

# **GFWC GREATER WEST PALM BEACH WOMEN'S CLUB**

**a member of the General Federation of Women's Clubs**

**"Women With a Purpose Make a Difference"**

April 2023

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## **PRESIDENT'S MESSAGE-**

**Jean Allen ([jeanallen@gmail.com](mailto:jeanallen@gmail.com))**

Well, here we are at the end of another busy month, I really am in awe of all that we as a club achieve. I have had meetings with several chairs and talked a lot about future projects. I look forward to the planning and execution of several completely new endeavors.

We are inching ever closer to the fashion show the highlight of our fund raising. Everything is organized and ready and we should have a very successful day.

On a personal note, we have our dear friend here with us for the next month and will be spending sometime in the Keys and lots of day trips out, but I will still be available if anyone needs me.

In Federation love  
Jean

## **MEMBERSHIP**

**Suzan Close & Cathy Hopkins**

**([sewclose@comcast.net](mailto:sewclose@comcast.net) &  
[cathyahopkins23@gmail.com](mailto:cathyahopkins23@gmail.com))**

**The Park outing on April 11 was rained out.** We had about 15 members show up and exchanged our collections of donations. We split into two groups to eat at Gun Club Café and Rosalita's Restaurant. The Rosalita group went to deliver shirt protectors to the Finnish Nursing Home afterward.

**The next Park Gathering will be on June 6<sup>th</sup>,** at the Samuel J. Ferrari Community Park on Jog Road and Constitution Dr. The gathering starts at 9:00 and brunch/lunch usually follows. Make sure you bring a chair & drink with you and dress comfortably.

We will be starting with announcements and Show & Tell. Show & tell can be anything from pictures, things made, information, recipes, anything you think is of interest to other members. Chairpersons will make announcements of dates and times of projects, etc. all the info they will share at the business meeting. This will be after the Show & Tell.

We will have club brochures at the park and if you have given your away, you can pick up another one. It is a great way to share our club with others. Tell them your elevator speech & hand them a brochure with your business card. If you need business cards, please let JeffAnne know, and she will get them for you.

### TRAVELING TEA POT

If your name is drawn, you will decide as a group what you want to do together. You need to take a picture of your group with the teapot to share with us. We will then take your name out of the pot until everyone has had an opportunity to take part. The April group were Gay Alexin, Liz Bloeser, Doris Lohfink-McArthur, and Peggy Breen. They had a lovely lunch at the Gun Club Café.



The tea pot names for May are JeffAnne Pike, Phyllis Gauger, Cindy Jones, and Doreen Lawrence.

We had the **Mall Coffee** on April 27 at the Wellington Green Mall food court. We had 13 members and 1 guest. We had a great time visiting and eating lunch. We hope you will join us in June.



Our next **Mall Coffee** will be June 22, which starts at 12.00 at the Wellington Green Mall food court. We are changing where we meet at the food court, so, just look for us, we will be by the windows towards Charley's.

### May Birthdays

7<sup>th</sup>- Linda Ferris

28<sup>th</sup>- Phyllis Gauger



### CLUB PICNIC

The **Annual Club Picnic** will be held at the Samuel J. Ferreri Park on Saturday, May 27<sup>th</sup> at noon. We will be ordering a sub sandwich meal from Publix for the main food. It is not too late to sign up for the picnic. When you do sign up there is a choice of **Roast Beef, Turkey, Ham, or Veggie**. Just let us know if you will be attending and what sub you want. Guests are welcome & encouraged to attend. The cost is \$15.00 per person. You can email us your information as soon as possible.



## FUNDRAISING- JeffAnne Pike

[japFSU@aol.com](mailto:japFSU@aol.com)

### Fashion Show

May 6<sup>th</sup> is just around the corner.

We are READY!!!!

Please be at the Fountains Country Club

Saturday no later than 8am to help with set up.

Please share the quilt and boat pictures on your Facebook page. They do not have to be present to win!

Remember to wear PINK and your name tag, on that day.

Thank you, Cindy Jones, for designing our sponsor flyer.



## Bingo

At our April Virtual Bingo we had six members and two boosters play. We made \$125. We had two boosters win, Jim Ferris and Kenny Close and three members Sharon B., Mary Evelyn and Gay Alexin. It was a fun evening. We will resume our Bingo in June.



## ARTS & CULTURE- Phyllis Gauger & Liz Bloeser ([REGUAG@aol.com](mailto:REGUAG@aol.com) & [fauowl1975@aol.com](mailto:fauowl1975@aol.com))

In April, we held Epicurean Eats at Eggcetera Cafe in Lake Worth. Four members attended and had a very delightful lunch. Sharon Bounds picked the bonus Easter egg and as a prize will be choosing our destination for June.

In honor of Cinco de Mayo, our May Epicurean Eats will take place at the Casa Tequila located at 12795 Forest Hill Blvd. in Wellington. We will meet at 11:30 AM on Tuesday, May 9. Please RSVP to Phyllis no later than Friday, May 5. Spouses and guests are more than welcome.





## CIVIC ENGAGEMENT & OUTREACH-

Doris Lofink-McArthur & Mickey Poceous ([lohmcArthur@aol.com](mailto:lohmcArthur@aol.com) & [mickey8648@aol.com](mailto:mickey8648@aol.com))

### VA Mommy Bags

We will be packing items in the Mommy Bags on May 8<sup>th</sup> at 9:30 am. The location for the packing event will be at the Lucerne Lakes Clubhouse. Delivery will be made on May 10<sup>th</sup>.

### FORGOTTEN SOLDIERS OUTREACH

Doris and Mickey dropped off items at FSO to be used in their We Care boxes.



Please continue to donate items from the list below.



### ITEMS NEEDED FOR FORGOTTEN SOLDIERS OUTREACH "WE CARE" PACKAGES

Below is a list of items that we need on a regular basis to fill our packages. This is not a complete list and items are deleted and added based on need and requests from our recipients.

We appreciate all the items that we receive; however, we cannot ship alcohol, aerosol cans, tobacco, lewd/pornographic materials or pork products.

**We do not accept hotel toiletries, canned food, boxes of pasta, cereal or expired and/or used items.**

#### Toiletries/Hygiene (prefer travel size)

Baby Wipes	Baby/Foot Powder
Dental Floss	Tampons
Lip Balm/Chapstick	Mouthwash
Hand Sanitizer	Lotion
Shave Cream Packets	Sunscreen
Shampoo	Body Wash
Deodorant	Bar Soap
Single Toothbrushes	Q-tips

#### Food Items

Foil Tuna Packs	Trail Mix
Ramen Noodles	Sunflower Seeds
Snack/Breakfast Bars	Individual Crackers
Fruit Roll Ups	Foil Salmon Packs
Beef Jerky	Rice Krispies Treats
Individual Packed Drink Mixes	
Oatmeal/Grits Packages	
Microwavable Ravioli & Mac & Cheese	
Individual Packages Nuts/Dried Fruit	
Peanut Butter Cups (Jif to Go)	

#### Additional Items

Crew Socks      Insect Repellent Wipes  
Scotch Heavy Duty Packing Tape  
Snack and Sandwich Storage Bags

Revised 09/23/2020

Forgotten Soldiers Outreach 3550 23rd Avenue South, Suite 7 Lake Worth, FL 33461 561-369-2933  
[www.forgottensoldiers.org](http://www.forgottensoldiers.org)

Suzan Close dropped off 5 suitcases to be used by the children in Foster Care at **HomeSafe**.





**ENVIRONMENT- Donna Cohen**  
[\(222donna222@gmail.com\)](mailto:222donna222@gmail.com)



We are encouraging all members to own, grow and maintain a healthy Hibiscus plant. Did you know, the hibiscus is the club flower? If you don't already have one, they are available at most garden shops. I have a huge, gorgeous bush in my yard. I must admit it needs be pruned and fertilized.... Peggy and I have begun propagating from our plants and once they prove to be viable, we will offer to members. If you have an existing plant, we would love for you to offer your propagations to our members. Also looking for locations ...ie. PBZCS, hhrc to donate plants. Think about it... we'd love to share the club flower throughout PBC. We will also be requesting pictures of your hibiscus, please send them to us.

Linda Walker dropped off items, donated by members, at the Resource Depot.



**Upcoming:**  
**Plant party** - we will hosting a plant party during the heat of summer.

**Zookeeper Appreciation** planning. July 18-24

We will be collecting **SNACKS** ....Please see email from Maura @ the Palm Beach Zoo:

Hi Donna,

Thank you for reaching out to me about this! I apologize for not responding sooner; I was out with pneumonia for some time, and I'm just now getting back to the zoo.

I really appreciate you and your group thinking about the zoologists - this means the world to us! We currently have twenty-two zoologists, with I think four more positions open (I believe all those spots have been filled and we're just waiting on them to move here, but I'd have to check on that). If there's one thing we keepers are known for, we LOVE snacks! I remember you brought lots of those little prepackaged ones, like animal cookies and fruit snacks, and they were a huge hit! I think if you did the same thing you did last you, you'd have a line of keepers ready to hug you.



Thank you again for thinking of us, and if there's anything more I can do, please let me know.

Sincerely,

Maura P. Powers



## EDUCATION & LIBRARIES-

Cindy Jones ([cindyACWC@gmail.com](mailto:cindyACWC@gmail.com))

Please continue to donate books to Little Free Libraries. If you purchase one from Dollar Tree, please separate from other books you are donating.

Thank you to our members Doreen and Annette for stocking Greenacres, Little Free Libraries.

Greenacres held their annual Eggstravanza! on April 8 2025, 2 members. Cindy Jones and Doreen Lawrence members and 1 booster, Annette Sohn, gave out brand new books to attendees at Greenacres, Florida Eggstravanza. \$193.00 was donated to build more Little Free Libraries in Greenacres. Great job ladies!



ESO-

You can participate by reading books or listen to audiobooks, including children's books.





## HEALTH & WELLNESS- Meg America ([meg9988@gmail.com](mailto:meg9988@gmail.com))



Jean, Meg, Sue B, Suzan C, Donna, and Linda W pulled together to get 46 bibs finished and ready to donate to the Finnish American Village. We had 15 small, 18 medium and 13 large. Our members logged 105 hours to complete the bibs. They were delivered April 24, 2023, to the nursing home. Each resident received one and wore it for the day. Each bib is washed at the end of the dinner meal.

### Health tip of the Month:

#### Allergies

Allergies to pollens usually start at a young age. If you stay in one place most of your life, you may suffer from them for many years. They can come and go as you move around. Pollen will be different depending on what's growing in your part of the country.

Florida has 7 cities in the top 20 having the worst allergy problem in the country.

If you have allergies to pollen, some things you can do are wear sunglasses when you're outside, wear a cap, and keep your windows closed. If you need to take OTC medications, check with your physician first. If you're on any prescription meds they may not interact well. One may counteract the other.

There are also allergies to foods and pets. Not much you can do if you're allergic to your pet except get rid of them. And not too many people are going to do that. If possible, keep them clipped and keep them clean. Don't let them on the furniture or on your bed. Foods are a different story. You can have eaten something all your life and never had a problem. Then all of the sudden your throat and tongue start itching when you eat it. Don't take this lightly. This usually happens with nuts and shell fish. If this does happen, especially more than once, check with your doctor.

My dad ate pecans all his life and loved them. He developed an allergy to them in his late 60s. Food allergies can be very dangerous.

If you have or develop any allergies, always talk with your physician regarding any treatments



## PUBLIC RELATIONS - Linda Ferris ([lindaferri7@gmail.com](mailto:lindaferri7@gmail.com))

**GFWC Florida Clubwoman email:** Our club was mentioned in club news on April 3 for the Birthday Bag donation, with two photos, one of the DV committee packing the birthday bags and a second photo of the delivery the bags, with YWCA director Spencer, with three members. The club was also included April 24, for the Resource Depot with photo of Linda Walker delivering the goodies, with our club sign and the Depot sign.



**Facebook**— Please continue to post on your personal page about our club and club activities. This is a perfect time to promote the two quilts and boat for the fashion show.

**Pat on the Back**—Goes to Cindy for posting all the photos from convention, using the new photo share program they introduced this year.

**Federation Day April 24**— Remember you are the Federation, that together we can accomplish much in our communities and in the world. Pat yourself on the back for Federation week.



**GFWC SPECIAL PROGRAM- Domestic Violence Awareness and Prevention-**  
**Linda Ferris ([lindaferriis7@gmail.com](mailto:lindaferriis7@gmail.com))**

**Thanks** to Shakearah, Deb Still, Deb McCoy, Mary Lou and Linda Walker (Bras for Free the Girls), for serving on the DV Prevention committee.

**April is Child Abuse Prevention Month:** We posted info on our club's Facebook page on April 17, and we planted Pinwheels for Prevention garden in Linda's yard.

**Birthday Bags recap** — On behalf of the club, 28 birthday bags were delivered March 29 by Jean, Mary Lou and myself to Harmony House, our local domestic assault shelter. We hope the children will be happy with these great bags. Each bag was different, and packed with birthday goodies. Thank you for supporting this project.

**Dress for Success Pop Up Sale Recap:** Sue Brongiel, Annette Torres, and myself helped staff the sale at the office on Congress Ave. Several other members tried to volunteer but ran into scheduling issues. Volunteers and staff sold \$36,000 of merchandise. The money goes to fund the Dress for Success program to provide counseling and clothing, shoes, purses, jewelry, and makeup to women returning to the work force. They now have a second location in Belle Glade to help the women in that area.







### Human Trafficking, Teen Dating April 5 Webinar recap:

Jean, MaryLou and I attended this webinar, and we learned 1.5 million teens are affected by teen violence. We also learned a bystander is just as guilty if they know the abuser and do nothing. We heard that 1 in 6 runaways end up being sex trafficking. We also learned more about "Hope for Justice," organization that prevents the buying, selling, trading Human beings was discussed. It's on our GFWC Florida remittance form for contributions. We urged you to review this Webinar, which is on the [GFWCFlorida.org](http://GFWCFlorida.org) website, under Members Only section. You can watch any of the webinars, dating back to 2020.

**Denim Day April 26** — I was happy to see support for Denim Day in your personal FB page, as well as our club FB page. At the meeting, I told you about the project to wear denim in solidarity of Sexual Assault Survivors and Victims.



**Free the Girls:** Linda Walker will collect new and slightly used bras for Free the Girls this year. These bras provide a way for girls to escape human trafficking. Bring them to club meetings or club outings.

**June 26, 2023 speaker will be Shea Spencer,** CEO of the YWCA, that runs Harmony House, our local domestic violence shelter. The committee meet Shea when we delivered pajamas and purses last year, and she is dynamic. We hope we have many members at this meeting.

## LEADERSHIP- Jean Allen

[\(jeanallen@gmail.com\)](mailto:jeanallen@gmail.com)

**Convention-**7 members attended. We won 6 awards at the arts and craft competition. We also won the following federation awards:  
1<sup>st</sup> Place ESO & Human Trafficking Awareness  
2<sup>nd</sup> Place Newsletters, Environment, Health & Wellness, & Junior Special Programs.

As always the convention was well attended and it was great meeting people from other clubs.

Webinar-April 5th was on the subject of domestic violence. The speaker was very interesting. We learned a lot. They are working on a new series of webinar starting in Sept.

**Doing the right thing-** we had three recipients this month. Donna Cohen, Cindy Jones and Sharon Bounds.

**Photos-** Please remember to send photos of all events to Linda Ferris and Cindy Jones.

**Business meeting-** there is no business meeting in May. Next business meeting is June-26th

## GFWC FLORIDA PRESIDENT'S PROJECT- Cindy Jones

### Camp Boggy Creek:

Camp Boggy Creek, in Eustis FL, offers a unique experience for children with serious illnesses to experience joy and happiness in a camp setting. Part of our mission is to provide campers with inclusive activities that foster a creative and fun atmosphere, and through these activities, we encourage independence and choice.

Boggy Creek bears and blankets from our club, were donated at convention.



If you wish, you may continue to make more Boggy Bears.

Camp Boggy Creek also take hand knitted or crocheted blankets for the campers. Blankets should be: 35-40 inches x 40-50 inches. Primary colors are always a joy for each camper.

Please bring old sneakers to Cindy. Our club gets paid for recycling sneakers. We use the funds to send campers to Camp Boggy Creek.



## DISTRICT 10 NEWS

The next District meeting will be held on June 25<sup>th</sup>.

## PERSONALS

Thank you so much for all the cards, calls texts, etc., that you sent to me during my surgery issues and the passing of my brother. Making it through those tough times were easier knowing you all were there for support! Love JeffAnne

Thank you to all who made a donation to the [Tobias Killian](https://tobiaskillian.blog/2023/04/27/changes-and-decisions-part-1/) family for our Federation Day project. Below is a link to their story.  
<https://tobiaskillian.blog/2023/04/27/changes-and-decisions-part-1/>

## DATES TO REMEMBER

**May 6<sup>th</sup> - FASHION SHOW**

**May 8<sup>th</sup> - Packing Mommy Bags 9:30**

**May 9<sup>th</sup> - Epicurean Eats 11:30am**

**May 10<sup>th</sup> - Mommy Bags Delivery**

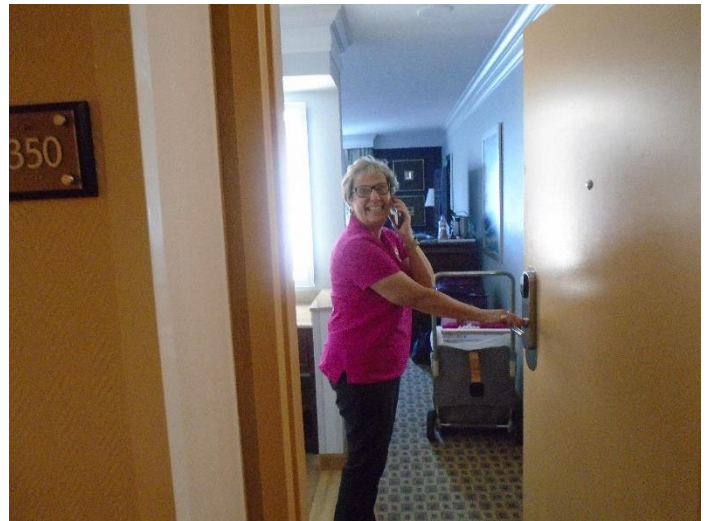
**May 27<sup>th</sup> - Club Picnic 12noon**

## Convention recap in pictures

Meg getting ready to leave for convention



Gay at hotel





## Boggy Creek donations



## Dropping off doctor kits for Jr. Project "Breathe" for Cystic Fibrosis.



## Cindy, our LEADS graduate



## Arts & Crafts Winners







## District Fun Night



District 10 District Director & Laura Connelly,  
GFWC Florida 2<sup>nd</sup> VP



Awards Meeting



Saturday night dinner



Sunday Brunch





**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**

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each Women's Club**

**Visit our webpage:**

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