKING CRAFT CLASS

The “Helping Hands” crafting circle suspended their customary Huggy Bears assembly last Wednesday for a new experience when Carol Woods demonstrated how to make decorative greeting cards using specially folded strips of paper. The end results were heart-shaped designed Valentines, which will be mailed to Veterans, active-duty Troops, and First Responders come next February through Operation Gratitude.

Seven TWC members participated and enjoyed this craft so much, Carol has offered to teach us all a new technique next month – the art of tea bag folding. There were plenty of options to choose from, as Carol and others brought in their stash of crafting supplies to share, and each card was truly unique. The time really flew by, and I think several of us would have gladly enjoyed staying past noon to create more beautiful cards. Please consider joining us Sept 20<sup>th</sup> for more fun creating “Valentines for Vets”!

Carolyn Pohlner



## 2<sup>nd</sup> Vice President/Membership **Janet Petrosino**



Welcome back everyone from a relaxing summer! We look forward to seeing everyone again. This year we will continue the Mentoring Program. TWC has so many opportunities for helping the community from Helping Hands and Fund Raisers, we now have a new Book Club. In other words, there is a choice for everyone.

This July Jeanne Gilbreth and I set up a membership table at the Torrance Historical Society's” **Rock around the Block**” and had four enquiries on membership. Thank you, Janet Payne, for giving us a space to put our table. As a reminder to all members, please check out the back table for sign-ups for activities as well as other flyers. Remember to bring friends to our meeting and spread the word about our great club.

Here is a poem that I read and thought I would like to share it with all of you. It made me see how a new member might feel sometimes.

### **PAJAMA BREAKFAST**

#### **A PLEA FROM A NEW MEMBER**

I see you at the meetings, but you never say hello; You are busy all the time with others you already know.

I sit among the members, still I am a lonely gal; The new ones sit there with me while you quickly pass us by.

But, gosh, you have asked me in, and talk of fellowship; You could just step across the room, but you've never made the trip.

Why can't you nod and say hello or stop and shake my hand; Then go and join your friends, now that I'd understand.

I'll be at your next meeting, too, on that you can depend. So, won't you introduce yourself?

I want to be your friend.

## PAJAMA BREAKFAST



A decorative border of various tropical leaves, including Monstera and palm fronds, surrounds the central text.

# WE ARE ALL OHANA

CFWC AREA C Conference

Saturday, October 14, 2023

**THE GRAND, 4101 E. Willow St.**

**Long Beach, CA 90815**

**10:00 am – 3:00 pm**

**Free covered parking, Doors open at 9:00am**

**\$40.00 per Person**

**Guests: CFWC officers Barbara, Sonya, Wendy and  
Kathleen Fay, PTA lobbyist!!**

Hawaiian attire encouraged

Vendors, Silent Auction, District prizes

Light AM fare, with Cobb Salad Bar lunch

**Let's Learn a Hula!!**

**Reservations Deadline 09/22/23**

**To Sharon Broadbent.**