



The Torrance Woman's Club Voice



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 Torrancewomensclub1921@gmail.com

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- Pam Ament

NOVEMBER 2024 NEWSLETTER

PRESIDENT

Carolyn Pohlner

*"We make a living by what we get,
but we make a life by what we give"* ---Winston Churchill

Every November we celebrate Thanksgiving, when we literally “give thanks” for all that we have. But Torrance Woman’s Club members don’t limit themselves to one day, once a year. We ‘give’ all year long, and our lives are so much fuller as a result of our generosity and gratitude. In fact, scientific studies have shown that giving thanks and feeling gratitude can greatly impact our physical and mental health, resulting in stronger immune systems, lower blood pressure, greater life satisfaction and a better sense of purpose!

So, the next time an occasion arises when you are asked to “give” – be it of your time, your talents, or your money - please give generously and gratefully! Our November General meeting will feature the Pound Auction Fundraiser – Ladies, here’s a perfect opportunity for you to donate a pound of something, wrap it as nicely as you can, and then bid generously and often on all the items – not only does the Club win, but it will be beneficial to your own health!

Happy Thanksgiving!

NOVEMBER CALENDAR

Oct. 31	Reservations due for Nov. Meeting
Nov. 05	10:00 AM –Meeting Set Up
Nov. 06	General meeting
	10 am Social Hour
	10:45 am. Business Meeting
	12 pm Lunch & Program
	Pound Auction
Nov. 13	10:00 AM – Helping Hands
Nov. 15	9 am Marina District Meeting
Nov. 20	10:00 AM - Board Meeting
	Via Zoom
Dec. 05	Reservations due for Dec. Meeting



THINGS TO BRING ON NOV. 6TH

- A nicely wrapped item that weighs one pound for our "Pound Auction"**
- Pajamas, underwear and new toys- all children sizes - small to extra-large - all unwrapped for DCFS Christmas.**
- Items for the Volunteer Center Food Bank**



MARINA DISTRICT CALENDAR

Nov. 08	Board Meeting
Nov. 15	District Meeting and Bottle Auction

FIRST VICE PRESIDENT/ Dean of Chairmen

OPEN

**We're looking for someone
to fill this position!**



SECOND VICE PRESIDENT – MEMBERSHIP Carol Woods



In our quest to increase our membership, we are offering an incentive to members who bring in a friend who joins The Torrance Woman's Club. Each of you will receive one free lunch. So, add ships [members] to our fleet to increase our membership and "sail-ebrate" with us.

WELCOME ABOARD!!



THIRD VICE PRESIDENT/ HOUSE CHAIRMAN Lynn Robinson

TWC was once again the refreshment stop on the Torrance Historical Society's Home Tour, October 12th and 13th. Thank you to everyone who came and served refreshments and staffed our table to give out information about our club. We had our new AV set up showing a slide show created by Pam Ament about our club and clubhouse. The Torrance Historical Society and the Torrance Rose Float Association are both very grateful for our hospitality. The display of all the past City of Torrance Rose Float photos led to a 3-month display at the Torrance Historical Society Museum beginning November 3rd. Special thank you to Pam Barrett, Carol Delome, Terry Moore, Lynda Myers, Janet Payne, Carolyn Pohlner and Linda Pollack who helped put up and take down the display.



RESERVATIONS Betty Robertson

Hello everyone. Well, another month has almost slipped away from us. The deadline for lunch reservations is October 31. So, when you wake up Halloween Day, please give me a call with your lunch reservation. Thank you so much.

Betty Robertson, 316-367-1188 or betsew@aol.com

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.



NOVEMBER

4	Donna Webb
6	Marilyn Barker
7	Gloria Falardeau
13	Emily Atkins
13	Ericka Chapman
16	Lou Schumacher
17	Mary Hileman
18	Lynda Myers
18	Charlotte Sappington
25	Beverly Saliba

HAPPY BIRTHDAY TO YOU!!

HOSPITALITY

Lois Koza 🌻

Hello Ladies! 🌻🌻



Our November meeting 🍁
will take place on Wednesday, November 6th.
Looking for volunteers to help in the setup on
Tuesday, November 5th at 10:00AM. 🍁🍁

Oh and ladies, please don't forget, November is
the month of giving so please let's continue to
help the Torrance Food Bank for Kids with our
generous food donations. It is so needed and so
much appreciated. 🌻🌻

Thank you and I will meet you at the clubhouse
door 🚪 !

Lois Koza 🍁🍁

WAYS AND MEANS CHAIR Pam Ament



It's November. Fall is here,
and so is our 2nd Annual Pound
Auction Fundraiser! We will hold our
Pound Auction at the General Membership Meeting
on November 6th after our Lunch and Business
Meeting. (Thank you, Program Chair Pam Barret-
Hill, for lending us this space and time.)

How does a Pound Auction work? Well,
bring your item that weighs 1 pound. It can be
anything from a pound of candy to a pound of raw
pasta; use your imagination.

Wrap the item you want to donate to the
Auction so that we do not know what is inside the
wrapping, and we will take it from there.
Auctioning will be fast, furious, and fun! Oh, and
bring your checkbook or cash works just as well.
All proceeds will go into the Fund that allows us to
give so much back to our community in the Spring
of 2025 when we give, give, give.

We are looking forward to the event; if you
attended this Auction last year, you know how much
fun we had. See you soon.

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

PROGRAM DIRECTOR Pam Barrett

Hi ladies; I love November because we have our
annual turkey with stuffing lunch and all the
"trimmings" that go with the meal! We know that
"thanksgiving" is approaching and we have so much
to be "thankful" for, like our health and each other!!

I'm lucky because I'm working with Pam
Ament on the program for November. It is our
"2nd" Annual pound auction. Pam will be our
"auctioneer" and as her "ways and means" article
explains, we will have "surprise" gifts that weigh a

pound. They need to be decorated "beautifully" so they don't look like a pound of "flour"! --let's be creative and have some fun!! Thanks!!

TECHNOLOGY CHAIR IN THE CORNER

Mary Alessandra-Cook

Technology Chair in the Corner

How to Spot an AI-Generated Image: A Guide for Seniors

In today's digital world, it is harder to tell if the photos and videos we see are real or computer-generated. Advances in artificial intelligence (AI) make it easy to create highly realistic images that look authentic. However, there are some key signs that can help you spot an AI-generated image. Here are seven clues to watch for:

1. **Perfect Symmetry:** If an image looks like you could fold it in half and the two sides match exactly, it might be AI-generated. Real people and landscapes are not perfectly symmetrical.
2. **Distortion:** AI images often have odd distortions. Look closely at people in a crowd—someone might look strangely melted or stretched, like an oil painting gone wrong.
3. **Unusual Proportions:** Objects in AI-generated images sometimes have the wrong size. For example, cars might look as tall as houses or doors too small for anyone to walk through.
4. **Shadows and Lighting:** In real life, shadows follow the rules of physics. In AI images, shadows might go in strange directions or look inconsistent with the light source.
5. **Unnatural Textures:** AI can make things appear too perfect, like skin with no blemishes or wrinkles. Or, on the other hand, textures might be overly detailed with exaggerated pores and lines.
6. **Watermarks:** Free AI tools often add a watermark to their creations. Look for logos or text in the corners of an image that indicates it was made by an AI.
7. **Weird Details:** Look for odd features, such as too many fingers on a hand, accessories that do not match, or faces that just do not seem right.

If you are unsure whether an image is AI-generated, try using free tools like AI or Not or AI Art Detector to check. Google's reverse image search is also a handy tool to find the original source of an image.

By keeping an eye out for these signs, you can better protect yourself from misleading or fake images.

Submitted by Mary Alessandra-Cook, Technology Chair, with editing by ChatGPT from Kim Komando source.

ESO NEWS

Mary Alessandra-Cook

We have a new ESO pledge member, Sacha Ohara, who has started working on her first level of reading towards Member Level. This level is comprised of 16 books in total, 4 each from 4 separate categories. We all want to commend Sacha for joining and participating in this great program. Welcome aboard, Sacha!

Currently, our other ESO members, working on a variety of ESO levels are as follows: Mary Alessandra-Cook, Anita Dinicola, Carolyn Pohlner, Pam Ament, Lois Koza, Betty Robertson, and Janice Petrosino.

ESO, Epsilon Sigma Omicron, is an honorary educational society established by GFWC in 1928 open to all GFWC dues-paying members. California's chapter was chartered in 1954. The program is designed to encourage women to read a diverse array of books, stimulating a desire for self-improvement and expanding areas of interest. It is a self-paced program that gives recognition for reading.

If you like to read, and you have not yet joined our ESO program, contact our TWC ESO Chair, Mary Alessandra-Cook, and she will help you get signed up.



LOS ANGELES FOOD BANK COMMUNITY SERVICE PROJECT

Mary Alessandra-Cook

To align with completing a project for “GFWC National Day of Service September 28, 2024”, on Saturday, September 14, 2024 (the only available date at our local food bank), The Torrance Woman’s Club Family and Friends Team, together with the Woman’s Club of Redondo Beach, the South Bay Junior Women’s Club, also including Ellen Jenkins, TWC member and President of Torrance Meals on Wheels, joined forces for a heartwarming day of community service at the Los Angeles Regional Food Bank in the City of Industry. Nineteen passionate volunteers from our team came ready to make a difference, working with incredible energy and enthusiasm from 9 AM to 1 PM on the food assembly line!

Our team carefully packed boxes full of nearly fifteen nutritious items, including canned beans, vegetables, soups, applesauce, and more! The men in our group handled the heavy lifting, loading up pallets with the completed boxes. These food boxes will soon be in the hands of families in need across Los Angeles. We even helped create mesh bags that will hold fresh fruit for distribution, adding a little extra care to our contributions.

With smiles all around, we celebrated an amazing accomplishment—packing 3,696 boxes of food kits and assembling 1,800 mesh bags for hungry seniors and children. Though we were all a bit tired at the end, snacks brought by our team captain, Mary Alessandra-Cook, recharged us, and the sense of fulfillment left everyone buzzing with excitement. It was a truly successful day, and we can’t wait to do it again!



(Photos Reprinted from the So. Bay Juniors W. C. September Newsletter)

SALVATION ARMY BELL RINGING

Carolyn Pohlner

I have spoken with Major Tim Smith of the Salvation Army-Torrance regarding our Bell-ringing



Bell Ringers
Needed!

commitment and we have scheduled, Tues, Dec. 17th from 10am to 2pm at the Ralph's Grocery store on Sepulveda - next door to Target. (This is the same place we were at last year.) If you are interested in volunteering a 1-2 hour shift that day, please let me know, we may be able to Ring all day if we get enough volunteers! I usually like to schedule 2-3 volunteers for a 2-hour shift, so if there is someone you would like to Ring with, please let me know and I'm happy to schedule you together.

Carolyn
310-370-2494

ARTS & CULTURE

Carolyn Pohlner

At The TACC’s “Women in Business” meeting last week, Margaret Lindsay, Executive Director of Destination Art, announced their upcoming Anniversary Celebration promoting 10 years of connecting Torrance residents to the Art Community. A special Gala Fundraiser will be held Saturday, Nov 16th from 12noon to 4pm.



Admission is only \$20. Why not check this out and see for yourself how Destination Art showcases their programs to benefit our entire community?!

CORRESPONDING SECRETARY Carole Delome

TWC received “Thank You” notes and letters for the following donations:

- \$100 United Nations “Shot@Life“ Program for Measles Immunizations
- \$500 The Friends of the Arts at Narbonne & Harts Schools (FANHS) Scholarship Fund

A special donation to the Clubhouse Fund was received from former TWC member, Cindy Wall, in memory of Lois Jones.

CIVIC ENGAGEMENT AND OUTREACH – Mary Hileman

Torrance Rose Float Association

The Torrance Rose Float Association is taking orders for rose vials for the 2025 Rose Float. For a small donation you can purchase a rose vial with your name or a dedication message.

torrancerosefloat.org

Rose Float Pictures

The pictures of the Rose Floats since 1914 will be on display at the Torrance Historical Society for the next three months. This is a once in a lifetime opportunity to view these beautiful colored pictures of the City of Torrance Rose Float history.

1345 Post Ave., Torrance

Call 310 328-5392 for hours

Senior Tech Services

There are several opportunities to get free tech support for your phone, laptop or tablet.

Bartlett Center: Call the center for their next Tech Day and time. 310 320-5918



El Retiro Library: Saturday, November 16th, 11:00 am – 12:00 noon. 126 Vista Del Parque, Torrance

H.E.L.P.: Tech Tuesdays, by appointment. Call 310 533-1996 (The HELP office is located in the AAA building, 23001 Hawthorne Blvd., #203)

Torrance Travelers

Mission Inn in Riverside Holiday Festival of Lights: One of the nation’s largest holiday light collections.

Wednesday, December 11th, leaving Wilson Park at 3:00 pm, returning to the park by 9:45 pm.

Cost: \$80.00 – Includes dinner at the Spaghetti Factory

Registration: Thursday November 7th at City Hall West Annex. Registration opens at 9 am -11 am for city residents, and 10am - 11 am for non-residents.

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:

11/21/24: Stay Safe Series: Fall Prevention & Home Modification Class

For Information: Contact HELP at 310 533-1996

23001 Hawthorne Blvd., Torrance, #203

(AAA building)

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, November 5th at 9:30 am. David Mach from the City Transit Department be the featured speaker.

HEALTH and WELLNESS

Mary Hileman

Senior Monitoring Devices: A very informative presentation was given by Grace Farwell, Program Director at H.E.L.P., on Friday, October 4th at the Civic Center Library. The following is a summary of her presentation:

Life is Unpredictable: 1 in 4 people 65+ fall every year, 44% of adults 65 and older have a disability, 90% of older adults use prescription medication, 24% assess their health as fair or poor. 28% of older adults live alone or independently.

Do you need a Back Up Plan? An In-Home Monitoring System is designed to improve the health and safety of individuals living alone.

A Home System generally includes a base console and a wearable device (pendant, wristband, bracelet, smartwatch, etc.) An On-the-Go System just includes a wearable device.

Systems can be Monitored or Unmonitored. A Monitored System alert goes to a Monitoring Center and agents assess your situation. (You may just need the help of a neighbor or family member, or the help of the Paramedics.) An Unmonitored System alert goes directly to the Paramedics.

A Benefit of a Monitoring System could be a faster response time during a medical emergency. It could also improve the peace of mind for you, your family, and caregivers.

All systems include the basic response option. Several add-ons are available with many systems, however at additional cost. These may include Fall Detection, GPS tracking, Lock Box to access a key to your house, and voice activation.

Check with your insurance carrier to see if discounts for a system are available.

To review the cost and compare systems features H.E.L.P recommends reviewing a report by the National Council of Aging
www.ncoa.org/adviser/medical-alert-systems/

HELPING HANDS

Bette Herbst



Due to a change in the board meeting date because of Thanksgiving, Helping Hands is meeting on the second Wednesday, November 13th. We will be working on a holiday boutique item to sell and making bears for the hospitals.

CHILD ADVOCATES

Gina Radocchio, Chairman

Hello ladies! In keeping with our request last month for the foster children, DCFS (Department of Children and Family Services) has requested new pajamas and undies for the children to be given as Christmas gifts. The sizes requested are girls and boys sizes small, medium and large. Toddler sizes for pajamas for the younger children. Thank you for your kind generosity in the past years helping the children. I am also accepting new unwrapped toys. I will be collecting your donations at our November meeting or you can call me and I will be happy to pick them up. If you are unable to go shopping, I am happy to do the shopping for you. Please contact me and I will let you know how to get your donation to me. If you have any questions, please give me a call: 310-379-8315.

Thank you, ♥ Gina

**HOW DO YOU FRIGHTEN
THIS NEW GENERATION?
MoreCrazyStuff
PUT THEM IN A ROOM
WITH A ROTARY PHONE,
AN ANALOG WATCH AND A
TV WITH NO REMOTE(ADD
RABBIT EARS FOR FUN).
THEN LEAVE DIRECTIONS
FOR USE IN CURSIVE.**



Grand Re-Opening

Torrance Historical Society & Museum



With weather-related repairs stabilized,
new lighting installed, display boards repainted . . .
*we're ready to welcome YOU through
the doors of history, again!*

In collaboration with the
Torrance Rose Float Association,
we invite you to the unveiling of
Floating Through the Decades—
a framed photo collection of
Torrance Rose Float Parade Entries



Sunday, November 3 | 1:00 PM - 4:00 PM

1345 Post Ave., Torrance, CA 90501 🌹 310.328.5392

Take time to see the roses!



TORRANCE WOMAN'S CLUB TEA
(photos by Carol Delome)

A very proper and beautiful afternoon tea was enjoyed by all who attended this delightful event hosted by the Torrance Woman's Club. The table settings were elegant, and the food was delicious.

The catered tea party was an opportunity for us to dress up in our fancy clothes, including hats and gloves, and to socialize with each other. We also had fun learning some esoteric facts about tea by being challenged with a short multiple-choice quiz.



(Reprinted from the Marina District November Ship's Log)



Save the Date!

Please join us Wednesday, December 4th at

11:30am at the Clubhouse for a

Holiday Potluck

&

Gift Exchange

HoneyBaked Ham and Turkey provided –

You sign up to bring a side or dessert and
a wrapped gift valued at \$15!

Please RSVP by Nov 29th to
Carolyn Pohlner or Pam Barrett-Kill

cpohlner@gmail.com; 310-370-2494

pamandjim2@cox.net; 310-548-3926