

# GFWC GREATER WEST PALM BEACH WOMEN'S CLUB

a member of the General Federation of Women's Clubs

## "Succeeding Despite Social Distancing"

February 2022

VOL. 22    ISSUE 2



### PRESIDENT'S MESSAGE-

**Meg America**

Members,

Let me first begin by saying so many thanks to Fran Green for sharing your mom's condo. I know the entire Brunch and Fashion Show Committee is finding the use of the condo a godsend. This is making things so much easier to store the items for the show. I was glad to unload the door prizes. The next thing I am going to say publicly is, Fran, I am sorry for the tile issue. It was rather a shock for all of us in the house at that time, because I thought I had dropped something hard on the tile and broke the tiles. We all looked for the unknown item. There was such a loud pop! JeffAnne discovered what happened. I stepped in an odd place on the tile and tiles popped up out of the grout forming a tent. Another member pushed the sofa over the tiles. She knew exactly what would happen if one of us failed to notice the floor was not level.

This has been a busy month for us. We seem to be doing more and more.

We have many new members. Welcome, Doris McArthur and Doreen Lawrence

We lost one of our fun Boosters, Jim Bounds. We also lost a long-standing member, Countess Tatiana Kurbatov. We just got word that one of our former members, Carolyn Foster, lost her son.

I know I said I was done with reports. Let's be clear to the new members and veterans. Use any paper which is easy for you to document. When you donate to someone, DO NOT put your name on the paper. We do not want anyone to feel judged in any way. Some have favorite charities. The person doing the collecting just needs the number of what you brought. They will count everything before donating. You can put the in-kind amount or leave it blank. The collector will estimate a cost. Remember we are a volunteer organization. You give what you can, and we accept what you give. Friendship is more important.

Challenge: How about if you attend a webinar? Try it. You may really enjoy them. You can sign up at [www.gfwcflorida.org](http://www.gfwcflorida.org)

A future webinar is scheduled to answer your questions. They want you to submit any type of questions you may want to ask. I am going to ask, how can I get members to participate? They can't offer chocolate or wine over zoom ... mmmm but, I can ,,,

But try it. As I have said, if you say, "out of here". Just hit close and you can go on about your business.

You can register for one webinar at a time. They last about one and a half hours. GFWC Florida is offering a scholarship to women returning to work. If you know anyone who may qualify, the information is on the website.

I wish our members good luck in the Arts competition.

Spring is soon here. We will set our clocks ahead and wear green on St. Pat's Day.

In Federation Love,  
Meg

### **TREASURER- Janet Carlson**

Just a reminder that **dues are due** by the March meeting. Please send a check to:

67 W Plumosa Lane  
Lake Worth 33467

### **MEMBERSHIP**

#### **Jean Allen & Sharon Bounds**

#### **March Birthdays**

22<sup>nd</sup>- Donna Cohen  
26<sup>th</sup>- Debbie Still

#### **March Anniversaries**

14<sup>th</sup>- Meg & Charlie Lockmiller  
31<sup>st</sup>- Sheila & Tony Pecoraro

Once again, we have had a very busy month. It is so encouraging to see how many members are involved in the different projects. I would encourage everyone to try a new activity. You can talk to anyone of our department chairs and see how you can help in their projects.

Our park outing was on February 8<sup>th</sup> we had 25 members and two guests we wore red to bring attention to heart health.



Pictured below is Deb McCoy received her new member plaque given out in December.



Our social gathering at the mall was on February the 24<sup>th</sup> we had 15 members attend. We all enjoyed birthday cake which was delicious. Thank you

Next park outing will be March 8<sup>th</sup> at 9.00am and the next mall gathering will be Mar 24<sup>th</sup> at 1.00pm.

The teapot names for this month are, Sue Kunda, Linda Vaillancourt, Lyn Williams and Linda Walker.



Again, we welcomed two new members this month. They were initiated at the park outing with our candlelight ceremony. Doreen Lawrence is a retired law clerk and worked in the field of medical malpractice. Annette Torres is quite new to Florida and her career as a make-up artist is fascinating. Welcome.



### SAVE THE DATE:

Our club picnic will be on May 1<sup>st</sup>. More information will follow.



## FUNDRAISING- Donna Cohen & JeffAnne Pike

BINGO					
1	27	33	48	75	
8	19	45	56	61	
3	18	FREE SPACE	49	69	
15	26	41	53	66	
2	21	37	46	65	

### Bingo March 8th 7pm.

Get your bingo cards soon so that you don't miss out on all the FUN! We have a surprise guest caller. If you need cards just let JeffAnne or Donna know.

### FASHION SHOW

April 23<sup>rd</sup> is fast approaching....

Every time we go to work at the "Fashion Show House" we thank Fran Green for her generosity!

We are well into the planning stage and getting organized for our fashion show. Tickets are going fast, so if you need one for you or your guests please let JeffAnne know as soon as possible. Also, if you have tickets you don't believe you will be able to sell, please bring to the park outing. All ticket monies and names need to be turned in by April 1<sup>st</sup>.

Thanks to all who have donated for our baskets—they are coming together and are looking wonderful. The goodie bags are being filled and the centerpieces are going to be awesome.

If you still have items or completed baskets to donate, please bring them to the park outing on March 8<sup>th</sup> or to the mall on March 24<sup>th</sup>. Please let me know if you have any questions or need me to pick up anything.



## ARTS & CULTURE- Cindy Jones

### Easter Cards for Forgotten Soldiers

Thank you to everyone who participated in our Easter card project for Forgotten Soldiers. We created and delivered 281 cards!



Here is the schedule for future card making for Forgotten Soldiers.

Card Kit Theme	Kit Pick up	Cards due	Cards delivered
4 <sup>th</sup> July	March 8 Park Gathering and Mall Gathering	April 5 Gathering	May 1
Thinking of You	April 5 Park Gathering And Mall Gathering	May Gathering	June 1

**March 14:** Bring your cash or credit cards to shop for your **diamond painting kit** and enjoy lunch at Cheddars.

Meet at Hobby Lobby at 10:00am

Hobby Lobby  
501 N. State Rd 7  
Royal Palm Beach FL 33411

Lunch at Cheddars  
925 S. State Rd 7  
Wellington, FL 33414

### Eggstravaganza

April 16 Samuel J. Ferrari Community Park  
2905 S. JOG Road, Greenacres (It's the same park where we meet for our gatherings).

9am-1:30pm or until all crafts are gone  
(whichever is earliest)

We will assist children to make Easter visors to wear.

It's a fun event! Please wear your pink shirts.





## CIVIC ENGAGEMENT & OUTREACH-

Cathy Hopkins & JeffAnne Pike

### Forgotten Soldiers Outreach

A delivery was made to FSO containing tissues and feminine hygiene products.

We will be collecting disposable razors and fruit roll-ups/ snacks in March. Please bring items to the park outing on March 8<sup>th</sup>.

Jenelle Knecht, assistant to the director, said they are in need of ANY and ALL items. "We currently have over 1,000 recipients that are in need of our care packages but our inventory is LOW!

All of these items plus more can be found on our Amazon Wish List. Shop from home, ship free with Prime and the items are delivered directly to our warehouse."

<https://www.amazon.com/hz/wishlist/ls/18B7ZCF LBPYYD..>



Below is a picture of what a "We Care" package looks like when packed.



### VA Hospital/ Mommy Bags

On February 10<sup>th</sup>, 6 members stuffed Mommy Bags for the baby shower given by the VA for pregnant women veterans. The bags contained items such as pieces of jewelry, lotion, candles, tissues, emery boards, soap and bath scrubbies, a manicure set, hair accessories and a journal. The bags were delivered, along with a book for the baby, to be distributed to the new mommies!





We then, of course, went out to lunch!



### Girl Scout Cookies

On behalf of the club a donation of Girl Scout cookies were made to be sent to the troops.

### CPR

Members participated in a CPR class given by the Greenacres Fire Department with Paramedic Firefighter Dion. 12 ladies received their basic CPR certificate. We also had a tour of one of the rescue trucks.



### Random Acts of Cookies

Our next Random Acts of Cookies delivery will be March 15<sup>th</sup>. Please bring individually wrapped cookies, chips, bars to the park on March 8<sup>th</sup>. We will meet at JeffAnne's home (4288 Edward Rd, WPB) at 10:00 am on the 15<sup>th</sup> to pack and then deliver the cookies.



### It's election time!

The West Palm Beach Municipal Election is on March 8<sup>th</sup>





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

Great Backyard Bird Count (Feb 18-21) this is a annual event, celebrating its 25th year of enjoying birds. I heard from many members about their bird watching. Everyone enjoyed themselves and some learned new thing or in one case saw an extremely rare species that needed to be recorded as a "Rare Bird Alert". That same member had to all break up several fights because of an unruly group of Canadian geese! Lol

**Resource Depot** - donation February 17th  
Large donation (overflowing the cart)! Thanks Ladies



**Donation to Big Dog Ranch** - rescheduled to April. Please gather items for donation. We are so happy to support BDR and one of the reasons is it's new Veteran Dog Training Program at their Veteran's Lodge. The program currently has 16 of their very own dogs who are being trained to assist veterans who suffer from Post traumatic disorder.

The University of Wisconsin's Journey North Monarch Migration tracking program. People from all over the US report their Monarch sighting. The update in a nut shell ....is that the western monarch are doing extremely well and growing in numbers. These are the Monarchs that migrate to Mexico for the winter. East Coast Monarch in particular Florida is a mixed bag as numbers remain the same.

The clubs Milkweed to Monarchs program started in December of 2020 and continues. Our members have supported and grown the Florida Monarch population. We have also learned amazing facts about the uniqueness of the our Monarchs.

**Monarch Gardening**- Saturday, March 26,  
10:30 a.m.

Ages 5+, \$3/participant (Reservations required)  
Learn all about native butterflies and discover how to attract them with a butterfly garden. Find out which plants are best at attracting a multitude of species and enjoy a guided tour of Daggerwing Nature Center's butterfly garden.



**Earth Day** is March 22nd - looking for suggestions



## EDUCATION & LIBRARIES- Suzanne Valentage

We are still waiting to hear from Greenacres to confirm a date for Little Free Libraries book cleaning/processing. I will get an email out as soon as I hear from them.

The books were ordered and received for our adopted classroom at HHRC. The delivery will be made in the next week or so.

**Read Together Palm Beach County:** The book selection for this year's Read Together was *The Story of Arthur Truluv*. It was a great read and I didn't expect the need for tissues at the end. Please send me a short email to let me know if you participated by reading this book and how many hours it took you to read it.



We are also gathering Harry Potter books in good condition for the 3rd and 4th grade classes for Liberty Park Elementary.



## HEALTH & WELLNESS- Mary Evelyn Mitchell & Suzan Close

### March Health and Wellness Exercise and Nutrition

Exercising for just 10 minutes a week is linked to a longer life, according to [a new study](#) published in *the British Journal of Sports Medicine*. Several [recent studies](#) have found that even [low-intensity](#) exercise, done for a short amount of time, can have a meaningful impact on health. Still, the idea that exercising for 10 minutes a week to increase your lifespan is novel. It's also somewhat controversial, since the [federal physical activity guidelines](#) recommend getting at least 75 minutes of vigorous aerobic exercise or 150 minutes of moderate aerobic [exercise](#) each week

"The study was based on data from more than 88,000 U.S. adults who participated in the National Health Interview Survey between 1997 and 2008. The researchers found that virtually any amount of exercise reduced the risks of dying of cardiovascular disease, cancer or any other cause. These reductions in risk increased the more people exercised. What was interesting was how little physical activity it took to see benefits

If you are looking for a place to start exercising;

Our local YMCA Fit First Program offers to help members evaluate exercise options to: Plan to take action, Act on your plan and Evaluate how the plan worked.



## NUTRITION

There are so many aspects of Nutrition that we would like to focus on just one-Snacks and Snacking. Snacks are considered important because they can give us nutritious foods but also keep us from being so hungry and overeating.

We are asking you to help us with a snacking competition. At the park we will give you a slip to enter your (1) My most nutritious snack (My most creative snack) or (Miscellaneous-anything goes) Please take this seriously and enter- the idea is for us to think about what we eat between meals. A select panel (our FACS friends) will select 3 winners who will receive a special award at the March meeting.

## QUANTUM HOUSE LEGACY BRICK

On behalf of the club, we purchased a legacy brick to be placed on the patio at Quantum House imprinted with our club name

*A design for all time...*



## PUBLIC RELATIONS - Linda Ferris

**Do you receive the weekly GFWC Florida Clubwoman email?** It is emailed each Monday, and our club was featured on Feb 21 in the picture collage of the PP Day of Service our Milk donation for Meals on Wheels. We were featured on club news in the same day's email with a different photo from the Milk donation. Our club was also featured on Jan. 31 with the club's diaper donation. I have found they want short catchy submissions for the Clubwoman email.

**Join GFWC Florida Facebook page.** Lots of info about what our state officers and chairman are promoting. Please join this FB group. Women with Wisdom will be featured beginning March 1 on the state's FB page, similar to the Boosters who were feature in January.

**Did you post club events on your FB page this month?** We had lots of posts this month, including Mommy Bags workshop, delivery and lunch; gathering at the park and Mall, Great Backyard Bird Count, Wear Orange for teen dating, wearing red for Heart Health, President's Project Day of Service milk donation, cards for Forgotten Soldiers Outreach, CPR class, Donation to Resource Depot and more.

## Who clicked on the GFWC Florida Website this month?

You can sign up for Webinars, find info about your department, upcoming events, contest rules and more. Is anyone having trouble getting on the "Members Only" section? I will be glad to help you.

**Pat on the Back for February** goes to person who posted the Mommy Bags assemble, delivery and lunch after; milk donation, Jan. 27 mall gathering and several other club events, using our club's complete name. Pat on the Back for February goes to Karen Leach!



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

**Welcome** new committee members Deb McCoy and Debbie Still!

**Birthday Bags for children at the Domestic Assault Shelter**

We will collect Birthday Bags at the March 8 park outing. The bags should be at least 18 inches tall. We don't want any short bags. Each should contain birthday plates, napkins, cups, party favors, and new game/toy/craft. Extra items, not mandatory, can include crayons, colored pencils, balls, stickers, cars, chalk, candles, play dough, etc. Reminder: No guns, no stuffed animals, no candy. Everything can be bought at the dollar store except the game/toy/craft. You can work with a friend to fill a bag.

You can put a new book in your bag, and we have ordered 30 new books for the bags, thanks to the Education Department and Suzanne Valentage, with help from Kathy Stackhouse, who helped order the books through First Book. We are happy Kathy has continued her membership in our club for this year!

If you want to donate a birthday bag, or just part of the contents, and can't attend the March 8<sup>th</sup> park outing, Deb McCoy will come to your house and pick up your bag. Her phone number is 973-713-5319 and her email is [cnmz04@gmail.com](mailto:cnmz04@gmail.com).

We need all contributions by March 28. The committee will meet at Linda's house to check and complete the bags for delivery in early April for Child Abuse Prevention Month.

**February is Teen Dating Violence Awareness Month** and we couldn't find a 12-18 year old group of young women to partner with, but maybe we can later in the year.

We took photo of the four members who wore orange at the Feb. 8 park outing, and I posted it on Facebook. I also posted it on GFWC Facebook page under their post on Teen Dating, when GFWC asked what clubs were planning. Earlier in the month, I asked JeffAnne to post the Teen Dating Awareness logo/emblem on our club's FB page, and several shared to their personal page.





## LEADERSHIP- Meg America

February 14: Our President's Project Day of Service was to provide shelf stable milk for the food kitchen to be given to homebound seniors.



March 5: Arts and Crafts Fair in Jupiter. The Volunteer of the Year for our district will be announced. Jean Allen is representing us.

We picked a Club Woman with the Most Wisdom. JeffAnne was interviewed and will be showcased in the Florida Club woman.

Church meeting place: Has been put on hold.

Project Summary Sheet: No names, please. Just include hours and in-kind donations if you are comfortable.

Pop Star of the Month: Cindy Jones for teaching Canva and Karen Leach for being a star student. We now have a lovely certificate for the Pop Star. Fran Green offered a condo for the Brunch and Fashion Show Committee to spread out and feel organized.

This is us: Annette Torres and Cindy Jones spoke to us about events in their lives.

GFWC Florida is holding a Bed Sheet Fundraiser. Please go to [www.lolabird.com/fundraiser/gfwc-florida-1](https://www.lolabird.com/fundraiser/gfwc-florida-1)

**GFWC Florida**  
GRASSROOTS FEDERATION OF WOMEN'S CLUBS  
Living the volunteer spirit

**Support GFWC Florida**

**LolaBird**  
**Bedsheet Fundraiser**

					
Aqua	Burgundy	Camel	Chocolate	Cream	Gray
					
Eggplant	Navy	Pink	Sage	Silver	White

\*Also sold in Black - Sizes: Twin, XL Twin, Full, Queen, King, California King, and Split King

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## Save the Date

**GFWC Florida**  
**Annual Convention**



*choose joy*

**May 20-23, 2022**  
**Rosen Plaza**  
**Orlando**

## DISTRICT 10 NEWS



## DATES TO REMEMBER

March 5<sup>th</sup> - District Arts & Crafts

Meeting - Jupiter

March 8<sup>th</sup> - Park Outing (9am)

March 8<sup>th</sup> - BINGO (7pm)

March 14<sup>th</sup> - Shopping and, lunch for  
Diamond Art class

March 15<sup>th</sup> - Random Acts of Cookies

March 21<sup>st</sup> - Board Meeting

March 22<sup>nd</sup> - Earth Day

March 24<sup>th</sup> - Coffee @ the Mall

March 28<sup>th</sup> - Business Meeting

**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)**