

GFWC GREATER WEST PALM BEACH WOMEN'S CLUB

a member of the General Federation of Women's Clubs

"WE PUT LOVE IN ACTION THROUGH SERVICE"

July 2019

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PRESIDENT'S MESSAGE-

Mary Evelyn Mitchell

Dear Members,

We're a month away from Women's Equality Day on August 26. The day commemorates the adoption of the 19th Amendment, which gave women the right to vote. Ways to celebrate include encouraging women in your community to register to vote and voting yourself. You can also support women owned businesses in the community and you may want to visit the on line Natural Women's History Museum- nwhm.org. One of GFWC's new "Brand Initiatives" is to have 1,000 projects in place to celebrate the 100th anniversary of women's suffrage on August 26, 2020 and now a good time to start planning for this event. In honor of this day, our "who am I" will feature a woman involved in the women's suffrage movement.

We have had a great month, with visits to the Zoo to distribute Zookeeper gift bags and the arrival of our eagle as well honoring the graduation of our sponsored class at the Hispanic Human Resources with books for each child. A pillow case making workshop is planned and also workshops to fill backpacks for back to school and Mommy Bags. There are numerous other activities for August so everyone will be able to find something of interest.

We have an unbelievable list of 13 members attending the District 10 Summer workshop on August 10. Anyone else who would like to attend should contact Janet before August 1.

A special welcome to new member Kerry and to the prospective members who have attended our activities. We are so glad you have visited and hope to see you again.

Happy Women's Equality Day.

In Federation Love,
Mary Evelyn

CORRESPONDING SECRETARY-

Fran Green and Sheila Zile-Pecoraro

Our guest speaker was Tina Travieso who spoke about cyber security.



MEMBERSHIP

Meg America and Linda Ferris

Birthdays and Anniversaries

July

Birthday:

July 8

Meg America

Anniversary:

July 3 Suzan and Ken Close
July 8 Jean and Martin Alan
July 17 Phyllis and Mike Gauger

August

Birthday:

August 30 Janie D' Ambrosio

Anniversary:

August 23 Karen and Alan Leach

Welcome Kerry Friedman to our club family! We are so glad you decided to officially join us, after supporting our club projects for many years!



Ladies Day Out July: We enjoyed a lovely lunch at Ford's Garage in the Wellington Mall. This is a new restaurant and a great fun trendy place to enjoy a lovely meal. There were a total of 15 people for lunch. Of the 15 people, 10 were members, 2 were boosters, 3 were guests. One of the guests was a lovely 8th grader Beau. He was a polite young man and engaged us in conversation. After Lunch, we headed out to see Yesterday at the movie. We had 8 members attend the movie and 2 boosters and 3 guests.



Joint meeting with Arts and Membership

August Women's Day Out: August 8, 10 am- 12 pm. I reserved a slot for us at the Down Town Art Factory on August 8 at 10 am. The Arts committee and Membership Committee will make this a joint activity. Please follow the directions from Melissa if you wish to join us. Yes, your friends are also welcome. Sharon, Linda and I would like a head count if you are going. See you there and we will have fun. No one said you have to be an artist. So, guess what we will do after the painting? Yep, you guessed it. We will go out to lunch.

From Melissa:

Your guests can reserve their spot at this link:

<http://www.wixevents.com/viewEvent/72c4d91e-4c74-4d2d-87b5-4b5da06efb5b>

Prior to registering, I would recommend you take a look through our sign gallery and make a choice. To register, they will need to enter their name, phone, email and sign choice. The gallery can be found here: <https://www.downtownartfactory.com/single-board-gallery> At the studio, you will be able to customize your sign by selecting stain and paint colors!

Guests at the July meeting were Debbie Still, who has attended several projects this year, Deb Griffin, who attended the fashion show and the July zoo event, and Bev Gallus, a former member. We hope to see you at the August 26 meeting, if not before that date at a club project.

Use email: I want to remind you some members are not on Facebook, so if you are sending a reminder about a club project, please use email,

instead of just FB. You can always use both- especially our FB Discussion page, which only members see.

The “**You Nailed It**” Awards for July is being shared. One goes to Janet Carlson, our greeter for the club meeting. Thanks for helping with Membership!

The second goes to our President, Mary Evelyn Mitchell. She arrived early to the meeting place to turn on the ac.



FUNDRAISING - JeffAnne Pike

IT'S BUNCO TIME!!

Friday, August 23, 2019 at 6 pm

Please invite your friends, family and neighbors to come with you to our favorite fundraiser. The cost is \$10 per person to play. The food theme will be Salads & Sandwiches that are cool to prepare & eat. Of course, you can always bring anything you want. Just e-mail me what you are bringing and how many people you are bringing so we have enough tables and chairs. I can't wait to see everyone!!! These are directions to Barbara and Rick Burdette's home at 9501 Lantern Bay Circle, WPB in Baywinds. Take Jog Rd to Okeechobee Blvd. West. Baywinds should be the 6th red light on your right. Stop at guard house for directions. If you come North on State Rd. 7, then you should turn East on Okeechobee Blvd. Baywinds will be on the left at the first light. Stop at guard house to get let in. Thank you for your participation. Let Suzan or Barbara know by August 22 if you are coming. We need a list to turn in at the gate. Suzan Close - home 561-798-6383 or cell 561-329-8874



CONSERVATION - Donna Cohen

On July 17, 1 member, 1 booster, and 4 guests attended the “Cocktails and Conversation” lecture at the PBZoo. Conservationist, Author and TV host, James Currie discussed his latest documentary on the plight of the planet's last remaining "Super Tuskers". Those are elephants with tusk heavier than 100 pounds per side. Spoiler Alert - sadly only 22 remain in the wild.

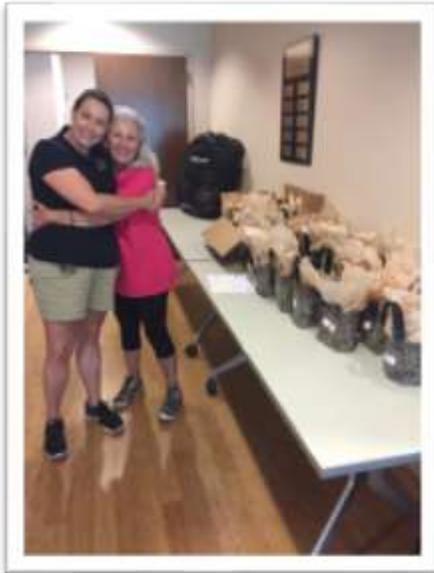
The tree Donna Cohen planted on behalf of the GFWC Greater West Palm Beach Women's Club at the HHRC has doubled since May.



Our Sponsored **Everglade Eagle** was presented to club members. It will be given to "our wonderful volunteer artist" Wilson Williams. The design committee (Meg, Cathy and Donna) will meet with Wilson to discuss the finished product. Once painted, the Eagle will be placed up for adoption and the funds raised will be used to repair and replace the signage in the Florida Everglades. This is a state wide project with the potential raise over \$40,000.



In honor of **National Zookeeper week**, members met on July 25 to assemble the ZooKeeper Appreciation bags. We had lunch at the PB Zoo cafe and after that meet with the Keeper to present the bags. There are 33 keepers. Also, we donated our 4th bag, this year, of enrichment items.





Cat food (fancy feast flaked fish and shrimp) -
Catsnip Project



EDUCATION - Kathy Stackhouse

Linda Ferris and Kathy Stackhouse made our last visit to our **Hispanic Resource Center** adopted four-year old class on Wednesday, July 24th. We presented each preschool graduate with a copy of the book *There, There* by Sam McBratney. Kathy read aloud as each child attentively followed along. For 2019-2020, we will adopt a three-year old class in room 106.



Conservation is challenging the members to donate 100 cans of cat food (per quarter) to Peggy Adams Countdown to Zero/Catsnip Project. Count down to zero is a collaboration between governmental agencies, private organizations, businesses, volunteers and residents working together to end unnecessary euthanasia of animals in Palm Beach County. Project Catsnip is a key to accomplish the Countdown to Zero (C2Z) initiative by responsibly spaying and neutering free-roaming cats. The food will be used by our adopted trapper team. Trapper teams are Volunteer community cat advocates who hit the streets many nights a week to trap cats for TNVR (trap, neuter, vaccinate, release) rescue kittens and provide help to residents (many who are disabled or elderly). The total number of cats receiving free spay/neuter, microchip and vaccinations for the first six months of 2019 was 5,925. Trapper teams brought in 2,683. FYI - cats that have been spayed or neutered will have their left ear clipped to identify them.

Conservation may partner with Home Life to sew Cat Trap Covers for community trappers.

Continue collecting:

Shoes - soles 4 souls

Mascara wands- wands for wildlife

Empty TT and PT rolls



After donating \$25, our club has become a Friend of the Palm Beach County Library System. Friends is an active group of volunteer supporters dedicated to sponsoring programs for children, teens, adults, and seniors. Please bring gently used children and adult paperback and hardback books to the August meeting. We will take these books to the Literacy Coalition of Palm Beach County and the Wellington Green Mall Reading Room.



HOME LIFE - Suzan Close and Jean Allen

On Thursday, August 15, we will meet at my house (Suzan Close) to work on more pillowcases for Quantum House. We will start at 1 p.m. Please let me know if you are available to help on that date by email, text or phone. I am planning to schedule Quantum House Dinner for September and November. The GFWC Palm Beach Garden's Club president called the day after our meeting to say they want to do the dinner again. I will let you know the specific dates when we get them worked out.

Health Issues:

Water exercises are a great way to get exercise and stay cool at the same time. Simple & Fun Water Aerobics Exercises for Seniors Posted by [Senior Lifestyle in Health and Fitness](#).

Arthritis and joint pain can make working out the last thing seniors want to do. However, water exercises can relieve arthritis and joint pain while increasing bone density and muscle mass. Here are 5 water exercises that you can try this summer to start feeling better today! Staying active as a senior can be tough! Achy joints that don't work as well as they used to make it hard to go for a walk or incorporate strength exercises into a daily routine. However, exercising in the water is great for reducing arthritis and other joint pain because it puts less stress on the joints and the buoyancy of the water helps reduce the pressure on joints. Water also acts as a form of resistance, so strength exercises can be performed in the water without heavy weights. Performing strength exercises and using resistance will increase flexibility and balance and decrease bone and muscle loss. We suggest giving the following exercises a try, but keep these safety tips in mind: be aware of your limits, never do water aerobics alone (it's not as fun, anyway), and speak with your doctor about how your medications and overall fitness mesh with water aerobics. (You can get a complete description on-line by Googling the title.)

1. Leg lifts
2. Flutter kicking
3. Leg lifts
4. Standing water push-ups
5. Arm Curls

Ten Hot Weather Safety Tips

1. **Stay hydrated.** Drink plenty of fluids; drink about 16 ounces before starting and 5 to 7 ounces every 15 or 20 minutes.
2. **Avoid dehydrating liquids.** Alcohol, coffee, tea and caffeinated soft drinks can hurt more than help.
3. **Wear protective clothing.** Lightweight, light-colored and loose-fitting clothing helps protect against heat. Change clothing if it gets completely saturated.
4. **Pace yourself.** Slow down and work at an even pace. Know your own limits and ability to work safely in heat.
5. **Schedule frequent breaks.** Take time for rest periods and water breaks in a shaded or air-conditioned area.
6. **Use a damp rag.** Wipe your face or put it around your neck.
7. **Avoid getting sunburn.** Use sunscreen and wear a hat if working outside.
8. **Be alert to signs of heat-related illness.** Know what to look for and check on other workers that might be at high risk.
9. **Avoid direct sun.** Find shade or block out the sun if possible.
10. **Eat smaller meals.** Eat fruits high in fiber and natural juice. Avoid high protein foods.



PUBLIC ISSUES - Cathy Hopkins

August is a busy month for Public Issues! I would like to thank all who brought travel size trail mixes for the soldiers, toothbrushes and toothpaste for the homeless vets, school supplies for HomeSafe, and items for the Mommy Bags.

In August we are collecting **small hand sanitizers** for Forgotten Soldiers' Outreach and **deodorant** for the homeless vets.

August 5, we will be stuffing the **backpacks of school supplies** at 10 am at Cathy Hopkins house, 922 Belmont Drive, West Palm Beach, delivering them to Home Safe and going to lunch. Our Education department has donated their

budget monies of \$200 for this endeavor. Thank you, Kathy and Linda. If anyone is interested in shopping with me for the school supplies, I will be sending out an e-mail the night before, since I have to see my schedule when I get back from vacation on the July 30.

August 20, we will be stuffing **Mommy Bags** at Cathy Hopkins' house at 10 am and then deliver them to the VA for the August 24 baby shower. After delivering them to the VA, we are planning to go to lunch. That way we get to socialize and not just work!

Again, thank you club members for all the donations you generously give. I know that the VA looks forward to receiving the mommy bags and centerpieces. They know that they can depend on us!



PUBLIC RELATIONS - Linda Ferris

Our club was featured in the July 8 **Membership Monday** email, for our donation of children's items to Harmony House. They used the picture of the Liz, Mary Evelyn and Kathryn, along with the two Harmony House officials, along with a separate picture of the diapers and clothes.

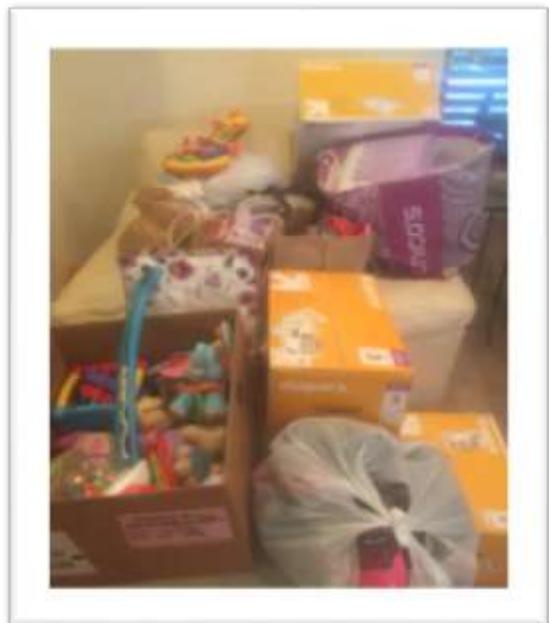
We didn't have a big presence on **Facebook** in July. Keep posting to get our club's name out in the community. We had pictures of the Harmony House donations, our membership lunch and movie and our International Dinner. Phyllis continues to find innovative ways to post invitations to our club meeting on our official club Facebook page.

July's **Pat on the Back** went to **Suzan Close**, who posted our club's International dinner picture, using the entire name of our club, and not only what the event was, but the names of everyone and Jean's anniversary, which shows the diversity of our projects.



GFWC SPECIAL PROJECT - Domestic Violence Awareness and Prevention- Linda Ferris

On July 2, Mary Evelyn, Liz, and her daughter Kathryn DiNatale, and I delivered baby items to the children at **Harmony House**, our local domestic assault shelter. Among the items donated were 2 baby strollers, car seat, children's shoes, more than 800 diapers, 6 bags of children's clothes, and a huge box of toys. We bought \$70.59 worth of diapers out of the Domestic Violence budget to complete this donation. Diapers were their most requested item. They also said they would welcome new and gently used women's clothes and shoes. We met Dr. Kathleen Spears, the new YWCA director, and Dr. Mary Cauthen, director of domestic abuse programs, joined us for pictures.



Fran and Sheila have arranged for Mary to speak at our September 23 cub meeting, when we will donate all our **"Purses With a Purpose,"** to her, along with various items for women. I will put a reminder in the newsletter. The purses should be new or gently-used, no rips or stains, and please clean them out before bringing to the meeting. Thank you for the 4 bags of purses you brought to the July meeting. I will keep them for our September donation.



At our August 26 meeting, we'll collect food items for **Grandma's Place**, a temporary shelter for abused and neglected children. The director spoke at a club meeting last year. They are located at 184 Sparrow Drive, Royal Palm Beach. 33411. Janet Carlson has agreed to deliver the items since I will be on vacation. After the meeting, Janet will buy \$40 worth of their requested items with the club credit card (no tax charged) to complete the donation of our club. The money will come out of the Domestic Violence budget. They are in need of basics paper cups, plates, bowls, paper towels, all kinds of cereal, juice boxes, dry milk, cans of soup, peanut butter, individual snack packages, ice pops, animal crackers, vanilla wafers and more. The complete list is on their website:

grandmasplacepb.org Phone: 561-753-2226

LEADERSHIP - Mary Evelyn Mitchell

Jean won the won the president's "Orange you Observant" award for answering correctly the "Who Am I?" question in last month's newsletter.



Who Am I?

I was the leader of the most militant wing of the woman-suffrage movement. I was well-educated—with a degree in biology from Swarthmore College and a PhD in sociology from the University of Pennsylvania—and determined to win the vote by any means necessary.

In London I learned how to use civil disobedience and other "unladylike" tactics to draw attention to

my cause. My colleagues and I coordinated an enormous suffrage parade to coincide with—and distract from—President Wilson's inauguration. Even after the U.S. entered World War I, I kept up my flamboyant protests, even staging a seven-month picket of the White House.

For this "unpatriotic" act, my fellow suffragists and I were arrested and imprisoned. I was placed in solitary confinement; then, when my colleagues and went on a hunger strike to protest this unfair treatment, we were force-fed for as long as three weeks. However public sympathy swung to our side and we were soon were released.

In January 1918, President Wilson announced his support for a constitutional amendment that would give all female citizens the right to vote. On Aug. 26, 1920, Tennessee became the 36th state to ratify the amendment making it law.

In 1920, I proposed an Equal Rights Amendment (ERA) to the Constitution. ("Men and women," it read, "shall have equal rights throughout *the United States.*") *The ERA has never been ratified.*

DISTRICT 10 NEWS

The next District meeting is August 10, in Stuart. We have 12 members signed up to attend. If anyone else would like to go, please email Janet Carlson by July 30. Thanks.

Federation News

Judy Lutz, Former GFWC International President and Florida President, has been diagnosed with uterine cancer, stage 4. Please add her to your prayer list. Her birthday is August 7 and many members are sending cards of good wishes. Her address is 1601 Hooks Street #510, Cranesville Lodge, Clermont, FL 34711

Long-time GFWC Florida Webmaster **Sara Castelli**, passed away July 11. She was a victim of the polio epidemic. She died a week prior to her 75th birthday, with her husband, Brad, by her side. The funeral home handling arrangements: Hiers-Baxley Funeral Services.

DATES TO REMEMBER

August 5th - Stuff & Deliver Backpacks

August 8th - Downtown Arts

August 10th - District Meeting

August 15th - Pillowcase Workshop

August 19th - Board Meeting

August 20th - Mommy Bags Fill & Deliver

August 23rd - BUNCO

August 26th - Business Meeting

GFWC Greater West Palm Beach

Women's Club

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