



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

OCTOBER 2024 NEWSLETTER

PRESIDENT

Carolyn Pohlner

Autumn Traditions

“Autumn carries more gold in its pockets than any other season.”

I don't know how true the above quotation is, but I know I look forward to Fall every year and all the wonderful traditions the season features - Football, Indian Summer weather, Pumpkins, Apple Cider, Raking leaves. I have such good memories of childhood autumns - the expectant bustle surrounding “Back-to-School” preparations – buying school supplies, especially new ‘pointy’ crayons, getting new clothes and shoes (in my case, a new uniform and saddle shoes!), my Mom making brown bag lunches - assembly-style, wrapping textbooks, and yes, even spending hours doing Homework with my brothers around the kitchen table!

Your Torrance Woman's Club has been doing its homework, too - preparing all Summer long, getting ready for all our “Back-to-Club” programs and activities. We welcomed back members with a shortened business meeting, including presenting the 2024-2025 Budget for Membership approval, we enjoyed a tasty Spaghetti luncheon, and a special Birthday Cake dessert for 94-yr old Jerri Plum and listened to musical entertainment from the

L.A. South Town Chorale! It was a very nice ‘kick-off’ to the Fall Season and Club Calendar Year! And there's so much more to come!

Please stay tuned and read more about what your Officers and Committee Chairs have planned for you in the months ahead – it's all right here in this Newsletter!

Happy Fall, Y'all!

Carolyn



OCTOBER CALENDAR

Sept 26	Reservations due for Oct. Meeting
Oct. 1	10:00 AM –Meeting Set Up
Oct. 2	General meeting -<u>Costume Contest</u> 10 am Social Hour 11 am. Business Meeting 12 pm Lunch & Program Flower Duet
Oct. 05	10:00 AM – Area C Conference Long Beach
Oct. 16	10:00 AM – Helping Hands
Oct. 30	10:00 AM - Board Meeting In person
Nov. 01	Reservations due for Nov. Meeting



MARINA DISTRICT CALENDAR

Sept. 28 GFWC National Day of Service
Oct. 05 Area C Conference

FIRST VICE PRESIDENT/ Dean of Chairmen OPEN



We're looking for someone to fill this position!

SECOND VICE PRESIDENT – MEMBERSHIP Carol Woods



The yearbook and membership card for this year [2024 – 2025] were handed out at the September general meeting. There was also an emergency packet containing an envelope with your name on the front, a green emergency contact card paper clipped to the envelope and a lavender folded medical information paper with a place for medical information –



PRIMARY CARE DOCTOR
DOCTOR'S PHONE \NUMBER
KNOWN DISEASES
OR MEDICAL ISSUES
LIST OF MEDICATIONS

Unfortunately, the medical information paper that was included with 2nd VP materials, was not correct. It is missing the primary care physician's name and phone number. At the general meeting on October 2nd, stop by the membership table so we can fix your emergency information. If you are not in attendance at the meeting, make other arrangements to get your emergency information up to date. **WHILE YOU ARE AT THE CLUB, WE WANT EVERYONE TO**

BE SAFE AND WELL TAKEN CARE OF IF THERE IS A MEDICAL EMERGENCY.

OCTOBER 2ND GENERAL MEETING ICE BREAKER BINGO “GETTING TO KNOW YOU” MEMBERSHIP ACTIVITY



How much do you really know about your fellow members? Well, here's a fun way to get to know one another better – an “Ice Breaker Bingo”. During our social hour (10am 10:45am), before the Business portion of our meeting begins, simply approach another member and get her to initial one of the squares on your Bingo card that she can answer truthfully. Only one set of initials per square and only one square per member. Cards and pencils available at Check-in table. This is an activity for all those who arrive before 10:45 am, as that's when the contest will end. For each completed row or column on your card, you will receive a See's Lollipop. (5 lollipops max) For anyone who completes the entire 25-squared card, a special prize awaits you!

Carolyn Pohlner and Carol Woods

THIRD VICE PRESIDENT/ HOUSE CHAIRMAN Lynn Robinson

TWC will once again be the refreshment stop on the Torrance Historical Society's Home Tour. The weekend of October 12 and 13 we will be handing out lemonade and cookies. We will also have our new AV set up showing a slide show about our clubhouse and a table with our information. If you are available to help, please contact Carolyn. The Torrance Rose Float Association will have a display of all the past City of Torrance Rose Floats. This is a great opportunity to show our house to the community.



RESERVATIONS

Betty Robertson

Hello everyone. Please call me, Betty Robertson, at 310-367-1188, for your reservation no later than **September 26th** for our meeting on October 2, 2024. I am so looking forward to seeing all of you!

FROM OUR TREASURER

Sharon Broadbent

Please be aware that if you make a reservation, we are committed to paying Richard for that meal, whether you attend the meeting or not. Please be sure to pay the club for any missed meeting that you reserved but were unable to attend. Also, Richard takes his count from the number of plates that are used. If you return to the buffet table for seconds, please do not get a clean plate, as that triggers the club having to pay double for your meal.



OCTOBER

- 06 Jan Avent
- 08 Joan Harmon
- 09 Bernadette Kociemba
- 12 Barbara Bounds
- 15 Alice Honda and Vicki Bilinski
- 16 Ellen Jenkins
- 17 Lynn Robinson
- 20 Mary Alessandra-Cook
- 21 Barbara Freeman and Deanna Hanson
- 22 Connie Hay
- 26 Sachi Kanenaka

HAPPY BIRTHDAY TO YOU!!

HOSPITALITY

Lois Koza

Hello Ladies !



Our next meeting will be on Wednesday, October 2nd and we will be setting up at the clubhouse on Tuesday, October 1st at 10:00. 🎃 🧛 🍁 🎃 🍁

This month we have volunteers for decorations but they need to place the decorations on the tables that are set up for our lunch 🍽️ 🍹 🍴 🍴 🍴

So, ladies this is where you come in, I welcome you to “come on over” lend a hand, sign up for the upcoming months, and with your help, we can continue to keep our room looking fantastic!!!! 🎃 🍁 🍁 🍁

Thank you and see you soon! 🧛 🎃 🍁 🍁
Lois 🎃

WAYS AND MEANS CHAIR Pam Ament



Hello Members,

Wow, what a fantastic kick-off meeting we had in September! Our purse and jewelry sales were a huge success, bringing in about \$500.00. I am incredibly grateful for everyone's support. Our Ways and Means Committee and activities have gotten off to a great start, and there are still more exciting things planned.

On the afternoon of October 23rd, we have a delightful Victorian High Tea event planned at the Clubhouse. Tickets are \$35.00 each, and it promises to be a fun-filled afternoon. So, dust off your gloves and hats, and let's all enjoy each other's company in the tranquil atmosphere of our lovely clubhouse. Remember to make your checks out to The Torrance Woman's Club, and you may pay in person or mail your payment to Pam Ament at 4203 West 179th Street, Torrance, CA.

Ellen Jenkins has kindly volunteered to lead our See's Candy Drive for the Holidays, so start getting those orders ready for family, neighbors, and

friends. The holidays are right around the corner, and having a box of chocolates on the table is always a great idea.

In November, at the General membership meeting, we will hold our Pound Auction. This will be our second time at the clubhouse, making it an Annual Event. Last year, with Irma and Annette hosting, it was a blast. We are hoping to make this year's Pound Auction just as fun. Look for gifts that weigh 1 pound and wrap them as beautifully as possible. I can't wait to enjoy the laughter and see the smiles again at this fantastic event!

December brings our Holiday Bazaar! If you're crafty in the kitchen or with items for décor, we will be setting up the day before with items brought by members. We are looking forward to anything and everything you might think of bringing! Every year, my neighbors ask me if the club will have jam and bread for sale at this event, and I'm excited to see what everyone will bring this year. My neighbors all know they will get something special made by one of our members.

That's the rest of 2024 in a nutshell. We're looking forward to seeing you at the meeting and at future fundraising events.

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

PHILANTHROPY COMMITTEE

The Philanthropy committee will hold our first meeting in early November, probably on Zoom. Any member is welcome to join the committee or make recommendations to the committee regarding charities that we should support. Members of the committee are Mary Alessandra-Cook, Pam Barrett-Hill, Mary Hileman, Lois Koza, Terry Moore, Sacha Ohara, Janice Petrosino, Carolyn Pohlner, Betty Robertson, and Lynn Robinson. If you would like to join the committee or make a recommendation, please contact Sharon Broadbent.

PROGRAM DIRECTOR Pam Barrett



Hi ladies; I'm very excited to announce that in October, being Halloween month, we will celebrate the holiday in style. **If you dress in a costume, you are eligible to be in the Costume Contest.** There will be a prize for two lucky ladies. Let's see who can be the most original?



Also, as our program entertainment, we have invited "The Flower Duets." they are sisters, Casey and Kit, who will show us how to make flower arrangements in fall colors. Their arrangements will be in a raffle for some of our lucky ladies.

Please stay !!
Pam



TECHNOLOGY CHAIR IN THE CORNER

Mary Alessandra-Cook

If you have been getting many fraudulent requests in your email that have an invoice attached and messaging you that your payment is due now, and you know that you are not doing business with that person, it can be very annoying. Of course, if you are sure that the invoice is fake, you can just delete the email. Sometimes it looks like it is coming from PayPal. Those are often phishing attempts, and you might want to report those emails to phishing@paypal.com and then delete them too.

But what if you have a small business or run a non-profit? Would the people paying your bills to outside vendors really know if the email is legitimate or not? Recently a scammer made an entire fake thread of an email using known legitimate email addresses and made it look like the leader of the organization had approved the payment, when in fact, that leader never saw nor created the email. Fortunately, the Treasurer in that case called the executive leader who was then

able to spot that email demanding payment was a fake. If the employee in that case had not stopped to double check, that company would have lost close to \$40,000.

Owners and leaders in small businesses and non-profits normally are close enough to the on-goings of the operations to know which bills are legitimate, but the payment employee or Treasurer may be misled if a scammer poses as the owner or leader. Scammers may also pose in Zoom chats or other online tools using AI deepfake photos. How can you help protect yourselves from paying fake bills?

Set up a safe-word password. Something simple like “tangerines” so that any bill can be questioned at any time and the safe word can be used to authorize a payment. If someone is posing online using a picture of the owner leader, we must come to a new normal in operating where that person can be asked, “what is the safe word?” Pretty sure that person won’t know it and everyone present will know that someone is trying to scam for money.

PROJECTOR PROJECT

Mary Alessandra-Cook

Our new AV equipment project was completed in August and rolled out for members to see at the Report Writing Workshop and the September General Meeting. I hope you are loving it as much as I do!



We now have the capacity to increase our use of visual presentation at our meetings. Of course, that takes some planning time in advance of our meetings, and I know that members will embrace this as we up our game in communicating. Most excitingly, we now have the capability to provide for fee a whole AV package for rental users of the Clubhouse. This should help bring in additional revenue to the Club and offset the cost over time.

Please help get the word out about our wonderful TWC Event Space when you hear family and friends are looking for a venue to host various celebrations. Whether a business meeting or a guest

themed event, our renters can now DIY more of their presentations instead of having to contract it out to a DJ or AV company.

Thank you, all Members, for making this investment in the future events at our beloved Clubhouse.

Mary Alessandra-Cook

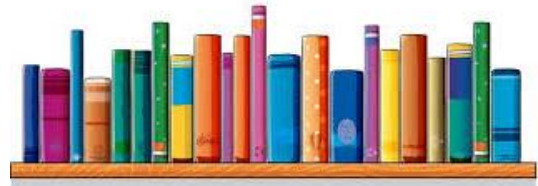
CORRESPONDING SECRETARY

Carole Delome

There was not time at the September meeting to read the TWC correspondence. We received thank you letters for the following donations:



- \$100 The Attic, City of Torrance
- \$100 1143-Fisher House, Long Beach VA HCS
- \$100 Ronald McDonald House Long Beach
- \$100 Community's Child
- \$300 Los Angeles Challenge



ROLLING BOOK CART - LIBRARIAN – Janet Payne

At our October meeting we will have a "RIBBON CUTTING" to celebrate the re-opening of our Rolling Library Book Cart. Please bring a good book you are willing to donate, hard copy or paperback in good condition. Please no old books that are not in tip- top shape.

You can also bring any good magazines that are fairly current. Bring a book, take a book, bring it back, take another. Prices will be \$1 - \$3 honor system.

Let's make this little cart something special....THANKS for your help. xoxoxoxjp

TWC DIRECTOR

Anita M Dinicola

I've been a member of this club since 1967 (over 50 years ago) I was very excited become a member and to participate in the activities and events.

We had fund raisers and sold sink boards and other items, volunteering in the community, in the schools, teen center and libraries. We had fun outings and trips to the casinos etc.

During my presidency I chose as my theme "The Heart of the Community" and I believe we were. There were several families that had Turkey on their tables at Thanksgiving because we gave the gift of caring. We were sisters in Federation. We would go to the district meeting and meet women from other clubs and share ideas to volunteer and help.

Now I see ladies just come and have lunch, which is socializing but I don't see volunteers do much or people jumping up to help even the simple act of being a helper to set up.

As a director I would like to encourage all of you to do more, help make our club better. Try it, you might like it.

CIVIC ENGAGEMENT AND OUTREACH – Mary Hileman

SENIOR HOLIDAY ARTS & CRAFT FAIRE

The annual Senior Citizen Holiday Arts and Craft Faire is scheduled for:

Date: November 9, 2024

Time: 9:30 am – 2:30 pm

Place: Ken Miller Recreation Center

3341 Torrance Blvd., Torrance, CA

H.E.L.P – Helping Elders Live Productively

Upcoming Events:

10/11/2024 – Class on Senior Monitoring Devices at the Katy Geissert Library

10/17/2024 - Stay Safe Series: Senior Scams (with Malaga Bank) at the AAA building on Hawthorne Blvd.

For Information: Contact HELP at 310 533-1996

TORRANCE HISTORICAL SOCIETY

The Historical Society's Historical Home Tour is back. There will be six homes on the tour this year. TWC will be a refreshment stop with a photo display by the Torrance Rose Float Association.

The Tour is scheduled for:

October 12 & 13, 11 am – 4:00 pm

Tour begins at the Historical Society Museum, which will open at 10:30 am that day.

The Museum is located at 1345 Post Ave., Torrance

Tickets are \$50.00

Contact: 310 328-5392

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, October 1st at 9:30 am.

Josh Gezahegn, from the Volunteer Center South Bay will be the featured speaker. His presentation will cover information about the services offered to the community and various volunteer opportunities available.

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

H.E.L.P. phone number 310 533-1996

HEALTH and WELLNESS

Mary Hileman

Maintaining Your Health:

Choices really matter. Start with a healthy diet – less processed food, less simple sugar (especially sugary beverages), plenty of fruits and vegetables, and high-quality protein sources.

Regular exercise is important as well. Balance training is great; this can help prevent falls, as does strength training. Cardiovascular exercise, especially of moderate intensity, helps reduce heart disease risk.

Regular medical checkups remain important, whether they are for blood pressure checks, preventive care screenings, or just having someone see if a new concern comes up.

TMMC Health Fair

Carolyn Pohlner

TMMC's Health Reception and Program, "A recipe for a Better You" last Wednesday evening, September 18 at the Armstrong Theater and Torino Plaza was exceptionally well organized. Pam Barrett and I went together and were very impressed with how professionally executed the whole event was. Many of the outdoor booths offered health screenings and the "giveaways" were numerous, educational, and useful. Even the snacks were appropriately nutritious – after all they were promoting healthy eating habits!

Inside the theater, we watched excellent Power Point presentations about diabetes and healthy diets and listened to some dynamic speakers, particularly Dr. Melanie Friedlander who educated the audience debunking the myths surrounding breast cancer, and Dr. Gretchen Lent, who dramatically recounted 9 typical and often tragic cases she's encountered in the hospital's Emergency Room during her tenure at TMMC. Pam and I both commented what a wonderful Program it was overall and are considering ways we can bring some of what we learned that evening to the members at Torrance Woman's Club.

HELPING HANDS

Bette Herbst



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

VALENTINES FOR FIRST RESPONDERS AND VETERANS



In October, The Torrance Woman's Club is going to make valentines for first responders and veterans to thank them for their service. The Operation Gratitude website has great teaching videos showing how to create beautiful cards! Take a peek at the different ideas and then join us on Wednesday, October 16th, at the club house to participate in this project. There will be ample supplies to create beautiful cards but if you have something special you would like to share, bring it along.



Family & Elder Fraud Prevention Event

Mary Hileman

A very informative Family & Elder Fraud Prevention Event was held on September 7, 2024 at the Mary K. Giordano Regional Transit Center in Torrance. The Event was sponsored by the FBI Citizens Academy Alumni Association. An organization dedicated to community outreach supporting the FBI. Presenters included the FBI, Torrance Police Department Cybercrime Division and the US Attorney's Office. The focus of the event was to hear what frauds and scams are prevalent in our community and learn ways to protect ourselves. The most common types of scams currently in operation are:

Grandparents Scam: Criminals pose as a relative – usually a child or grandchild – claiming to be in immediate financial need. They may ask you to provide the money in cash gift cards. Stop! Don't send money. Don't be rushed. Check with a family member.

Romance Scam: Criminals pose as interested romantic partners on social media or dating sites. They will express a need and ask for money. Stop! No matter the reason, don't send money, gift cards, wire transfers, cryptocurrency, or a payment app.

Tech Support Scam: Criminals pose as technology support representatives and offer to fix non-existent computer issues. Stop! Don't call a phone number or click on a link. Don't give control of your computer. Don't send money.

Someone from the Government or IRS asks for money: Stop! Don't send money or provide personal or identifying information. It is a scam.

Someone from Social Security or Medicare asks for personal or identifying information: Stop! Don't give out any personal information. It is a Scam.

Someone from your bank, credit card company or utility company asks for personal and identifying information: Stop! Call them back on a number you know and ask if they have contacted you.

Someone from a Charity asks for money: Stop! Contact the Charity directly to make any donations.

Home Repair Scams: Someone knocks on your door or calls you. They pressure you to act quickly and might ask you to pay in cash or offer to get you financing. They run off with your money and never make the repairs, or the repairs are shoddy and make things worse. Stop! Don't give them any money. Check out any company that you consider hiring for repairs.

Someone says that you won a prize or lottery winning but you have to send a fee: Stop! Don't

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Someone says that you won a prize or lottery winning but you have to send a fee: Stop! Don't send money. It is a scam.

AVOID A SCAM:

Don't give your personal or financial information in response to a request that you didn't expect. Honest organizations won't call, email, or text to ask for your personal information, like your Social Security number, bank account or credit card numbers.

If you get a call, email or text message from a company you do business with and you think it is not real, it is still best not to click on any links. Instead, contact them directly with the website or telephone number you know to see if they have contacted you.

Resist the pressure to act immediately. Don't send money, gift cards, etc. Stop and talk to someone you trust. Before you do anything else, tell someone – a friend, a family member, a neighbor – what happened.

Who to call and how to report: The FBI's Internet Crime Complaint Center is responsible for receiving Elder Fraud complaints. File a complaint at www.ic3.gov

Or contact the Torrance Police Department Cybercrime Division, or

The Federal Trade Commission:
ReportFraud.ftc.gov or 1-877-382-4357



LOCAL EVENT FOR YOUR INFORMA

Battle of Dominguez Hills - The Mexican Victory
Mexican-American War Reenactment **October 5th**
- 10:00 AM to 4:00 PM

Dominguez Rancho Adobe Museum
18127 South Alameda Street
Rancho Dominguez*, CA 90220 USA



The Torrance Woman's Club Fall Victorian High Tea

October 23, 2024
2:30 pm – 5:00 pm

\$35.00 per person
Open to Members and Guests

Get ready for some excitement! Grab your fanciest hats and warmest gloves and prepare to join us for an unforgettable afternoon filled with delightful conversation, friendship, and fun. This promises to be an affair to remember, so don't miss out!

Reservations are a Must.
Please reserve your spot with Pam Ament at 310~344~8605
Or via email at ament.pam5@gmail.com
R.S.V.P. by October 15, 2024

Your Hostesses are the TWC Ways and Means Committee:
Pam Ament, Lois Kozal, GG Mansfield, Janice Petrosino, Linda Pollick, and Betty Robertson



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.



CAMP PENDLETON COLLECTION

Saturday, October 5th
9:00am – 1:00pm

Support Our Military Families

There are over 70,000 Marines at Camp Pendleton and 10,000 children under the age of 5! More than 160 babies are born there each month! Most families arrive with whatever they can fit in their car. With a very low income, most do not have everything they need for newborns and small children. They have need to furnish an apartment and set up a kitchen.

The Rotary Clubs of District 5280 are collecting new and gently used items for these young families. The families will select what they need from our contributions to the "Warrior Warehouse".

**DROP
OFF**

ITEMS NEEDED

Diapers and lots of them
Cloths- newborn to 13 years old
Sheets and towels
Pillows (no stains)
Sets of dishes and flatware
Sets of glasses
Pots and pans with lids
Halloween costumes
Strollers, cribs, high chairs
Pack n play bicycles



Hawthorne High School
4859 El Segundo Blvd.
Hawthorne, CA 90250

For More Info:

David Henseler
Rotary Club of South Bay Sunrise
310-753-0929