



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

MAY 2026 NEWSLETTER

PRESIDENT

Pam Ament

Spring is returning to Torrance, and birds fill my garden feeder with color and song.

I'm also watching the area pollinators. As the weather warms, I look forward to visiting Spring and Summer soon.

As many of you may know, our thoughts shape our reality, and spring is such a great time to plant some new ones.

As the earth stirs awake, we have the chance to do the same. I believe wholeheartedly in the magic of affirmation to help transform our thoughts and lives.

Two affirmations that feel perfect for this time of year are: "I welcome new beginnings into my life" and "My life is continuously blossoming with opportunities."

When you nurture thoughts like these, you'll start to notice subtle shifts in your mood and in the opportunities that begin to blossom around you.

Spring invites us to clear out clutter, both in our homes and our minds. Releasing old habits or

negative thoughts opens space for something fresh and life-affirming, much like tending a garden.

I find joy in my garden, and spring always brought transformation to her, not only among the flowers but also within her own life.

This spring, take a moment to notice where extra care could make a difference and imagine the growth you want to see.

Luv, Pam

THINGS TO BRING ON MAY 6th.

1. Items for the Volunteer Center Food Bank (Cereal, pasta, rice and canned fruit are especially welcomed)



MAY CALENDAR

Apr. 30	Reservations due for May Meeting	
May 5	10 am	Meeting Set Up
May 6	General meeting	
	10 am	Social Hour
	11 am	Business Meeting
	12 pm	Lunch & Program
May 13	10 am	House Committee
May 20	10 am	Helping Hands
May 27	10 am	Board Meeting
May .28	Reservations due for June Meeting	



MARINA DISTRICT CALENDAR

**May 22 9:15 am District Meeting and
Officer Installation.
Continental Breakfast and Lunch \$20.00
RSVP by May 15th to Jeanne Gilbreth**

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

**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 May 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.**

DO YOU SHOP AT RALPHS GROCERY STORES?

Ralphs makes a donation to our club quarterly, usually around \$75 each time based on the purchases of our members that have designated the club to receive the donation. An easy way to contribute to the club at no cost to you.

If you would like to sign up or confirm that you are already signed up:

Go to Ralphs.com and sign in to your account. If you have a Ralphs card but do not have an online account, you will have to set that up. It’s easy with your Ralphs card or phone number.

Once on the “My Account” page, scroll down to near the bottom and select “Community Contributions”. You can confirm that you are enrolled with TWC as your donor. If you are not enrolled, our Organization Number is LJ524 or type Torrance Women’s Club in the search box.

That is all you have to do, when you use your Ralphs card or phone number, the club will receive a credit for your shopping. You can also confirm that the club is your selection by checking your receipt when you make a purchase.

THIRD VICE PRESIDENT/ HOUSE CHAIRMAN

The House Committee met on April 8th. We discussed forming a separate committee to work on the National Register of Historic Places nomination application. We had an electrician come out and fix the west porch light. Lynda took the lights down and cleaned them so we have decided not to replace them. The next meeting will be May 13th.



MAY

- | | |
|----|--------------------|
| 1 | Juanita Davis |
| 4 | Irma Chiota |
| 10 | Bette Herbst |
| 12 | Maritza Statsinger |
| 14 | Joy Marcon |
| 16 | Teresa Furey |
| 17 | Carol Delome |

HAPPY BIRTHDAY TO YOU!!

HOSPITALITY

Lois Koza 🌸

“Happy May, Ladies



This month of May, not only are flowers 🌸 🌺 🌻 🌹 blooming, but on Wednesday, May 6th, our meeting will be a very special one - giving out our 6 college scholarships to our soon to be graduates! 🎓 🎓 🎓 🖋️ 🖋️ 🖋️ 📁 📁 📁

Setup time 🍴 🍴 🍴 ☕ ☕ ☕ is on Tuesday, May 5th at 10:00 if you have a little time, please join and

help in getting our clubhouse looking “extra” special and spectacular for these terrific students -



Thank you! 🎈 🎈 🎈
Lois “

+++

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 **April 30th** with your reservations. Phone number is 310-367-1188, or leave a text, email betsew@aol.com Always look forward to seeing your lovely faces.

PROGRAM

Pam Barrett

HELLO LADIES

I'm really excited to be involved with this year's Scholarship Committee, with Linda Myers direction. We had 18 resumes to read and we picked 6 outstanding students, one from each of the 4 Torrance High Schools plus Shery and El Camino. You will be able to meet these students and their representatives on May 6th at our General Meeting. Please stay for the Program and enjoy hearing from each student!

Thank You from your Scholarship Committee--Lois Koza, Ellen Jenkins, Pam Barrett and Linda Myers April will be our Pound Auction and elections.
Thanks, Pam



TECHNOLOGY CHAIR IN THE CORNER Mary Alessandra-Cook

This month's article takes a concept I learned about in Kim Komando's newsletter and is reformatted by AI CoPilot. I think we can all relate to it!

The Secret Science Behind Why We Buy More Than We Planned

Have you ever walked into a store for one simple item and somehow rolled out with a candle, a new mug, and a bag of "limited edition snack mix" you didn't even know existed? You're not alone — and it's not your imagination.

Today's major retailers are using AI powered cameras to study how we move, pause, browse, and almost buy. Those dome-shaped cameras on the ceiling aren't just watching for shoplifting. They're quietly collecting data that helps stores redesign themselves to encourage more impulse purchases.

What the Cameras See

These systems track foot traffic, how long shoppers linger at a display, and which shelves get the most attention. The information becomes a heat map — a glowing picture of where customers walk and what catches their eye.

Retailers then rearrange aisles, end caps, and product placement based on what the data says will tempt us most. This isn't futuristic; it's happening now. More than half of major retailers already use AI analytics to shape store layouts and boost sales. In other words, your shopping habits are part of the experiment.

How to Shop Smarter

You can't opt out of in store cameras, but you can outsmart the system. A few simple habits make a big difference:

- Bring a list and stick to it. The entire layout is designed to make you wander. A list keeps you anchored.

- Skip the end caps. Those tempting displays at the end of every aisle are placed exactly where the data says you'll stop.
 - Use curbside pickup or delivery. No wandering means no heat map influence.
 - Watch the eye level shelves. Premium brands pay for that placement — and the cameras help determine which products earn it.
- Now that you know the game, you can walk through any store with confidence — even if you still come home with that candle. Some habits are timeless, after all.

CIVIC ENGAGEMENT AND OUTREACH – Mary Hileman

You can't build a reputation on what you are going to do. You will know what kind of man he is, not by the things he says, but by the things he does.

ORGANIC GARDENING WORKSHOP:

A Workshop at the Nature Center on Organic Gardening, presented by the LA County Smart Gardening program and the Grow2Zero organization. Learn all the basics about starting your own organic veggie garden at home.

Free to attend, no RSVP required.

Date: May 2, 2026

Time: 10:00 am – 12:00 pm

Location: Madrona Marsh Preserve
3201 Plaza del Amo Torrance

Because you're Mine – The Music of June Carter and Johnny Cash: A tribute to the love story of Carter and Cash. "Because You're Mine" brings to life the timeless hits that defined a generation.

Date: May 8, 2026

Time: 8:00 pm

Location: James Armstrong Theater

ARMED FORCES DAY CELEBRATION

USAF Band of the Golden West in Concert:

A free concert of patriotic music in celebration of Armed Forces Day.

Tickets can be reserved at the Theater box office, limit 4 per person.

Date: May 15th, 2026

Time: 7:30 pm to 9:30 pm

Location: James Armstrong Theater

64th Annual Armed Forces Day Parade: May 16, 2026 at 1:30 pm The Parade route is down Torrance Blvd. between Madrona and Crenshaw Blvd. Military equipment will be available for viewing at the City Yard on Madrona Ave.

Names on the Wall Remembrance Memorial

Day: Monday, May 25th at 2:00 pm

Torrance Veteran's Memorial Wall (Torrance Blvd. at Maple Ave.

SENIOR EXPO at El Camino Collage:

ECC invites seniors to the "Living Well at Every Age" Expo to learn about holistic wellness topics including financial safety, technology, community education and non-credit learning opportunities, art and theater performances, health screening, digital literacy, and caregiving resources.

Highlights include a health fair, speaker panel on current senior issues, and mini workshops and demonstrations

Date: Saturday, May 30, 2026

Time: 10:00 am – 2:00 pm

Location: ECC Student Services Plaza

Student Services is located on the Manhattan Beach Blvd. side of the campus.

Parking: Lots B, C, and D.

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, May 5th, 2026, at 9:30 am. All are invited to attend.

Featured at the meeting will be presentations by Miles McNeeley from Wise & Healthy Aging, and Lori Mars, JD, LLM on Elder Abuse.

HEALTH and WELLNESS

Mary Hileman

Courage isn't having the strength to go on – it is going on when you don't have strength.

BENEFITS OF PUZZLING FOR

SENIOR MENTAL HEALTH: Puzzles provide numerous advantages for seniors, particularly by enhancing mental health and cognitive function. Here are the key benefits:

Short-Term Memory: Working on puzzles strengthens connections between brain cells, which enhances short-term memory.

Problem-Solving Skills: Engaging with puzzles activates different parts of the brain, honing critical thinking and analytical skills.

Delay in Cognitive Decline: Regular participation in puzzling can postpone the onset of symptoms associated with dementia and Alzheimer's disease.

Mood Enhancement and Relaxation: Solving puzzles triggers the release of dopamine, a neurotransmitter that regulates mood and feelings of optimism. This can lead to improved emotional well-being and reduced stress levels.

Social Interaction and Collaborative

Engagement: Puzzles can be enjoyed alone or with others, promoting social interaction. Working together on puzzles fosters a sense of community and shared accomplishment, which is vital for emotion health.

Enhanced Skills: Jigsaw puzzles, in particular, improve visual-spatial reasoning by requiring individuals to understand how pieces fit together within a larger image. However, any and all puzzling, jigsaw puzzles, crossword puzzles, sudoku, and word find to name a few, can significantly

contribute to maintaining mental fitness and enhancing the quality of life for seniors.



HELPING HANDS **Bette Herbst**

Helping Hands will be meeting on May 20th 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 17th meeting we will be having a potluck luncheon and everyone is welcome. Please call Bette Herbst by June 12th and let her know you are coming and what you will be bringing.

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.

LET'S GET OUT THE VOTE FOR THE TORRANCE WOMAN'S CLUB

Once again, The Torrance Woman's Club was nominated as the Best Service Organization in Torrance. This time we have been nominated for the 2026 Year. We can vote only until May 3rd at 11:59 pm, so we need to get out the vote NOW!

How to vote:

1. Visit the Community Votes computer site at: [https://CommunityVotes Torrance 2026](https://CommunityVotesTorrance2026)
2. Click on the rectangle flag that reads "Click Here To Start Voting"
3. Follow the menu choices down and click on "Services"
4. Follow the menu choices and click on "Community Organization"

You will be prompted to sign into your Community Votes site with an email and password or create a

new one. Then you can VOTE FOR THE TORRANCE WOMAN'S CLUB~

Tell Your friends and relatives, let's win again this year!

Luv, Pam



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 on the home page under Call to Convention.

Spring has indeed Sprung! Article written by Lynda Myers

On Friday, April 10th, Lois Koza, Theresa Abbey, Katherine Myers (Lynda's daughter in law) and Lynda Myers cleaned out the storage closet located on the west side of the clubhouse stage.

First, we removed everything from the closet and placed it on the stage. Wiped the shelves and swept the floor. Sorted EVERY single item by theme. Returned the labeled bins onto the shelves. Glass vases are located in boxes on the floor.

Three large green trash bags are filled with items that will be available to purchase for a nominal donation at an upcoming meeting. Date to be determined by the executive board.

We worked swiftly and efficiently. Sneezed a lot and spoke of past events that used specific themes. Task was completed in about two hours.

Theresa, Katherine, and LoisThank you for sharing your time and talent! What a joy to have that closet organized. Thank you!



APRIL MEETING



SCHOLARSHIP COMMITTEE REPORT

Congratulations to all of the graduates of the Class of 2026

It has been a pleasure to work with Ellen Jenkins, Lois Koza and Pam Barrett Hill on the selection of students for the Scholarship Committee. Thank you ladies.

We are excited to report that six students will be awarded \$1,000. This could not have been done without the financial support of our membership fundraising.

Thank you for your generosity!

☀️ AWARDEES ☀️

Shery High School Chelsey H.

North High School Kellis G.

West High School Mona S.

South High School Isabelle A.

Torrance High School Jaxx G.

El Camino College school of nursing Sierra W.

Los Angeles Dept. of Foster Children= PENDING awaiting submission of applications.

The 2026 Scholarship Awards will be presented at the May 6th meeting. Each of the students and a guest have been invited. We will reserve two seats at each round luncheon table. One seat for the student the other seat for their guest. Please do not move the reserved place card. Members, please sit at any place setting that has no reserved sign.

If you have questions. Please contact me.

Thank you

Lynda Myers

310-702-9369

P.S. if you have a t-shirt or sweatshirt of your Alma mater and/or your favorite college please wear it to our May 6th meeting.



MARINA DISTRICT INSTALLATION

All TWC Members are invited.

Our TWC clubhouse is hosting the Friday, May 22nd, Marina District Meeting and Officer Installation. If you have never been to a Marina District meeting THIS should be your first one you attend. Please plan on attending. As our very own, 3rd Vice President, and former President Lynn Robinson, is being installed as THE President of the Marina District.

9am doors open for Networking & Continental Breakfast

10am Business meeting. & Installation of new officers

Lunch - Orange Chicken, Shrimp Fried Rice & Broccoli. Vegetarian option is a salad.

Installation of new officers

RSVP's are due before Friday May 15th to Jeanne Gilbreth 310.645.0487

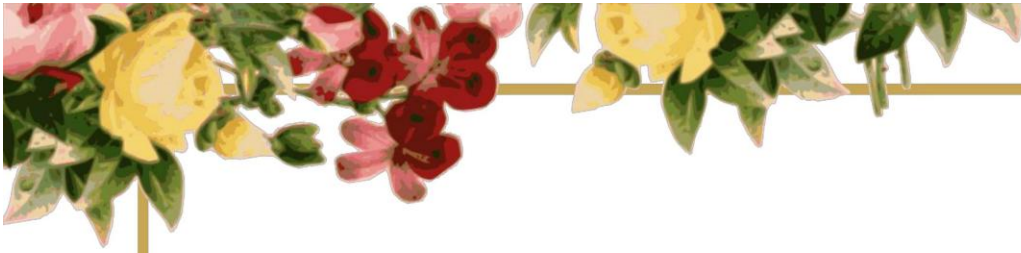
This meeting is being cohosted with the help of the South Bay Juniors Woman's Club,

If you have any questions ask a board member.

We hope to see you at the May 22nd Marina District gathering.

Congratulations and Best Wishes Lynn on your incoming President position. We wish you only the best of the best.

Thank you.



Marina District Installation Meeting

MAY 22, 2026

**AT THE TORRANCE WOMAN'S CLUB
1422 Engracia Avenue, Torrance CA 90501**

**RSVP due before Friday May 15 phone
Jeanne Gilbreth 310.645.0487
\$20 paid at the door CASH or CHECK
"Marina District"**

**9am: Doors open with a Continental Breakfast
10am: Business meeting**

**Lunch
Orange Chicken, Shrimp Fried Rice & Broccoli Vegetarian
option = salad**

Installation of new officers

