



# 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—Pam Ament , 1st VP/Dean-open, 2nd VP-Carol Woods, 3rd VP-Lynn Robinson, Recording Secretary-Ellen Jenkins, Corresponding Secretary- Carol Delome, Treasurer- Sharon Broadbent, Auditor- Lois Koza, 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-Janice Petrosino

## APRIL 2026 NEWSLETTER

### **PRESIDENT**

#### **Pam Ament**

Today, let's talk about the two most powerful words in Leadership known to anyone who chooses to lead others: Yes and No.

We all have those epochs in our lives when we remember our Yes answers re: a proposal, an offer on a house perhaps, even the upper-level schools we picked to continue our education. Yes, it is a word that conveys many different things such as support, your willingness to do something, the answer to a simple question, or mayhap just a way to make an offhand remark to something you are only half-listening to. We say Yes, every day to many different things, some of those things we really want to say Yes to and other times we say it without really meaning it.

Let's take on the word No. No is a final word, or it should be. A person should be able to say No without regret and without being questioned. No is a word that protects us and gives us shelter from those things coming at us that we cannot control.

These two words need to be given with thought and from the gut. If you know it is not for you then tell the truth; if you really want something, then go for it! The words Yes and No are not easy words to say,

sometimes we must think about our answer before we just say it.

Self-care is a way of life for volunteers: we say Yes way more than we say No. Think about that, because that one word can get us into a predicament that is sticky and brings consequences. However, more times than not, when we say Yes, we agree on a new opportunity, a new way of doing things. And, if there is one thing I know about women: we love learning new ways to do things and love a good challenge. (Continued on page 2.)

### **THINGS TO BRING ON April 1<sup>st</sup>.**

1. Items for the Volunteer Center Food Bank (Cereal, pasta, rice and canned fruit are especially welcomed)
2. Wrapped item that weighs a pound for our Pound Auction Fundraiser



## APRIL CALENDAR

<b>Mar. 26</b>	<b>Reservations due for Apr. Meeting</b>	
Mar. 31	10 am	Meeting Set Up
Apr. 1	General meeting	
	10 am	Social Hour
	11 am	Business Meeting
	12 pm	Lunch & Program
Apr. 8	10 am	House Committee
Apr. 15	10 am	Helping Hands
Apr. 29	10 am	Board Meeting
<b>Apr .30</b>	<b>Reservations due for May. Meeting</b>	



## MARINA DISTRICT CALENDAR

<b>Apr. 18</b>	<b>9:30 am District Convention Send Reservations to Sharon See flyer on last page.</b>
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(President's Message continued from page 10)  
I would love for each of you to think about these two words this month. You do not have to count them; however, I would like you to reflect on them before you give an answer. And think about why you are giving that answer. Answering No out of fear of the unknown for a job or task is not an option when you have already said Yes to Leadership. Answering Yes because it makes you feel good is also something to remunerate upon; we do things because we must. Always remember there are two sides to the coin.

When we say Yes, we open ourselves to so many wonderful things and memories are made. When we

say No, it is final and should be made for preservation or simple because you cannot do the job.

But, when we are called upon to lead, we must, and I repeat that word, we must say Yes. And then we get into the task of learning how to do it, because if we try, we are successful.

There is a term some of you may be familiar with: Watchtower Women. These are the women that carry the torches, the light, and like moths to the flame people flock to the light for warmth, for a destination, for comfort. We are the ladies that beckon others to our light, simply by being a leader. Watchtower Women are those that blaze the trails, bring safety, show the way. You may have not asked for this task, but this is the task leaders do.

So, carry your lantern high and say Yes, and mean it when you say it, do not fear, or think of what can go wrong...too many people are walking the path behind you. You were born for this, all that glitters is not gold, but those light-bearers that show the way are worth their weight in gold every single day.

Luv, Pam

### **FIRST VICE PRESIDENT/ Dean of Chairmen**

**OPEN**

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



## SECOND VICE PRESIDENT – MEMBERSHIP

Carol Woods



**Membership renewals are due!** We can accept cash or check made out to The Torrance Woman’s Club, credit card or on the donate now button on our website. If you use the website, please indicate what you are paying for in the memo box. Either bring it with you to the March meeting and give it to the membership committee or mail it to the treasurer, Sharon Broadbent.

**TREASURER**  
Sharon Broadbent



**New for 2026 - We can now process payments by credit card. Credit card processing fees are included in the prices below.**

**Monthly luncheon fee - \$20.00 + \$1 = \$21.00**

**2026 Dues - \$60.00 + \$2.00 = \$62.00**

**See Sharon if you wish to pay by credit card.**

**THIRD VICE PRESIDENT/  
HOUSE CHAIRMAN**  
Lynn Robinson

The House Committee met on March 11<sup>th</sup>. We’re still working on the sign. We have found records of a prior property boundry servey. Sharon has researched a City program that gives funding for exterior property repairs. She will attempt to get bids for exterior stucco repair and painting the sides and rear of the building so we can see how much we talking about.

The next meeting will be April 8<sup>th</sup>.



### MARCH

- |    |                  |
|----|------------------|
| 1  | Carol Nelson     |
| 5  | Sharon Broadbent |
| 6  | Jessica Leeds    |
| 9  | Sacha Duncan     |
| 10 | Hanna Knight     |
| 11 | Lois Koza        |
| 13 | Pam Sheerin      |
| 16 | Jeanne Gilbreth  |
| 17 | Patti Fuchs      |
| 20 | Yoko Mendelson   |
| 26 | Theresa Abbey    |







**HAPPY BIRTHDAY TO YOU!!**



### HOSPITALITY

Lois Koza 

Ladies



Sending a reminder that setup for our clubhouse is on Tuesday, March 31st at 10:00. Please feel free to come and help       - so we can continue to keep our tables “looking spectacular”.

Don’t forget the food for the pantry!  

Thank you!

Lois

### HEALTH AND REMEMBRANCES

Barbara Bounds had hip replacement surgery and after a short bout with pneumonia she is home and would love to receive cards.

Barbara Bounds

Silverado Beach Cities Memory Care Community  
514 N Prospect Ave.

Redondo Beach, CA 90277

## RESERVATIONS

**Betty Robertson**

Hello TWC Ladies.

Please let me know if you are going to make our luncheon meeting by calling me no later than **March 26th** with your reservations. Phone number is 310-367-1188, or leave a text, email [betsew@aol.com](mailto:betsew@aol.com) Always look forward to seeing your lovely faces.



## WAYS AND MEANS

Wow, 2026 is in full bloom and march brings our POUND AUCTION Fundraiser to our next General Meeting on April 1st! We appreciate your donated items and will gladly accept them the morning of the 1st, starting at 9:30 am. Social Hour begins at 10 am, and at 11 am. We will call the meeting to order, do a little business and then recess for our Auction! Lunch will be at noon, followed by the remainder of the meeting.

Please don't forget to wrap your items so we don't know what they are; let's have a bit of fun raising money for our community philanthropies. See you there and, as always, thank you for the generosity you share with the club and those we support: without each one of our members giving, we are nothing.

See you on April Fools Day!

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



## PROGRAM

**Pam Barrett**

April will be our Pound Auction and elections.  
Thanks, Pam



## TECHNOLOGY CHAIR IN THE CORNER

**Mary Alessandra-Cook**

### Think Before You Click: The Hidden Risk in Email “Unsubscribe” Links

That tiny unsubscribe link at the bottom of an email seems harmless, but in the wrong situation it can open the door to more spam — or even a scam. Cybercriminals count on people clicking without thinking, and last year Americans lost \$12.5 billion to email-based fraud. Many of those incidents began with a single click.

### Why Clicking Can Be Dangerous

If an email comes from a spammer, clicking unsubscribe doesn't remove you from anything. Instead, it confirms your address is active. Spammers then sell it, leading to even more unwanted messages. Worse, scammers often disguise fake unsubscribe links to look like they're from trusted brands such as Amazon, Netflix, PayPal, Microsoft, or your bank. The logos and colors look real, but the link leads to a site designed to steal your login or install malware.

### When It Is Safe to Unsubscribe

If you knowingly signed up for a newsletter or store promotion, the unsubscribe link at the bottom is safe to use. Legitimate companies follow federal rules.

But if you don't recognize the sender — or something feels “off” — do not click anything in the email.

**A Common Mistake: Marking Real Newsletters as Spam**

If you hit “Spam” on a legitimate newsletter, your email provider permanently blocks that sender. There's no way to rejoin the list later, even if you want to. Many publishers see this happen all the time.

Some companies can legally re-add you months later due to a loophole, but most cannot.

### Four Smart Ways to Protect Yourself

1. Use Your Email App's Built-In Unsubscribe

Gmail, Apple Mail, and Outlook offer a safe unsubscribe option near the top of the message. This method runs through your email provider, not the sender.

#### 2. Hover Before You Click

On a computer, hover your mouse over any link to preview the URL. If it looks strange or doesn't match the company's real website, delete the email.

#### 3. Block the Sender

Deleting junk doesn't help your inbox learn. Right-click the sender and choose Block so future messages never reach you.

#### 4. Try the Gmail "Plus-Sign" Trick

Add a plus sign and a word when signing up for things (example: yourname+coupons@gmail.com). You'll know exactly who shared your address, and you can filter or auto-delete messages sent to that alias.

### Clear Some Clutter

Check your spam, junk, or bulk folders and where you see that you are getting repetitive emails that you do not want, just make sure to block them and see how fast your folders start reducing.

Mary Alessandra-Cook *(with some Kim Komando and AI content help)*

## CIVIC ENGAGEMENT AND OUTREACH – Mary Hileman

*When we tell people to do their jobs, we get workers. When we trust people to get their jobs done, we get leaders.*

**What's New Around Town?** Driving north on Hawthorne Blvd. just past Carson Street on the left side on the street you will see the Double Tree Hotel. **A large colored mural is being painted on the south side of the building.** The artist is the famous mural artist, Robert Vargas. The mural will depict the three Asian Dodger Pitchers, Ohtani, Yamamoto, and Sasaki. The mural is expected to be completed in time for baseball's opening day this spring.

**SPRING ARTS & CRAFTS FAIRE:** Come out and support our Senior Community! Discover

beautifully handcrafted, one-of-a-kind gifts. Enjoy delicious treats from the cash-only snack bar.

**April 25, 2026, 9:30 am – 2:30 pm**  
**Ken Miller Recreation Center**  
**3341 Torrance Blvd., Torrance**



### COMMISSION ON AGING

**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.), located next door to the City Hall.**

**The next meeting is Tuesday, April 7<sup>th</sup>, 2026, at 9:30 am. All are invited to attend.**

**Featured at the meeting will be Christina Szczykowski, Torrance Police Department, presenting on the "Return Home Registry Program", which helps support members of our senior community.**

## HEALTH and WELLNESS

### Mary Hileman

*Kindness is a language which the deaf can hear and the blind can see.*

**I ♥ CARDIOLOGY:** Simple steps and advanced procedures can stop heart disease before or after it starts. The majority of coronary diseases are preventable. With a healthy lifestyle and early detection, diagnosis and treatment of coronary disease, 80% of premature heart attacks and strokes are preventable. Cardiologist now spend more time talking with patients about prevention than about procedures.

Chances are, you already know how to minimize your risks of suffering from a heart attack or stroke. But what if you find yourself with a racing heart and shortness of breath? Crippled with chest pain. If your heart skips a beat. Any abnormal heart rhythm is a form of arrhythmia. Atrial fibrillation, one of the most common, can lead to an increased risk of blood clot formation and stroke or heart

failure. A-fib affects about 5% of the population in the US, and the biggest risk factor is age. Time to see the Cardiologist.

**The Bottom Line:** Eat well, be more active, quit tobacco, get enough sleep, manage weight, control cholesterol, manage blood sugar, and manage blood pressure.

\*Excerpt from an article in the Torrance Memorial Pulse Magazine.



## **HELPING HANDS** **Bette Herbst**

Helping Hands will be meeting on April 15<sup>th</sup> and will continue to meet during the summer. We are making 20 Huggy Bears a month for each of the two Torrance Hospitals. At our June 17<sup>th</sup> meeting we will be having a potluck luncheon and everyone is welcome. Please call Bette Herbst by June 12<sup>th</sup> and let her know you are coming and what you will be bringing.

## **TORRANCE LIBRARY PROGRAMS**

**Library in Concert: South Bay Strummers**  
03/25/2026 6:00 PM

Location: Katy Geissert Civic Center Library  
3301 Torrance Blvd.  
Torrance, California 90503

Join the South Bay Strummers, a lively ukulele ensemble bringing vintage American music to life. Their repertoire spans beloved classics from the 1920s and '30s through memorable hits of the '70s—perfect for singing along, tapping your toes, or reminiscing about those “good ol’ days.”

### **Brain Games for Adults**

03/26/2026 11:00 AM

Location: North Torrance Library  
3604 Artesia Blvd.

Torrance, California 90504

Keep your mind sharp and your social skills active with an assortment of activities presented by library staff to entertain and enlighten.

### **A Birdwatcher's Torrance**

03/28/2026 1:00 PM

Location: Southeast Library  
23115 Arlington Ave.

Torrance, California 90501

Join us for a presentation on birdwatching in Torrance and the South Bay by Jess Morton of the South Bay Chapter of the Audubon Society.



## **CFWC Convention** **2026**

**GFWC CALIFORNIA FEDERATION OF  
WOMEN'S CLUBS**  
**123rd Annual Convention**  
**Ontario Airport Hotel & Conference Center**  
**700 N. Haven Avenue, Ontario**  
**May 14-16, 2026**

Convention Highlights Include:

- Chairman's Faire – Meet with the CFWC Chairmen and learn firsthand about their projects.
- Workshops – Gain insights from Officers on key initiatives.
- Area Meetings - Connect with your Area Vice Presidents, foster friendships, and stay informed on regional activities.
- Officer and Chairman Reports - Stay up to date on Federation news and accomplishments.
- Celebration of Life - Honor and remember our cherished Sisters-in-Federation.
- Awards Presentations – Recognizing your dedication, efforts, and contributions toward achieving our shared goals

Information and registration forms are available on the CFWC website [www.cfwc.org](http://www.cfwc.org) on the home page under Call to Convention.

**Rotary**  **CVUHSD**  
District 5280 CENTINELA VALLEY UNION HIGH SCHOOL DISTRICT  
In Partnership Present



# CAMP PENDLETON AND FORT MACARTHUR COLLECTION

Saturday, April 11 2026  
9:00am-12:00pm

## SUPPORT OUR MILITARY FAMILIES

Camp Pendleton is home to over 70,000 Marines and 10,000 children under 5. More than 160 babies are born there each month. Most families arrive with only what fits in their car and often lack essentials for newborns and small children, plus furnishings for their housing. The Rotary Clubs of District 5280 are collecting new and gently used items for these families to select from at Camp Pendleton's "Warrior Warehouse" and Fort MacArthur's "Airman's Attic", which is filled with donated items that are free for local military families.

## ITEMS NEEDED

- Diapers
- Baby & children's clothes
- Books, bathtubs, strollers, cribs
- Dishes, cookware, meal prep tools
- Bedding
- Gift cards (\$25) to Target/Walmart

## DROP OFF

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

### For More Information:

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

# FREE E-WASTE RECYCLING & PAPER SHREDDING

**\*Proof of Torrance Residency Required\***

8 a.m. - 12 p.m.

## 2026 Event Dates

March 28    September 26

June 27     December 5

- **Paper Shredding:** Limit of 3 boxes or bags per vehicle.
- Bring TVs, monitors, cell phones, small appliances and other electronics for safe and responsible recycling.
- Hazardous waste **will not** be accepted at this event. Hazardous waste includes items such as paint, batteries, medications, glues, fluorescent bulbs, and chemicals such as pesticides, cleaners, and insect repellents.

*Events are first come, first served, and will end when truck capacity is reached.*

**Torrance City Hall Employee Parking Lot**  
(Near Torrance Courthouse off Maple Avenue)



City of  
**TORRANCE**

City of Torrance Public Works

For more information, call (310) 781-6900  
or visit [TorranceCA.Gov/PublicWorks](http://TorranceCA.Gov/PublicWorks)

Funded in Part by **CalRecycle**



**Woman's History Month Proclamation at Torrance City Council**



# Marina District CONVENTION

**SAVE the DATE**  
**for a Seaside Fiesta**

**APR 18 9:30**  
**2026 AM**

 *\$65 per person* 

**Riviera Mexican Cantina**  
**207 N Harbor Dr, Redondo Beach**

## WHAT TO EXPECT



Appetizers, Buffet, Dessert, No Host Bar  
Guest Speakers, Vendors, Door Prizes,  
Entertainment, Awards, '26-'28 Election  
No steps, No elevator, Easy Access for all!  
Plenty of public parking in adjacent lot.



Questions? Call Vicki Callahan, Conv. Fiesta Chair (310) 748-9976