

GFWC GREATER WEST PALM BEACH WOMEN'S CLUB

a member of the General Federation of Women's Clubs

Changing Lives One Project At A Time

May 2018

VOL. 18 ISSUE 5



PRESIDENT'S MESSAGE - Suzan Close and Cathy Hopkins

Wow! May was quite a month! What didn't we do? First was the GFWC Women's Club Spring Convention. We received the greatest compliment given a club with the "2017 Most Outstanding Woman's Club in Category 1". We did this by having all our club members participating in our projects throughout the year. We did good! A special thanks to the members that wrote-up the reports so that the State knew just what we had accomplished in 2017.

This was followed up by our very successful Fashion Show, "On the Wings of Fashion". We believe that everyone participated in this show, whether by donations, attending, being models, making a quilt, selling tickets and on the whole, just helping out! Great job, everyone. A special thanks to the show's Chairperson, JeffAnne Pike, you and your committee did a wonderful job. The show was a sell out early-on and the quilt added additional monies. Everyone worked together, and because of that, we had a successful show. Thank you!

Fran and Gary, thank you for opening your home on a very rainy picnic day! It might have been raining, but it didn't put a damper on our celebration! The food was FABULOUS! All calories were suspended for the day! Halleluiah!!! Both Fran and Janie did a wonderful job of planning the picnic. Also, in attendance

were 5 guests that might be potential new members. A special thanks to Dan Carlson our "Chef of the Year" for his delicious grilled burgers and hotdogs.

We did have a few other projects this month. (Where did we fit them in?) The VA centerpieces were made and delivered for Memorial Day and July 4th with lunch following. We had a very delicious dinner at "Casa Tequila" in Wellington for International Dinner. Seven of our club members read to the classrooms at the Hispanic Resource Center for their Founder's Day Celebration and we donated the gift of books to our adopted classroom. We read "The Giving Tree", written by Shel Silverstein, which the children loved. We even managed an impromptu lady's day out with lunch and a movie!

We really made an impact on our community and our club this past month. We say, "Well done! Our motto "Changing Lives One Project at a Time" was accomplished!" and then some! Thanks EVERYONE!!!

In Federation Love,

Suzan Close and Cathy Hopkins
Co-Presidents



MEMBERSHIP - Janie D'Ambrosio and Fran Green

On Wednesday May 23, nine members and 4 guests enjoyed Ladies Day Out with lunch at California Pizza Kitchen and on to the Paragon theater to see the movie the "The Book Club".



Annual Club Picnic - On Saturday, May 26 our annual Club picnic was held at the home of the Greens. Although it rained most of the day, a fun day of fellowship was enjoyed by 17 members, 6 boosters and 8 guests and prospective members. Kudos to our grill master, Dan Carlson, who manned the BBQ!

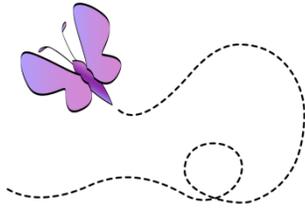


Happy Birthday to
 Peggy Breen - June 5
 Barbara Burdette - June 16
 JeffAnne Pike - June 22.

Happy Anniversary to
 Kathy and Dave Stackhouse- June 12
 JeffAnne and Bill Pike - June 16
 Linda and Jim Ferris - June 22.



FUNDRAISING -



Our "On the Wings of Fashion" fashion show fundraiser was a huge success. We made over \$6,000 which will be used to support our many charitable organizations!





ARTS - Peggy Breen

Thanks again to the special education students from Discovery Key Elementary School for their thank you posters. They were displayed at our club fashion show.

Arts and Craft meeting will resume in August. Please send Peggy any ideas you have for these meetings.



CONSERVATION - Mary Evelyn Mitchell and Nancy Wood



12 ways to save energy and money

Celebrate **Save Energy Day June 5**. The non-profit Consumer Federation of America came up with 12 simple ways to save both energy and money. Here are their top tips.

- 1. AIR DRY:** Air dry dishes instead of using your dishwasher's drying cycle.
- 2. TURN IT OFF:** Use timers and motion detectors to turn off lights and be sure to unplug TV entertainment systems when travelling (use power strips for easy on/off switching) and don't leave your computer and monitor on needlessly.
- 3. DON'T GET BURNED WITH HOT WATER:** Lower the thermostat on your water heater to 120F. Water heaters are the second highest source of energy use in the home.
- 4. FILL IT UP, PLEASE:** Wash only full loads of dishes and clothes.
- 5. KEEP 'EM CLEAN:** Check AC filters once a month and replace them regularly. A dirty air filter can increase your energy costs and cause problems with your equipment.
- 6. GET A CHECK UP:** Get your air conditioning system checked once a year.
- 7. STOP THE BREEZE:** Caulk and weather-strip around drafty doors and windows.
- 8. GET AN AUDIT:** Your utility company may offer free energy audits that can identify expensive energy losses in your home. Sealing your ducts can give big savings on energy bills.

9. TAKE A WALK: Circle your home with an easy-to-use spray foam insulation and look for openings and gaps around pipes, lights, windows and brick and cement work.

10. GET WITH THE PROGRAM: Install a programmable thermostat which automatically adjusts the temperature during the day or at night, keeping you from forgetting as you dash off to work. A programmable thermostat can save you up to \$100 a year.

11. STAY BRIGHT: As "old-school" incandescent light bulbs burn out, replace them with new, light emitting diode bulbs (LEDs) and save about \$90 a year in electricity costs. You pay more up-front, but shop around, prices are dropping. They use up to 25% less energy, can last up to twelve times longer and light like the old-fashioned ones do.

12. BE A STAR: Look for products and appliances that have earned the ENERGY STAR label. They meet strict new energy efficiency criteria that will reduce your utility bills and help the environment. ENERGY STAR clothes washers, for example, use approximately 40% less water and 25% less energy for washing than standard models.



EDUCATION - Kathy Stackhouse and Linda Ferris

On Tuesday, May 1, seven members of our club visited New Pines and Luciano Martinez's Hispanic Resource Centers. For the sixth consecutive year, we participated in their Founder's Day Ceremony. After singing "Happy Birthday" around the centers' Saba trees in honor of Luciano Martinez's birthday, we visited classrooms to read Shel Silverstein's *Giving Tree*. We concluded our morning by presenting a new hardback book to each student in our adopted three-year old class.



Crestwood Middle School held its final reading assemblies the week of May 8. Again, we donated a pair of movie tickets to Regal Theater to the top readers in grades 6-8. These tickets were part of the top readers' special recognition for the 2017-2018 school year.

Summer Challenge for Club Members!!! Have you joined the Great American Read? It is an eight-part series that explores and celebrates the power of reading, told through the prism of America's 100 best-loved novels (as chosen in a national survey). It investigates how and why writers create their fictional worlds, how we as readers are affected by these stories, and what these 100 different books have to say about our diverse nation and our shared human experience. I enjoyed the launch on May 22 and look forward to upcoming shows. Visit the website and take the quiz to show how many of the 100 you have read, join the book club, or share your story. We can do this project in the coolness of our own homes! Enjoy!



HOME LIFE - Suzanne Valentage

National Skin Cancer Awareness Month

May is the month to raise awareness about the most common cancer in the United States: skin cancer. While it is the most common, it is also the most preventable! That means with proper education, it can be avoided. With warmer weather comes more days spent in the sun. Make sure that you and your loved ones are soaking up the sun safely.

How to Protect Your Skin

- Put on broad-spectrum sunscreen half an hour before you plan to be outside, even if the day is cloudy. Remember to reapply every two hours.
- Stay in the shade when you can, especially between 10 am and 4 pm when the sun is strongest.
- Cover up with hats and UV protective sunglasses.
- Don't go to tanning salons. It's prom season, which means many of the young women in your life might be considering a trip to the tanning salon to get some color before the big

night. Even one session increases the risk of skin cancer.

- Practice routine self-examinations. You can learn how to perform them and what to look for through the [Skin Cancer Foundation](#).
- The Skin Cancer Foundation will be taking another tour through the United States providing information and free screenings. Look for your city on their [2018 schedule](#) and spread the word so your communities can take advantage.

This month, take time to protect your skin, and raise awareness in your communities so that everyone else will too.



INTERNATIONAL OUTREACH - Liz Bloeser and Phyllis Gauger

International Dinner: The May International dinner was held at Casa Tequila in Wellington. 8 members 6 boosters and 4 guests were in attendance.



June's International Dinner will be a "tale" of a meal!

Let's meet at The Beauty and the Beef restaurant located in the Wellington mall at 6 PM Thursday, June 28. It's on the second level where TooJay's was formally located.



PUBLIC ISSUES - JeffAnne Pike and Cathy Hopkins

Members met to make and take centerpieces to the VA center to use in their Memorial Day and 4th of July celebrations.



Upcoming events:

We will be collecting **gently used jewelry** at our June meeting to put in the Mommy Bags for the women Veterans.



PUBLIC RELATIONS - Linda Ferris

I sent the picture of our scholarship winner, Andy Lara with Kathy, to The Palm Beach Post. Please watch for it. It should be in one of the Thursday Neighborhood News section.

Please continue to post club events on Facebook. We had lots of pictures from state Convention in May, and Kathy posted our scholarship winner. Thanks to JeffAnne for posting our scholarship winner on our official club FB pg.

Our state website, GFWCFlorida.org has been revamped. Please check it out.



Signature Project DOMESTIC VIOLENCE AWARENESS AND PREVENTION

Linda Ferris

We will collect items for Grandma's Place at our June 25 meeting, and I will deliver them June 26 before I leave for vacation. This is a place for abused children, located in Royal Palm Beach. JeffAnne and I made one delivery earlier this year following the director of Grandma's Place speaking at our club meeting. I put a list of the items they need in the March newsletter. Items are also listed on their website: grandmasplacewpb.org

If you have suggestions for projects that help abused women and children, please let me know. I look forward to working with some of our new members in this department.

LEADERSHIP - Cathy Hopkins and Suzan Close

Suzan Close and Linda Ferris represented our club at The GFWC Florida Spring Convention held May 4-7, 2018. We were 1st Place in the following: Conservation, Leadership, Membership, Programs, Communication/Public Relations, and Public Issues. We placed 2nd in Education, Domestic Violence, President's Project, and Yearbooks. Newsletter placed 3rd, but they're wrong! We have the best Newsletter! We won many awards but best of all was 2017 Most Outstanding Woman's Club in Category 1! Way to go!!!

**Awards received at Convention
Conservation- 1st Place**



**Education- 2nd Place
Public Issues- 1st Place**



Membership 1st Place



Public Relations 1st Place



Suzan and the Band



Outstanding Club of the Year



Leadership 1st Place



2018-2020 Executive Board Members



Cinco Celebration



Sunday Night Banquet



2018-2020 President's Project- Operation Smile



District 10 News:

The District 10 Spring Meeting was held on Saturday, May 19, 2018. The GFWC Women's Club of Delray Beach was the Host. It was held at the Delray Beach Public Library, 100 West Atlantic Ave., Delray Beach, FL 33444. The theme was SHARE A SMILE. Cathy Hopkins, Suzanne Valentage, and Meg America attended the meeting. They were given lots of information regarding our GFWC Florida District 10 and the State President's Project, "Smiles Across The Miles" (Operation Smile) for the next two years. At our June meeting, we will show you the poster given to us for "Smiles Across The Miles" and discuss some of the other items brought up at this meeting.



PERSONALS

Thank You Mary Evelyn, Linda. Kathy and JeffAnne for writing and submitting all the reports

that enabled our club to win all those awards! Cathy, Suzan and the members.

Thanks to all for helping to make our On the Wings of Fashion show such a success!
JeffAnne

DATES TO REMEMBER:

May 31 - HOBY

June 3 - HOBY

June 18 - Board Meeting

June 25 - Business Meeting

June 28 - International Dinner

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