

# 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"**

March 2019

VOL. 19 ISSUE 3



## PRESIDENT'S MESSAGE-

**Mary Evelyn Mitchell**

Dear Members,

April is really a month to remember volunteers. April is National Volunteer Month with the week of April 7-13 being Volunteer Week and April 7 Good Deeds Day. We also celebrate Federation Month in April with April 24 being Federation Day. Linda Ferris always does a great job of helping us to gain more knowledge about Federation in April and this is a good time to consider why it is an important to be federated club. I know that sometimes we feel we can perform community service on our own and may question the purpose of being a federated club. To me, the benefits are many. Federation membership does what the motto says "provides strength in unity". We are only one club but when all the clubs are taken together, we have much more influence and recognition. Recognition causes the public to be more likely to support our efforts. The support and encouragement (and good project ideas) that we get from other clubs are valuable. The exposure that we receive to varied volunteer opportunities through information gained from Federation also helps us to identify new projects and ideas. You are all wonderful volunteer members of a great organization!

Eight club members, Cathy Hopkins, Suzan Close, Meg America, Jeff Anne Pike, Jean Allen, Gay Alexin, myself and hopefully Linda Ferris, will

be attending the GFWC Florida State Convention the weekend of April 5-7 and we expect to return with some awards and new information to share.

I hope to see you all at many of our activities in April.

In Federation Love,  
Mary Evelyn

## CORRESPONDING SECRETARY - **Fran Green and Sheila Zile-Pecoraro**

At our March meeting, we had a very interesting lecture on orchids by Fernando Rocha from the Pine Jog Environmental Education Center. I think we were all inspired to grow more orchids!



**April's speaker** will be Maura Plante, founder of "Living Hungry". This Palm Beach County Organization sends home bags of food with homeless and needy children who mainly get

their meals on school days and sometimes have little to eat when they are not in school. It's heartbreaking to think that there are many children in our own community who don't get enough to eat. This organization has many volunteer opportunities, including packing bags of food for the children to take home.

## **MEMBERSHIP - Meg America and Linda Ferris**

**Birthdays:** Karen Leach, April 13, Suzanne Valentage, April 16

**Anniversary:** Cathy and Bill Hopkins, April 14.

**Our April Family and friend's day out** event is 10 am Thursday, April 11, where we will see the "Twisted" exhibit at Mounts Botanical Garden, off Military Trail in West Palm Beach. Cost to get into the Mounts is \$10. If you want, we can grab lunch after, with those attending picking the venue.

**The annual club family picnic** will be at 4 pm Sunday, May 19, at Meg and Charlie's house in Riverwalk, off Okeechobee Blvd. This will be a great time to bring a guest. Meg will collect \$3 per person for the meat, and everyone is asked to bring a pot luck food. Meg will have a sign-up sheet at the April meeting.

**Booster Club members**, it's time for renewal. New members can sign up your husband or family member for \$10. The form is on the GFWCFlorida.org website, under Resources. It's good for each two-year Administration. We will take the forms and \$10 each to Convention.

**"You Nailed It"** award for March goes to Fran for organizing and sending out emails for the Mexican dinner for Karen and Al, and to Donna for being the Greeter at the door for our March meeting. Both these members volunteered to help our membership and they "Nailed IT!"

**Member Notes:** Mary Evelyn was featured in the March 18 Membership Monday email, for being named District 10 Volunteer of the Year for 2018. Sheila was just elected Regent of the local DAR chapter. She will serve a two-year term. Alice will be initiated at our April 22 club meeting. Her

sponsors are Phyllis and Liz. On a sad note, Connie and Peggy decided not to continue their membership for 2019. However, Peggy will join the Booster Club.

**For Women's History Month**, I asked you to bring a written/printed sentence of the woman you admire, who isn't your Mother. Here is what you said. I have included your name only if you listed it.

- "The woman I most admire is **Diane Reinhart from K.C.** She took in a homeless man when asked by Catholic Monks." - Meg America
- The woman I admire: **Maya Angelou.** She had such an active and diverse career (actress, writer, director, producer, poet), and was respected world-wide even as a civil rights activist. As a young adult, she held jobs, as fry cook, night club dancer, singer, etc. My favorite quote by her: "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." - Phyllis Gauger
- "I would agree with my mother's choices of women to admire. My name, Mary Kathleen, was chosen for the **Virgin Mary**, and my mother's sister, Kathleen." - Kathy Stackhouse
- Woman I admire: "**Daisy Bates** was instrumental in the desegregation of schools."
- "Woman I admire is **Barbara Bush**, Matriarch of Bush Family. She was strong and honest." - Karen Leach
- Woman I admire: "**Jane Cunningham Croly**, the founder of the General Federation of Women's Clubs, in 1890. She was a journalist and author. By 1957, she became one of the first women syndicated columnists, with her column appearing in newspapers in New Orleans, Richmond, Baltimore and Louisville." - Linda Ferris
- "The person I admire most is: **Mother Theresa.** She was totally selfless. She devoted her life to ministering to the poor and sick in India. She donated all the money she earned during her life to hospitals and charities."
- Woman I most admire is **Mother Theresa.** She was always concerned with helping others." - Mary Evelyn

- The woman I admire: **Jane Goodall**, Primatologist, who studied and was protector of wild Chimpanzees. - Donna Cohen
- When you asked us to think of a lady we admire, and would nominate for Women's History Month, I laid awake thinking about who I would nominate I tried to think of someone in politics, show business, TV, and I could not think of anyone, except my Mom, of course. Then I took a good look and thought about the wonderful women we have right here in our organization. I am so impressed with this woman. I met her before coming to the Greater West Palm Beach Women's Club. I was impressed with her at District 10 meetings. But now that I see her, and all the things she is involved with, I am even more impressed. I would like to nominate **Mary Evelyn Mitchell** for Women's History Month. She fits the list with all the work she does. Everything I attended, she has been there, and after reading the paragraph in the Membership Monday email, I can't get her out of my mind and think of someone else. - Janet Oliver
- When I first read your email about women who we admire. I thought what a great idea, obviously I instantly thought of my mother, I had to smile to myself when your next comment said "not your mother." So for the last week I have been considering your question. What woman do I admire; there are politicians, entertainers, teachers' sportswomen. I finally settled **on Jane Goodall**. A great woman. But what has bothered me about this question was realizing that I, and several other club members, struggled with this question, so why, with so many great women around us, why did we struggle and would we have struggled if the question had been 'What man do you admire?' Maybe we should give ourselves some more thought-provoking questions. - Jean Allen
- The woman I admire most is our own **Karen Leach!** Although she is with us only a short time each year, she manages to attend just about every event and function our club holds. Then, she goes back to RI and serves as GFWC RI President. She is always busy with her RI Club as well and clubs throughout the

state. She organized an all female Honor Flight- the first in the nation. She makes all Federation sisters proud to know her! - JeffAnne Pike

**Ladies Day Out** in March was a trip to the Palm Beach Zoo.





Dinner for Karen and Alan



### FUNDRAISING - JeffAnne Pike

**SAVE THE DATE** - Our 4<sup>th</sup> Annual Fashion Show will be Saturday May 11 at the Atlantis Country Club. Tickets are \$35 and are available from all members. 11 members put together 150 boxes to be used as favors for the fashion show. They will be filled with free coupons, business donations, candy and a stylist.





1<sup>st</sup> place winners will advance to the state level.



Thanks to all who have secured door prizes, silent auction items and raffle items for the show.

A HUGE thank you to Cathy and Suzan who have completed the squares for the quilt to be used as an opportunity drawing. Tickets will be \$10 each. Pictures will be sent to members and placed on FB. Please encourage your friends to purchase tickets!

Nine members and one Booster attended **The Portraits of Courage, Wounded Warriors Project** at 4 Arts Museum in Palm Beach. We also went to the beautiful gardens on the side of the Palm Beach Library. We always end with lunch, this time at Flannigan's for St. Patrick's Day.

The next Fashion Show Committee meeting will be Wednesday, April 3 at 3 pm at JeffAnne's.

**BUNCO** - Our next BUNCO fundraiser will be held Friday, April 26 at the home of Suzan and Kenny Close, the cost is \$10. We will have a pot luck dinner beforehand with a Mexican theme. A sign-up sheet will be sent out via email.



## ARTS - Sharon Bounds

We had 6 entries in the **District 10 Arts and Crafts competition**.

The following awards were received

1<sup>st</sup> place:

Photography- Linda Ferris

Knitted apparel- Jean Allen

2<sup>nd</sup> place:

Machine quilting- Meg America

Card crafts- Sharon Bounds

Fran Green (ceramics) and Mary Evelyn Mitchell

(dried flower arrangement) also had entries.



We will have a **card making class** on April 24, 10-12 followed by a pot luck salad lunch at the home of Sharon Bounds, 9839 Sun Pointe Dr,

Boynton Beach. Call for directions- 561-309-4341. We will be making Birthday, Mothers and Father's Day Cards and graduation cards!! No charge for supplies, Sharon is donating everything!



## CONSERVATION - Donna Cohen

Donna, our conservation guru, is pictured with the conservation awareness signs at the Palm Beach Zoo.



The following are the four projects discussed at the zoo meeting in which our club can participate.

1. Create Public awareness of the conservation side of the zoo
2. Participate in November training for Kite sighting.
3. Support Florida Panther migration. Wildlandsnetwork.org. Read the act and go to "write today".
4. National Zookeeper Week

Members signed the letter to protect the whales at earthdat.org

One member and one booster attended the Beekeeper meeting where a Senate Bill 486 was discussed to create a honeybee license plate and also actions to plant flowers.

Sea turtle nesting season began March 1.

One guest and three members attended the Manatee Lagoon lecture "Where have all the Black Tipped Sharks Gone".

**April projects include: Manatee Lagoon Lecture** on April 7 "Lionfish the Snack that Keeps on Giving" from 2-3 pm.

**John D. McArthur Beach State Park Cleanup** April 16. The Park will provide bags and gloves. There will be a tram to take us to the beach. Bring water. Preregistration is required so, if you are interested in going please let Donna know so your name can be added to the list. Members will meet at Sweet Tomatoes (Palm Beach Lakes Blvd/1-95) at 10 am and then carpool to park.

**Ongoing Projects:** Start collecting for National Zookeeper Week- lip balm, sun screen, bug spray, bandanas and healthy snacks.

Souls4Souls: Animal Rescue- Mascara Wands  
PBZoo- empty tp/paper towel rolls  
Peggy Adams supplies



## EDUCATION - Kathy Stackhouse

On Monday, March 4, five members donning paper Dr. Seuss hats, visited our adopted four-year-old class for **Read Across America**. This national celebration was to commemorate the 105<sup>th</sup> birthday of Dr. Seuss. The students greeted us by singing Happy Birthday Dr. Seuss. After we fitted each child with a paper hat, Kathy read the Dr. Seuss book *I Can Read With My Eyes Shut*. The children were delighted and involved in the story and we left the book for the classroom library. Then we distributed a new Dr. Seuss book to each child letting each one chose a title. We also left a favor bag which included several Dr. Seuss items.



combination Education/Conservation Event for our club.



## HOME LIFE - Suzan Close & Jean Allen



**Quantum House pillowcases:** There will be a workshop to make pillowcases for the Quantum House patients & their siblings on Tuesday, April 23 at my house. We will meet at 1 and work until at least 4 pm. Jean and I will precut the pillowcases so we are ready to sew. We can still use people to press & turn as we go. Please let me know if you will be able to help out. I'll send out an email closer to the date. It will be the day after our next regular meeting.

**Quantum House update:** We are going to partner with the Palm Beach Gardens Club to make and serve the dinner but we will work out a date after Convention. By doing this it will cut our costs and give us a club partnership activity.

**Colon Cancer Awareness Month:** Everyone can take these healthy steps to help prevent colorectal cancer:

1. Get screened starting at age 50.
2. Encourage your family members and friends over 50 to get screened.
3. Quit smoking and stay away from secondhand smoke.
4. Get plenty of physical activity and eat healthy.
5. Please take time to read the attached fact sheet.

Remember colorectal cancer it is totally curable if caught early.

**Screening Saves Lives:** Of cancers affecting both men and women, colorectal cancer is the second leading cancer killer in the United States. The risk increases with age. Colorectal cancer occurs most often in people aged 50 years or older.

While visiting the four-year-old class, we took a request for two cots for the classroom for naps. We have ordered these from Discount School Supply for \$112.

At the recent District Arts Meeting, Mary Evelyn received another request to take children's books to state. We will send 26 copies of the board book *King Jack and The Dragon* for an in-kind donation of \$208.

Linda Ferris did an outstanding job of contacting the principal and counselors of Forest Hill High School. We had more applicants than ever before and have a tough job ahead of us selecting the top two from the outstanding applications.

Please reserve **Wednesday, May 1** for our visit to the **Hispanic Resource Center**. That morning we will help the center commemorate the birthday of their founder and plant a new tree. This is a

Regular screening for colorectal cancer is recommended for all adults aged 50 to 75. If you are between ages 76 to 85, ask your doctor if you should be screened.

This disease is highly preventable, through screening. Screening tests can find precancerous polyps so they can be removed **before** they turn into cancer. Screening also finds colorectal cancer early, when treatment works best.

Colorectal polyps and early stage cancers don't always cause symptoms, especially at first. That is why getting screened regularly for colorectal cancer is so important.

You may be at increased risk for colorectal cancer if: you or a close relative have had colorectal polyps or colorectal cancer; you have inflammatory bowel disease, Crohn's disease, or ulcerative colitis; or you have a genetic syndrome, such as familial adenomatous polyposis (FAP), or hereditary non-polyposis colorectal cancer (Lynch syndrome).

If any of these things is true for you, speak with your doctor about when to start screening and how often you should be tested.

[www.cdc.gov/screenforlife](http://www.cdc.gov/screenforlife) 1-800-CDC-INFO

**April Health Focus:** April 27 | DEA National Prescription Drug Take Back Day. The DEA National Prescription Drug Take Back Day addresses a crucial public safety and public health issue. The DEA's Take Back Day events provide an opportunity for Americans to prevent drug addiction and overdose deaths by collecting expired or unwanted pharmaceuticals from the public. To find a drop off site, visit our website and search by address for the nearest location. For more information, contact: [www.takebackday.dea.gov/](http://www.takebackday.dea.gov/)

**Healthy Mothers Healthy Babies - Janet Carlson**

Thanks so much to Janet Oliver, Suzan Close, Janie D'Ambrosio, Sharon Bounds, Mary Evelyn Mitchell and JeffAnne Pike who will volunteer to help at HMHB on Friday, April 12. If anyone else can help please let me know. The address is 901

Northpoint Parkway, Suite 403, West Palm Beach. I will send out an email to let you know what time to be there.



## INTERNATIONAL OUTREACH - Linda Walker

**International Dinner - March's International dinner** was at Paddy Mac's Irish Pub.





Our **International Dinner for May** will be at Casa Linda Mexican and Spanish Restaurant, 7366 Lake Worth Road, Lake Worth, 33467 on Wednesday, May 8 at 6 pm. Along with delicious Mexican Cuisine, we will be entertained by a Mariachi Band. Kindly let me know if you plan to attend no later than April 30 so that I can secure the reservation.

**Operation Christmas Child – Samaritan’s Purse** - Should you wish to participate in the group shoe box effort, please start bringing your donations to each meeting or event. I will collect everything and plan a “filling” party in late October. If you want to fill your own shoe box, that is great as well. For ideas on what to collect, see [www.samaritanspurse.org](http://www.samaritanspurse.org). I would like to concentrate on a donation of socks and flip flops in April.

**Christmas at Sea** - If you knit or crochet, and would like to participate in this project, let me know and I will be sure to get you the patterns and information. hats and scarves for this very worthwhile project. The hats and scarves will be

collected at each meeting and I will send them after our April meeting, and again after our September meeting. So far, our talented Jean Allen has knitted 18 hats and 4 scarves. If you wish to know more about the project you can visit their website at [www.seamenschurch.org](http://www.seamenschurch.org) and/or [www.seamenschurch.org/christmas-at-sea](http://www.seamenschurch.org/christmas-at-sea).



## **PUBLIC ISSUES - Cathy Hopkins**

**FSO** - Thanks to all who brought dental floss for the Forgotten Soldiers Outreach “We Care” packages. Next month we will be collection travel size foot powder. (You can find it at Wal-Mart)

**Homeless Veterans Project** - We will be starting a project for homeless veterans. It would be making up bags with wash cloths, soap, toothbrush, toothpaste and socks. I have 22 bags we can use but can use plastic bags as well. Please let me know of any other items you think we could include.

**Random Acts of Cookies** - Put your baking hats on! We will be doing a pack and take “**Random Acts of Cookies**” delivery on **Tuesday April 9**. We will meet at JeffAnne’s house (4288 Edward Rd) at 10 am. If you can’t make it, you can drop the cookies off early or JeffAnne or Cathy will be more than happy to go pick them up. The more cookies the better! We will be delivering them to the Community Outreach & Media Relations department at the Sheriff’s Office and to two fire stations.

**Honor Flight** - The next Honor Flight is Saturday April 13. If you would like to go and give your support to the returning veterans, who have been to Washington DC, please meet at Rooney’s Pub, Concourse B at the Palm Beach International Airport by 7:10 pm.



JOIN US IN  
SALUTING OUR HEROS

**APRIL 13  
OPERATION  
HOMECOMING**

Help welcome home 80 WWII, Korean & Vietnam War veterans from their *HONOR FLIGHT* in Washington, DC

FLIGHT ARRIVES 8:20PM \* ARRIVE EARLY  
Palm Beach International Airport, 2<sup>nd</sup> Level, Concourse A/B

Bring your flags \* family & friends \* signs of thanks  
\* Shake Hands with Heroes \*

Questions? Call Gail 561.523.8187 \* [www.honorflightsef.org](http://www.honorflightsef.org)




## GFWC PRESIDENT'S PROJECT - OPERATION SMILE - Linda Walker

A Smile Bag workshop is scheduled along with the pillowcase workshop on April 23 at Suzan Close's house. I will provide the materials needed to make the bags. If you would like to help pin, cut, iron and/or sew, please let me know. I am also collecting items to go into the bags at each meeting. The items are:

- Small shampoo (screw cap only)
  - Small comb (No rat tails)
  - New wash cloths
  - Small bar of soap
  - Small square mirror (Approx. 3" x 3")
  - Child size toothbrush
  - Small toothpaste
  - Thin 8 ½ x 11 coloring book
  - 8 pack of crayons
  - Small stuffed animal (Beanie baby size)
- Thanks to all who have already donated items. Please check out Operation Smile's website at [www.operationsmile.org](http://www.operationsmile.org) and [www.operationsmile.org/content/smile-bags](http://www.operationsmile.org/content/smile-bags).



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

**Facebook** - Lots of Facebook posts this month, including our fashion show workshop, meeting notice and zoo visit. Thanks to everyone who posts and those members who share!



## PUBLIC RELATIONS - Linda Ferris

**Birthday Bags for the children in the domestic assault shelter are looking great!** Thank you all! I am so happy so many members embraced this project! I will shop for some games for teens to complete some bags. They will be delivered in April for Child Abuse Prevention Month. I will send an email with the delivery date, and hopefully some of you can join me. We deliver the bags to the YWCA. Unfortunately, we don't get to meet the kids who get the bags.

At the March meeting, we collected gently used clothing for **Aid to Victims to Domestic Assault (AVDA)**. Special thanks to Sharon Bounds for delivering our items. Thanks to everyone who donated, we are helping this domestic assault shelter in South County. If anyone has baby clothes, furniture, toys, supplies, save them for a future donation there.

Congrats to Karen, who earned the **Pat on the Back** again this month. She really attends everything during the months she is in Florida. Remember when you post our club events, you are promoting our club's name in the community.

**April is Federation Month.** I had quizzes in past years, and last year I comprised a "Federation Bingo game," with each square a different Federation subject. Please brush up on your Federation History for our April meeting as I drum up something new to mark Federation Month. You can win a prize!

**Convention Program ad** - We bought an ad, featuring Mary Evelyn as District 10 Volunteer of the Year, for the 2019 GFWC Florida Convention in April. She will be honored at the Saturday night dinner.

### Website - Janet Carlson

The website is now secure. I will be updating... feel free to go in!

[gfwc-wpbwomensclub.org](http://gfwc-wpbwomensclub.org)

### LEADERSHIP - Mary Evelyn Mitchell

Our Leader of the Month was Donna Cohen.



### DISTRICT 10 NEWS

CONGRATULATIONS to Mary Evelyn Mitchell selected as District 10 Volunteer of the Year.



Eleven members attended the District 10 Arts and Crafts meeting held at the Woman's Club of Stuart on Saturday March 2.



- April 12 - Healthy Mothers Healthy Babies
- April 13 - Honor Flight
- April 15 - Board Meeting
- April 22 - Business Meeting
- April 23 - Pillowcase/Operation Smile Sewing Meeting
- April 24 - Card Making Class
- April 26 - BUNCO
- April 27 - Drug Take Back Day
- May 1 - Hispanic Resource Center
- May 8 - International Dinner
- May 11 - FASHION SHOW
- May 18 - District 10 Spring Meeting
- May 19 - Club Picnic

**GFWC Greater  
West Palm Beach Women's Club  
PO Box 16311  
West Palm Beach, FL 33416**

**For more information Contact:  
JeffAnne Pike  
561-329-1289**

**Like us on Facebook: GFWC Greater West  
Palm Beach Women's Club  
Visit our webpage:  
[gfwc-wpbwomensclub.org](http://gfwc-wpbwomensclub.org)**

We have already received the call for the GFWC **District 10 Spring Meeting** on May 18 in Ft. Pierce and will have more information at the April meeting.

## **PERSONALS**

I want to personally thank Jean Allen for knitting 16 hats and 4 scarves for Christmas at Sea. They are all beautiful. I appreciate all the time and money involved and I know they will be greatly appreciated by the men and women serving in North American and International maritime workplaces. What a fabulous donation. Thank you Jean! Linda Walker

## **DATES TO REMEMBER**

- April 3 - Fashion Show Meeting
- April 5-7 - Spring Conference
- April 7 - Manatee Lagoon Lecture
- April 9 - Random Acts of Cookies
- April 11 - "Twisted" Exhibit