

THE TALK OF TORRANCE

The Official Bulletin for the Kiwanis Club of Torrance

February 2, 2016

facebook

www.torrancekiwanis.org

Editors/Publishers: Dr. Laurie Love & Tony Molino, Esq.

President: Steve Makshanoff

Photography: Gladys Makshanoff

TODAY'S MEETING: President Steve Makshanoff opened today's meeting, Laurie Love led the Pledge of Allegiance, Ester Kim chose "Star Spangled Banner" for the Kiwanis Choir to sing, and special guest and founding member Michael Friedman provided the inspiration. Guests today were Jaime Martin, with Ester Kim; Judy Frankel and Julia Parker, guest of our president; and our speaker Natacha Nelson. Michael brought fliers for "Whale of a Day" being held at the Point Vicente Interpretive Center on March 12th. Late members were Charlotte Svolos and Peter Issa. David Kuroda won the card raffle and found the Joker. Guest Jaime won the 50/50 drawing.

Please read the newsletter for other important announcements.

KIWANIS DIVISION 19 GOLF SCHEDULE: Division 19 Golf Chair John Gutt, john.gutt@ymail.com has announced the Golf Schedule. If you do plan to play or fill in, please provide our Golf Chair with your GHIN. If you do not have an official handicap, you will be playing with Callaway scoring.



David Kuroda with President Steve



- March 16 at Chester Washington (confirmed!)
- April 20 at Alondra (tentative!)
- May 18 at Los Amigos (confirmed!)
- June 15 at Lakewood (confirmed!)
- July 20 at Chester Washington (confirmed!)
- August 17 at Los Amigos (confirmed!)
- September 21 at Lakewood (confirmed!)
- October 19 at Alondra (tentative!)



Please let John know if you have any questions. Thank you for keeping Division 19 golf active.

MARK YOUR CALENDAR

- ✓ February 6th – Kiwanis District Mid-Year District, Queen Mary, Long Beach
- ✓ February 8th – Division Council Meeting at Lomita Kiwanis Hall. 6:00 pm.
- ✓ February 9th – North High School Key Club Takeover
- ✓ February 16th – Chanel Garcia with First Light Home Care
- ✓ March 3rd - Celebration of Community at Double Tree. (see page 3)
- ✓ March 8th – West High School Key Club Takeover
- ✓ March 12th – Whale of a Day at the Point Vicente Interpretive Center. For info contact Michael Friedman.
- ✓ May 5th – National Day of Prayer
- ✓ May 15th – Torrance Kiwanis Texas Hold Em Charity Tournament

(Italic Tuesday Club Meeting)



PROGRAM: Natacha Nelson, Chiropractic Doctor and Life Coach “Healthy Living”: Dr. Natacha Nelson has been in private practice 16 years, focusing her efforts with each patient to discover the underlying issue of their body’s health.

Dr Natacha Nelson, holding a Master's Degree in Spiritual Psychology, understands the inherent potential and possibility in each patient’s injury, illness, disease or diagnosis and by listening to the person’s needs, guides each individual to better health.



President Steve Makshanoff presents Dr. Natacha with a box of Girl Scout cookies for speaking at our club.

By removing interferences in the body-whether they be physical, chemical, emotional or spiritual-the natural energy of the body is allowed to flow to the very tissues, organs and cells in need. (retrieved from www.lifedoctor.guru)

Dr. Nelson’s presentation focused on the 3 Pillars of Health. The first was nutrition. She explained that there are really only 3 food groups that the body recognizes - fats, carbohydrates and protein. These are used specific to the body’s needs. Dairy is a combination of all of these. The second area was physical. The recommended number of hours of sleep is 7 hours per night but this can vary based on the individual. Exercise should be for 45 continuous minutes 5 times per week. The last group combines goals with the soul. The two are directly related in the process of change.

HAPPY & SAD DOLLARS: Neslie Akkol- ☺ To have Michael Friedman back, her family is visiting, her father gets up at 4:00 a.m. and wants her to go to the gym with him. Gayle CdeBaca- ☺ Good to see Michael. Christine Elia- ☺ Natacha, great speaking, Michael, David and Tony’s awards. Tony Goorchenko – ☺ The winter weather, no blizzards or snow storms. Kay Griffith – ☺ Michael Friedman, the reason she kept coming back to Kiwanis was Michael shook her hand and greeted her every time, didn’t know we all did that, an amazing \$ found a ring in the carpet that she lost 16 years ago. Kay Grundhaus-☺ Another great program Milton Herring, Sr. – ☺ To be judging the Chili Cook-off this Sunday at PV Bowl. Dave Holper – ☺ His surgery next Tuesday, our guests, all the people that show up it is good to see you. Peter Issa – ☺ Had to leave early but was happy to be here. Curtis Jones Jr. – ☺ Today’s speaker was interesting, to see his friend Michael who was his sponsor when he joined, his son will be spending part of his vacation time with him in Montana, both Super Bowl quarterbacks are from the SEC, to be here with all of you. Kim, Ester – ☺ My guest that joined me, put her money on Carolina for Sunday. David Kuroda – ☺ Talk today, the positive thoughts on how Washington can be fixed and the writer’s positive outlook and thinking. Laurie Love – ☺ Dave we will be thinking about you next Tuesday, Tony and David’s recognition this Friday. Steve Makshanoff – ☺ Guest speaker, all the other guests, Michael you brighten my day. Guy Puckett – ☺ The speaker, Friday’s SBBA event honoring Tony and David. Cie Reynolds – ☺ Super Bowl, may the best team win. Charlotte Svolos - ☺ Her appointment to a City Commission. Guests: Michael Friedman - ☺ Welcoming me back, congratulations David, great speech Natacha.



You are cordially invited to attend
The 6th Annual
Celebration of Community Luncheon
Hosted by the Kiwanis Club of Torrance



Mayor Pat Furey

March 3, 2016
Noon to 1:30 PM

DoubleTree by Hilton Hotel
21333 Hawthorne Boulevard, Torrance

\$40 Advance Ticket per person (RSVP before 02/24/16)
\$45 Ticket per person after 02/24/16 or at the Door



Please join Torrance Mayor Pat Furey
and other community leaders at this event

Mayor Furey will acknowledge and Honor the many Service and Non-Profit
Organizations who work together to answer the needs that challenge our community.



Hosted by the
Kiwanis Club of Torrance



RSVP TODAY
Tony Goorchenko
310-534-4524
tonygoorchenko@yahoo.com

Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time

Mardi Gras 2016

Thursday, February 25, 5:30–8:30pm

Hosted by **MIYAKO HYBRID HOTEL** 21381 So. Western Ave.
Torrance
TORRANCE, CALIFORNIA

BENEFITING



Pediatric Therapy Network

SPONSORSHIP OPPORTUNITIES

- FRENCH QUARTER SPONSOR** _____ **\$7,500**
Premiere recognition in press releases / Top placement of logo on e-invitation and printed materials / Logo on PTN website with on-line link / Presented on stage at event / Event night sponsor signage / 8 tickets to event
- CROWN SPONSOR** _____ **\$2,500**
Logo on e-invitation and printed materials / Logo on PTN website with online link / Presented on stage at event / Event night sponsor signage / 6 tickets to event
- MASQUERADE SPONSOR** _____ **\$1,500**
Name on e-invitation and printed materials / Logo on PTN website with online link / Event night sponsor signage / 4 tickets to event
- DOUBLOON SPONSOR** _____ **\$750**
Logo on PTN website with online link / 2 tickets to the event
- RESTAURANT SPONSORSHIPS ARE AVAILABLE** for in-kind donations of hors d'oeuvres or liquor. Please contact us for more information about this opportunity.

SPONSORSHIP INFORMATION

Individual Corporate/Business

Donor Name _____

Contact Person _____

Phone _____

Email _____

StreetAddress _____

City _____ State _____ ZIP _____

Check enclosed, made out to Pediatric Therapy Network.

Please charge my credit card.

Name on card _____

Type of Card M/C Visa Discover AMEX

Card # _____ Exp _____

Authorized Signature _____

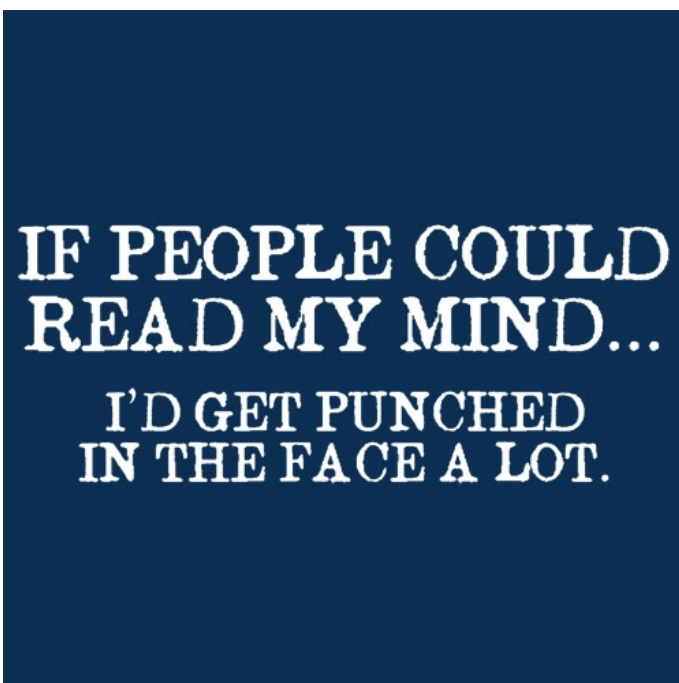
Mail to PTN, 1815 West 213th Street, Suite 100, Torrance, CA 90501

***January 15 is deadline for inclusion in the invitation e-blast and printed materials.**

For more information, please contact Allison McGuire Young, Special Events Manager, at 310.328.0276 ext 202 or allisony@ptnmail.org.
Visit our website: www.PediatricTherapyNetwork.org / Pediatric Therapy Network is a 501(c)(3) nonprofit organization - Taxpayer ID # 33-0706273

FUNNY PAGE

MORE GREAT SIGNS



THE OBJECTS OF KIWANIS

- **TO GIVE** primacy to the human and spiritual, rather than material values of life
- **TO ENCOURAGE** the daily living of the Golden Rule in all human relationships
- **TO PROMOTE** the adoption and the application of social, business and professional standards
- **TO DEVELOP** by precept and example a more intelligent, aggressive and serviceable citizenship
- **TO PROVIDE**, through KIWANIS Clubs a practical means to form enduring friendships, to render altruistic service and to build better communities
- **TO COOPERATE** in creating and maintaining sound public opinion and high idealism which makes possible the increase in righteousness, justice, patriotism and good will.

Torrance Kiwanis Charities

Since 1988 several local charities and service programs have benefited from the Torrance Kiwanis Fund raising efforts. These charities are as follows:

- ♥ Aging In Place Seniors Program
- ♥ Angels for Sight
- ♥ American Cancer Society
- ♥ American Heart Association - Heart Walk LA
- ♥ Children's Miracle Network
- ♥ Counseling 4 Kids
- ♥ Disaster Relief (Tsunami & Hurricane Katrina)
- ♥ Friends of Torrance Exceptional Athletes
- ♥ Harbor UCLA Medical Center Santa's Visit
- ♥ Key Leader
- ♥ Kiwanis/Benjamin Aranda III Scholarship Fund
- ♥ Kiwanis CAL-NEV-HA Foundation
- ♥ Kiwanis International Foundation
- ♥ L.A. Dept. of Child Services, Christmas Party
- ♥ Leukemia & Lymphoma Society
- ♥ New Challenge Ministry – Food Bank
- ♥ Pediatric Therapy Network
- ♥ Red Ribbon Week
- ♥ Salvation Army Christmas Bell Ringing/Health Faire
- ♥ Special Olympics
- ♥ South Bay Children's Choir
- ♥ St Patrick's Day Charity 10 K Run
- ♥ Switzer Education Center
- ♥ Torrance Coordinating Council Scholarships
- ♥ Torrance Education Foundation
- ♥ Torrance Memorial Hospital Pediatric Unit
- ♥ Torrance Police Officers Association
- ♥ Torrance YMCA
- ♥ Young Children Immunization Program

KIWANIS CLUB INFORMATION



DIVISION 19 WEEKLY MEETINGS

MONDAY

Manhattan Beach- Tin Roof Bistro, Manhattan Village (2nd Monday Only) 5:30 PM

TUESDAY

El Segundo- Second City Bistro, 223 Richmond St., (1st & 3rd Tuesday)..... 12:10 PM

Lomita/ Harbor City- 24822 Narbonne Ave. Lomita6:30 PM

Torrance, Sizzler Restaurant 2880 Sepulveda Blvd.12: 10 PM

WEDNESDAY

Carson- Double Tree Hotel (1st & 3rd Wednesday) 12:10 PM

Hermosa Beach- 2515 Valley Drive Hermosa Bch.12:10 PM

Lawndale-Community Center, Brown Bag Lunch.(1st & 3rd Wednesday).....12:10 PM

San Pedro, The Whale & Ale Restaurant.....12:10 PM

Santa Monica- Lowe's Beach Hotel .(1st & 3rd Wednesday)..... 12:10 PM

THURSDAY

Gardena Valley-Elks Lodge, 1735 W. 162 Street. Gardena 12:10 PM

LAX- Renaissance Hotel, 9620 Airport Blvd., at LAX 12:30 PM

Malibu- Guido's Restaurant, 3874 Cross Creek Road. 7:00 PM

Rolling Hills/PV- Red Onion Restaurant Rolling Hills Estates..... 12:10 PM

FRIDAY

Hawthorne- The Hawthorne Memorial Center12:10 PM

INTERNATIONAL & DISTRICT OFFICERS 2015-2016

International President Susan Petrisin

CAL-NEV-HA District Governor Cherice Gilliam

CAL-NEV-HA- District Governor Elect Pete Edwards

Division 19 Lt. Governor Jackie Acosta

Division 19 Lt. Gov. Elect..... Laurence Martin

Region 8 Trustee..... Joni Ackerman

TORRANCE KIWANIS SERVICE LEADERSHIP PROGRAMS

North High Key Club..... Weekly Meeting - Fridays at Noon

South High KIWIN'SWeekly Meeting -Friday at Noon

Torrance High KIWIN'S.....Weekly Meeting -Friday at Noon

West High Key Club..... Weekly Meeting – Friday at Noon

Bishop Montgomery High Key ClubWeekly Meeting – Wednesday 11:50 AM

Richardson Middle School Builders Club. Weekly Meeting – Tuesday 3:00 PM

CLUB INFORMATION

CLUB OFFICERS 2015 - 2016

President Steve Makshanoff
 President-Elect Milton Herring, Sr.
 Vice-President..... Open
 Treasurer..... Peter Issa
 Secretary..... Cie Reynolds
 Foundation Treasurer..... Phil Cook
 Immediate Past-Pres. ... Carina Sokolich

BOARD OF DIRECTORS

2013-2015 TERM
 Christine Elia
 Laurie Love
2014-2016 TERM
 Kay Grundhaus
 John Hernandez
 Curtis Jones, Jr.

COMMITTEE CHAIR

Santa's Visit Tony Goorchenko
 Texas Hold 'Em..... Steve Makshanoff
 Membership..... Kay Grundhaus
 Celebration of Community..... Cie Reynolds
 TACC Business Expo Carina Sokolich
 Relay for Life.....Kay Griffith
 FTEA (Special Olympics)...John Hernandez
 Newsletter.....Laurie Love & Tony Molino

MEMBER'S NAME	PROFESSION	TELEPHONE	E-MAIL
Abelson, Robert (Rosalie)	CPA	310-320-2020	bobcpa@earthlink.net
Akkol, Neslie	Counseling 4 Kids	310-436-8931	Neslie@counseling4kids.org
CdeBaca, Gayle (Craig)	Bank Facilities Mgr.	310-375-9000	gcdebaca@malagabank.com
Cook, Phillip (Francine)	CFP	310-545-6700	phil@cookandassoc.com
Crawford, Kendra	Quantum Kids Ex. Director	844-754-3748	info@QuantumKids.net
* Elia, Christine (Sam)	Bank Manager	310-530-5800	Christine.elia@owb.com
(H) Friedman, Michael (Ronnie)	Retired Attorney	310-378-0666	mfriedman@cox.net
Garcia, Nikki (James)	SBBA Executive Director	310-404-1648	Sbba2007@sbcglobal.net
* Goorchenko, Tony (Vicki)	Kiwanis Expert	310-534-4524	tonygoorchenko@yahoo.com
Grageda, Bryan	Bank Manager	310-784-2000	bgrageda@malagabank.com
Griffith, Kay	Teacher (retired)	520-906-8684	kgriffith@socal.rr.com
* Grundhaus, Kay (Les)	Realtor	310-890-6407	kay@homesbykay.com
Hernandez, John (Laura)	Minister	310-490-9439	jhncmprez@sbcglobal.net
Herring, Sr. Milton (Cinda)	Retired US Army	310-701-4316	msherring00@gmail.com
* Holper, Dave (Lela)	AFLAC Sales Mgr.	310-977-8922	david_holper@us.aflac.com
Issa, Peter (Roula)	Bank Manager	310-793-0087	pissa@pacificwesternbank.com
* Jones, Jr. Curtis (Elaine)	Global Marketing	310-541-1577	ccjonesjr@gmail.com
Kim, Ester	Family Law Attorney	310-540-5749	ester.kim.ca@gmail.com
Koerner, Nadine	Retired Teacher	310-376-2672	nfkoerner@aol.com
Kuroda, David (Alice)	LCSW, Mediation	310-540-9128	dkuroda@gmail.com
♦ Love, Dr. Laurie (Steve)	College Professor	310-729-3676	laurielove@socal.rr.com
Lyon, Brad (Donna)	Business Consultant	310-880-5680	blyon@mail.com
Lyttle, Dolores	Executive Director	310-328-0780	dolores_lyttle@msn.com
Makshanoff, Gladys	Naval Nurse (retired)	310-329-2990	gladysantal@hotmail.com
Makshanoff, Steve	Educator/Volunteer	310-415-1394	Smakshanoff@hotmail.com
♦ + Molino, Tony (Barbara)	Attorney	323 692-4010	molino@molinolawfirm.com
Norris, Michael (Kathy)	Attorney	310-376-0922	mnorris@mmineternet.com
Puckett, Guy	Archive It – Business Services	310-618-0550	guy@archiveit.com
Reynolds, Cie	Breakthrough Coaching	310-850-0141	cie.reynolds@sbcglobal.net
Shiosaki, Craig	Torrance Police Officers Association	310-325-8762	CShiosaki@torranceCA.Gov
* Sokolich, Carina (Robert)	CR Director	310-328-0812	Carina_sokolich@yahoo.com
* Sousa, Manuel (Christine)	Court Reporter	310-372-1111	manny@sousa.com
Svolos, Charlotte (Nick)	Special Education Teacher	310-701-4864	panachejams@gmail.com
Svolos, Nick (Charlotte)	IT Professional	310-995-9417	nsvolos@gmail.com
(H) Thompson, Kathleen	Controller (Retired)	N/A	khthompson@cox.net
(H) Vo, Chuong (Traci)	Torrance Police Officers Association	310-755-4266	cvo@torranceca.gov
Yee, Stephanie	Catering Mgr.	310-765-4424	startraveller_1@yahoo.com

♦ Past Lt. Governor/Past Club President, *Past President, + Life Member, H Honorary, () Member's Spouse