

GFWC GREATER WEST PALM BEACH WOMEN'S CLUB

a member of the General Federation of Women's Clubs

"Succeeding Despite Social Distancing"

April 2022

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PRESIDENT'S MESSAGE-

Meg America

Dear Members,

As you might expect, my first thought is about our successful Fashion Show. It was over the top! Mermaids were found in every small detail at the event. JeffAnne wore a coral tunic, and the Master of Ceremonies wore a deep-sea color sparkling chemise. If you looked closely, you may have noticed the fabric caught the light as she moved, and it changed colors. Many other members wore colors representing the sea, sky, sand, coral, and fish. Donna in her silly hat, could have been a waitress carrying cool drinks with little umbrellas to those sitting on the sand. All committee members were given, as a thank you from their chair, a silver mermaid on a chain, which they displayed proudly.

The table decorations were so darling with the colorful mermaid sitting on the vase and octopus inside looking out at us with big google eyes. We found our goodies in the most unique multicolored bags. Blue napkins and a well printed program set off the tables, which gave the wow factor.

Baskets---Huge, heavy and stuffed full of goodies. The bowls holding the tickets had the

fish tail attached to the edge of the bowl. Even papers were coordinated to match the theme.

We had nearly 100 door prizes. They were wrapped in paper representing various shades of water.

Our ESE kiddies at the Royal Palm School painted many unique pictures of mermaids. They were swimming in the oceans and the children used a variety of textures to add to the picture. Small shells covered the breasts of some of the mermaids.

Our brag table was lovely. I hope some first timers to our Fashion Show, were able to stop by and read the Proclamation and scrap books. They tell our story.

The star shaped balloons allowed patrons to find those selling tickets. Oh, what a great job they did! I overheard a conversation that the sellers were competing for top sales. I wonder who brought in the most money?

Now for the quilts. Our tapestry quilt sat for 2 years and finally can find a home in the Pike household. Could it find a better home? Not in my mind. I do not know of any other organization where a relative of a friend of a member offers to make a gorgeous quilt for a fundraiser. This beautiful quilt found a home

with Suzanne Valentage. I hope she will show us how she fits this into her home.

Can I say more? Of course. But I know I have only so much room for the president's message.

In Federation Love,

Meg

MEMBERSHIP

Jean Allen & Sharon Bounds



May Birthdays

7th- Linda Ferris

28th- Phyllis Gauger

Traveling Teapot

Jean Allen, Barbara Burdette and JeffAnne Pike met for lunch and socializing, A fun time was had by all. We were sorry Annette Torres was under the weather and could not join us.



Our Park Outing on April 5 had 19 members attending. Mary Evelyn and Suzan gave out healthy snacks, Doreen and Cindy received recognition form Greenacres, we saw the new home for our Little Free Library and Linda Ferris had Pinwheels for Prevention to show members for Child Abuse Prevention Month.





FUNDRAISING- Donna Cohen & JeffAnne Pike

FASHION SHOW

All I can say is WOW!!!

Thanks to the **fashion show committee** (Cathy, Phyllis, Liz, Linda W., Janet C., Suzan C., and Donna) and **ALL club members** I can honestly say this was the BEST fashion show ever!



Twelve members, 3 guests and 1 booster met at the mall on April 21st.











We will resume our Virtual Bingo games in June.



ARTS & CULTURE- Cindy Jones

Why do we have an Art and Culture category for a service program? It's a good question.

After all, we have starving people in our community, kids who need all the educational tools we can give, expecting Moms who need to pamper themselves and abused children who need their own birthday celebration.

I have my story regarding art and culture. What is yours? Have you ever engaged in projects in your life that includes crafts, dance, drama, food, music, and other art and culture? Send me your story so I can share with other members, via the newsletter. Have you taught home economics, are a movie junkie, engaged in dance and drama? Do you love food? Do you love music? You may have loved Leslie Gore singing "It's My Party", singing to Led Zepplin's "Stairway to Heaven" or loved seeing the theater play, "Hairspray". Perhaps, you traveled overseas and engaged in cultural activities or saw a different culture that shocked or amazed you.

You may say, "It was such a long time ago. No one wants to hear/read it." Story creates conversation. STORY IS a form of ART AND CULTURE.

I will publish your story, anonymously or with your name. What is your story?

Eggstravaganza

Six ladies volunteered at Greenacres Eggstravaganza. We offered children a color choice for their visor. Then, we had them select spring stickers to put on their visor. We served around 150 children.



Thank you volunteers!

Linda Vallencourt,
Cathy Hopkins,
Doreen Lawrence,
Janet Oliver, Palmira
Torres and
Cindy
Jones

**BEST
EVER**

Ladies, thank you for creating 149 Fourth of July cards for our nation's military members serving overseas. Let me know if you can sing this tune to the song, that has been modified for our lovely art.

"Cause ladies you make fireworks
Come on, show them what they're worth
Make the greetings fly, fly, fly in the sky, sky, sky"
Ladies, you are fireworks. Putting in all that work
Make the greetings fly, fly, fly in the sky, sky, sky"



CIVIC ENGAGEMENT & OUTREACH- Cathy Hopkins & JeffAnne Pike

Club members and Boosters met at Palm Beach International Air Port to greet veterans returning from the Honor Flight.

Members met to make the centerpieces for the Fashion Show.



Art and Culture Projects

Scrapbook:

June: 2 dates will be scheduled to put together our scrapbook 2021. We will meet at Peggy's house. June 8 and 22, 10:00 am.

All photos and supplies will be given out. All you need to do is adhere to paper. We will enter our scrapbook in September's competition.

Halloween/Fall cards: If you have any ITEMS which can be used on Halloween or autumn cards for our military, please bring to the park gatherings. Also, we need GLUE STICKS.

Our club was part of 5 clubs from District 10 who attended the Honor Flight.



Our Booster Jim Ferris even made the evening news!



May is Military Appreciation Month!
The next Honor Flight is scheduled for
SATURDAY - MAY 21, 2022
RETURNING PBI AT 7:20PM

Memorial Day is May 30th

From Wreaths Across America:

Memorial Day is a holiday set aside to remember those who died in service to our Country. Breaking that down further, that service to the country and the sacrifice of their lives is what allows us as Americans to live in freedom.

Military Appreciation month grants to continue to recognize our nation's military and veterans. We will honor the sacrifices of so many heroes, say their names, share their stories and understand that though Memorial Day is about remembering those who died, the lessons we learn from them and pay forward are for our children."

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them."

Remember - Honor - Teach

With gratitude,

Forgotten Soldiers Outreach

Members donated over 300 individual packages for Oatmeal to be used in the "We Care" packages sent to troops serving overseas.



We will be collecting snack sized bags to be delivered in June. Please bring to the June 7th park outing.



**ENVIRONMENT- Donna Cohen,
Debbie Still & Janet Oliver**

UPDATES:

Picked up a Family Membership Certificate from the PBZCS for the fashion show silent auction and dropped off enrichment items for the animals.

Dropped off donation of pill bottles, linen and newspaper to Big Dog Ranch



ARBOR DAY APRIL 29th

Whyyyyy trees? Because they are the best nature-based solution to help mitigate climate change.



One mature tree can absorb up to 48 lbs of carbon per year



1.6 billion people rely on forests for their livelihoods



Trees can help achieve all 17 sustainable development goals



80% of earth's terrestrial biodiversity lives in forests



Trees can help cool our cities

In celebration of Arbor Day, we donated a Ceiba Tree to Hispanic Human Resource Center Donna's husband Sandy has been nurturing this Ceiba tree to be donated to HHRC. This tree is special to the center as it is the National tree of Cuba. The homeland of the centers founder, Luciano Martinez.



We also checked in on the tree we donated three years ago. It is thriving and beautiful. Sandy Cohen is pictured with the tree he planted.



morning. If you'd like to attend, please RSVP by Friday May 6th. Sarah Vasbinder 561-260-3779 National ZooKeeper week is July18-24. If we are able to collect enough items, we will donate to the Palm Beach Zoo and Conservation Society.

Let's get started now.....Please bring protein bars and sports drinks to the May, June and July park outing.

Water for Bees: Spring/Summer is here and the bees are thirsty. Bees can not swim so they need our help. Please consider helping them out by filling a container with marbles or stones and then adding water.



Okeehelée Nature Center's  Earth Day  celebration is right around the corner! The event is free to the public and they have a lot in store for us. They will have guest speakers, live animal encounters, and even a rehabilitated animal release! Come celebrate Earth

Day  on April 30th from 10AM to 3PM   

We have been invited to the Jupiter-Tequesta Juniores Club President Day project on May 14 9AM-1PM at 312 Pine Way trail WPB. They are holding a nursery day at MANG celebration. MANG is committed to the restoration of the mangrove ecosystem. Be a botanist for the

Eyes on Kites- the Kites are back and ready for some " hanky /panky.....nesting. If you observe nesting, it can be reported to the AvianResearch and Conservation Institute. This will aid in their protection and conservation.

EYES ON KITES!

www.arcinst.org/eyes-on-kites

- Do you know of nesting Swallow-tailed Kites? You can help with ARCI's new nest monitoring program.
- Register a nest and monitor it throughout the season.
- Nest site data is valuable for the protection and conservation of Swallow-tailed Kites.
- For the safety of the birds and the property owners, nest locations are kept private.







EDUCATION & LIBRARIES- Suzanne Valentage

We delivered bags to our 3 year old classroom and it created a lot of excitement and hugs from the kids. They each received a new book, a stuffed animal and snacks. The new stuffed animals were donated by Linda Walker's daughter Alison.



Also delivered to the center were 210 children's books for all ages. Thank you to Liz Bloeser and her daughter for these books. According to the director, they will be used among our HHRC and its sister center.



Our Little Free Library has found a new home at the Samuel J. Ferreri Community Park across from the Greenacres Sheriff and Fire Department.





HEALTH & WELLNESS- Mary Evelyn Mitchell & Suzan Close

May is National Stroke Awareness Month. I am attaching the guidelines given by the National Stroke Recovery Foundation. They encourage people to follow these guidelines because many times there are warning signs that occur before the actual stroke.


STROKE RECOVERY FOUNDATION

THE PILLARS OF STROKE VICTOR PREVENTION™

- HAVE AN ANNUAL PHYSICAL EXAM AND TALK WITH YOUR PHYSICIAN ABOUT ANY MEDICAL ISSUES YOU MAY BE HAVING
- TAKE CONTROL OF YOUR BLOOD PRESSURE! THERE ARE NOW NEW MORE STRINGENT GUIDELINES TO BE CONSIDERED
- EAT LESS - EVERYTHING YOU EAT CONTAINS CALORIES
- EXERCISE AND INCREASE YOUR DAY-TO-DAY PHYSICAL MOVEMENT
- LOSE WEIGHT - EVERY POUND COUNTS!
- STOP SMOKING - JUST STOP!
- DRINK IN MODERATION! CONSIDER RED WINE
- CAROTID ARTERY SCREENING MAY BE APPROPRIATE
- CONTROL YOUR DIABETES IF THAT IS AN ISSUE
- ATTEND TO ATRIAL FIBRILLATION SHOULD YOU HAVE IT
- TAKE YOUR PRESCRIPTION MEDICATIONS AND MANAGE YOUR SUPPLEMENTS
- IF YOU SUSPECT STROKE OR OTHER CARDIOVASCULAR ISSUE -
CALL 911 IMMEDIATELY!

FIGHT THE GREAT FIGHT!™

www.StrokeRecoveryFoundation.org - Bobm@StrokeRF.org - 239-254-8266 - 501c3 Organization

The theme for the **May President's Day of Service** is "**Day of Joy**" and we will be serving dinner to the families at **Quantum House on May 17 as our project**. The families at Quantum House are from all over the world and their children are patients at St. Mary's Hospital. We will contact and send out a request asking members to contribute food several weeks before the day of the meal. We will meet at a central location the day of the dinner to organize the food. Only five members will be allowed to attend at this time. Hopefully more members will be able to go at a later date. This dinner is really appreciated by the families and the children at the center.



PUBLIC RELATIONS - Linda Ferris

Spotlight on Federation: This new feature will be included in the newsletter each month. Email if you have a question.

Question: With voting at Convention this year, how many votes does our club have?

Answer: Delegates are based on membership, with our small club getting two votes, and clubs more than 100 members getting 4. The delegates are the president (or president alternate if she is not attending) and one delegate vote. Any state chairmen or committee members would each get a vote. Linda Ferris serves as District 10 President's Project chairman so she gets a vote at this convention. The answer is 3 votes.

GFWC Florida Clubwoman: I hope you have signed up to receive this weekly email. Our club was included in the club news on April 4 for cleaning the books at Greenacres for the Little Free Libraries, and on April 18 for the Birthday Bag donation to the children in domestic assault shelter. Also on April 18, the photo I sent on behalf of District 10 clubs attending the Honor Flight at PBI was included.

Facebook: Members posted lots of club events on their personal page, and on our club's official FB page, we had Child Abuse Prevention Month, the park and mall outings, City of Greenacres Easter celebration, cleaning books for Little Free Library and donations to Big Dog Ranch.

Other PR: JeffAnne reported that Love Like Lija asked for organizations to post photos helping children, and she posted our Birthday Bag donation on their Facebook page. They loved this idea for helping children!

Pat on the Back is given for more than just posting on Facebook. It is given to the member who spreads the word about our club in the community. This person included all our partner organizations that our club supports, listed District 10 clubs who supported our fashion show, and got the Proclamation from the mayor of West Palm Beach. This gave our guests at our fashion show some of the great work our club accomplishes. The Pat on the Back for April goes to JeffAnne!



GFWC SPECIAL PROJECT- Domestic Violence Awareness and Prevention- Linda Ferris, Shakearah Rolle, Deb McCoy & Deb Still

Birthday Bags recap: On April 4, Shakearah, Deb, Debbie and I delivered 32 birthday bags to the children in the domestic assault shelter on behalf of the club. The committee met at Linda's house the week prior to make sure each bag contained all the items needed for a child's birthday, including new book and toy/game/craft. Big thanks to each club member who contributed to this project. We made a difference to a child!



April is Child Abuse Prevention Month, and in addition to delivering the birthday bags, we had several posts on Facebook with this info, including wearing blue on April 1, birthday bags, and Pinwheels for Prevention.

Dress for Success is holding a sale at their office, 2459 S. Congress Ave., Suite 204, Palm Springs. 5611-249-3898. Assistant director Pat is handling this sale.

Sale starts May 19 from noon to 6 p.m. and it's \$25.

Sale to public, no charge, May 20 and May 21 from 11-7.

Features couture, designer clothes, everyday brands, never-worn pieces, accessories, petite to plus sizes. BOGO on some items.

Dressforsuccesspb.org

Violence Against Women Act (VAWA). With the Violence Against Women Act reauthorization complete, the FY 2023 annual appropriations process is underway. Advocates for domestic violence and sexual assault education, prevention, and services programs are seeking increased funding to correspond to the increased funding levels authorized in VAWA. GFWC is joining the National Task Force to End Sexual and Domestic Violence (NTF) to urge Congress to fully fund VAWA and the Family Violence Prevention and Services Act programs and provide sustainable funding for Victims of Crime Act (VOCA) programs, including a tribal funding stream.

LEADERSHIP- Meg America

May 20-23 Convention in Orlando. Districts 7 and 10 are working together to make lovely table decorations for lunch on Saturday. Our club is making napkin type covers to go under the paper flowers in vases. Some members will travel to Stuart to help make the flowers.

May 8 - President's Project. We will deliver cooked foods to Quantum house on the date they have available. (May 17)

June 4 – We are hosting the district meeting. This will be held in a club house in Lake Worth. A committee has been formed to plan the meeting.

Proclamation - Keith James' office was sent an email "thank you" for providing this to us.

Webinars - Grant writing 2 members attended
Chat with board members 4 members attended

Pop Star of the Month - Wow, lots of popcorn
Fashion Show - JeffAnne Pike, Cathy Hopkins, Janet Carlson, Phyllis Gauger, Liz Bloeser, Linda Walker, Suzan Close and Donna Cohen.
Created the Proclamation – Suzanne Valentage,
Picked up the Proclamation – Deb Mc Coy.
Many thanks to all who participated to pull this event together.

PERSONALS

Thanks for the lovely get-well card I received from the club. It was really appreciated.
Janet B. Carlson

I am still overwhelmed by your gracious gift and am blessed to work with such incredible ladies. If you will allow me, I would be honored to chair next years show. Love and hugs, JeffAnne

Healing wishes are being sent to Janet Carlson, Phyllis Gauger and Meg America for their recent procedures and to Mary Evelyn on her upcoming one next week. Love from the Members



DATES TO REMEMBER

May 1st- Club Picnic

**May 5th- Convention Centerpiece
making in Stuart**

May 8th- Happy Mother's Day

May 17th- Quantum House

May 20th-23rd- GFWC FL Convention

May 21st- Honor Flight

May 24th- Movie Outing

May 30th- Memorial Day Observance

June 4th- District 10 Meeting

**Note: We will have a combined
May/June newsletter that will go out
the end of June.**

GFWC Greater

West Palm Beach

Women's Club

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For more information

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gfwc-wpbwomensclub.org