



Torrance-Lomita Meals on Wheels Newsletter September, 2012

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Send ideas for articles to:
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From the President

We cannot predict when a major earthquake or other natural disaster will hit Southern California, it behooves everyone to adequately plan ahead. I have listed some items that will hopefully assist you in being prepared.

STAY CONNECTED

- Long-distance phone lines often work before local phones lines, so identify an out-of-state contact and provide this person with the contacts information of people you want to keep informed of your situation. Share this information with your family and friends.
- Avoid making no-urgent phone calls after a disaster---even if phone lines are not damaged, increased phone traffic can jam phone circuits.
- Don't count on your cell phone---increased traffic on cell phone networks can quickly overload wireless capacity.
- Cordless phones and phone systems require electricity so make sure you have a backup phone that requires no electricity.
- Keep coins in your emergency kit. Payphones are likely to work before other phone lines.
- After an earthquake, check all your telephone to be sure they have not shaken off the hook and are tying up a line.

GET READY....BY PACKING

- One gallon of water per person per day for 3 days or more.
- Ready to-eat food like cereal bars and canned products for 3 days
- First-aid kit including sterile supplies for minors injuries and cuts, prescription, eyewear, and dust mask
- Sanitation, hygiene, and personal medical items.
- A sleeping bag or blanket for each person

- A change of all-season clothing like jeans and cotton shirt, and shoes.
- Flashlight, batteries, matches, utility knife, can opener whistle, and radio.

FOR MORE INFORMATION ABOUT BEING PREPARED FOR ALL DISASTER TYPES VISIT
www.redcross.org

In closing I want to thank the volunteers for all your dedication...your gift of time is priceless. Also I know the parking issue is challenging for some of the volunteers and we will keep you posted on this issue as Gen Gorciak and I will be meeting with the Pastor who is in charge of the parking lot.

Margaret Estrada
Board of Directors President

Save the Date

Torrance-Lomita Meals on Wheels Celebrates 40 Years of Servicing our Community! Mark your calendars for our annual Volunteer Luncheon on January 17, 2013

From the Office

It's that time of year to sign up again for your Ralph's Community Contribution. As of 9/1/2012 all volunteers need to sign up by bringing in the Scan Bar copy to the store one time and using it at checkout. It will be good for a year's worth of contributions. Copies of the Scan Bar are at the Meals on Wheels office.

Are you feeling like you want to volunteer more than a few days here and there? If so, we currently have the following routes open for permanent positions. We could use a Driver on the Orange Route for Mondays, a Driver for the Blue Route on Wednesdays, and a Rider for the Orange Route on Thursdays. If any of these openings interest you, or someone you know who could benefit from a little volunteering in their life, along with socializing with some pretty great people, call or e-mail the office and let us know. Did I mention we serve some great snacks each day too? Come on down and be a regular!

The office is getting on the Green Wagon along with Golden West Towers. Very shortly we will begin to recycle and do our part to help the environment and the city in their efforts to be Green. So while here, practice your green skills.\

Did you know that the San Rafael Women's Club are one of the donators of our many beautiful decorated candy favors that we distribute to our clients throughout the year for holidays such as 4th of July, Halloween, Christmas. The women do these projects for many organizations, and we are one of the lucky ones who benefit.

And finally a new Wal-Mart opened up in Torrance on September 12, 2012. One of their hallmark's when they open is to present local charities with a donation. Yup, you guessed it, we were chosen. Fantastic, don't you think?

Laura Bohm, Office Manager

Get to Know Our Volunteers

Wally Kalinowski

According to his daughter, Jennifer, "Wally is the smartest person I have ever known. He is also quite the jokester. He started doing Meals on Wheels because his father used to do it."

As a child, Wally was interested in science and was an avid reader. He wanted to know exactly what made things work and if he didn't know, he would find out. He loved electricity. As a child he talked his younger brother, Robert, into holding two pieces of wire while Wally gave him a shock from another room. When Robert blamed Wally for hurting him, the response was, "How could I? You were alone in the room." He was both the scientist and the jokester even as a child.

Wally graduated from Saint John's University in Minnesota with a major in physics. He served in the United States Army signal corps and was stationed in East Tuto, Greenland for one day and one night (each lasting six months).

Wally moved to California because he heard that there were good jobs in his field here. He worked at a company in Sylmar making optical filters. He then moved to the South Bay and worked at TRW in the semiconductor department. He also worked at Aerospace Corporation and finally Solec International where they manufactured solar panels.

Wally is married to Blanca who used to work for MacDonnell Douglas Helicopters and then became a 2nd grade teacher at Lincoln Elementary in Torrance. He says, "I met my wife at a company party. They are still married today! She was a secretary - very efficient and also bright and fun to be with." He is father to Jennifer, and step-father to a very talented artist, George Kammerer, who passed away in an accident three years ago. George's death has been hard on the family, but, according to his daughter, especially on Wally.



Wally Kalinowski

Wally loves music and plays the piano. His hobbies include snow skiing, music, reading, camping, canoeing, hiking and doing volunteer work.

Wally is a dedicated MOW volunteer who can be counted upon to substitute on short notice. Those who ride with him soon recognize his keen sense of humor, his intellect and his wide-range of interests and knowledge. We are lucky that MOW is one of his many interests!

Receive a Discount On Your Auto Insurance

Receive a Discount on your Auto Insurance by attending a Driver Safety Program. It is AARP Driver Safety Program. Cost for a class is \$12.00 for members of AARP and \$14.00 for non-members. Class is held at Torrance Memorial Center, West Tower. Upon completion of class, you will receive a California DMV certificate which may qualify you for an appropriate discount on your automobile insurance. Some insurance companies don't participate. Call 310-517-4666 to find out when the next class is scheduled, it is an 8 hour class held on Saturdays.

Also, AAA has a class called "DRIVESHARP", call 1-855-621-3958 for details.

*"We make a living by
what we get, we make a
life by what we give."*

Winston Churchill
