

# 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"**

February 2023

VOL. 23

ISSUE 2



## PRESIDENT'S MESSAGE-

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

So, this is how I spent a lot of my February following my favorite soccer team and of course my favorite player around south Florida. I'm happy to say it ended in a first-place position in the league.



When I wasn't at a game I was probably sewing or knitting.

You will be happy to hear as of yesterday I have gained another hobby. I am learning the keyboard. Martin is very happy that it came with headphones.

When I retired people said you will be able to relax now, who has time to relax.

As we begin Women's history month. We should reflect on our own history as a club and all that we do and have achieved. You are all amazing women and it's my privilege to work with you.

In Federation Love,  
Jean

"Those who can, do.  
Those who can do  
*more, volunteer.*"

Author Unknown

## MEMBERSHIP

Suzan Close & Cathy Hopkins

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

Feb 7<sup>th</sup> Park Gathering had 22 members & 5 guests



Feb 2 movie "A Man Named Otto", was attended by 14 members, 1 Booster, & 2 guests. And the luncheon at Olive Garden before the show had 12 members & 2 Guests in attendance.



The next **Park Gathering** will be March 7<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.

When speaking of the Park Outing, it is completely voluntary to attend. IT IS NOT MANDATORY! It was suggested by Linda Ferris when Covid made it impossible to meet in a closed area, and those that wanted to get together could. It was not mandatory. Most people enjoy it, so it has become a monthly date. 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 announcement 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.

Our next **Mall Coffee** will be March 23<sup>rd</sup>, which starts at 12.00 at the Wellington 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 the vendors.

### 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

We are starting the Teapot lunch or coffee again. 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. If you do not want to participate, please let either Cathy Hopkins or



Suzan Close know by text or email. The tea pot names for March are: Karen Leach, Fran Green, Lyn Williams, and Shakearah Rolle.

Anyone who would like to see the movie, "80 for Brady" are to meet March 3<sup>rd</sup> at 2:30 at the **MOVIES OF LAKE WORTH** at 7380 Lake Worth Rd., Lake Worth, FL 33467. The movie will start at 2:45 p.m. If you can still come, please let Suzan know by text or email. Her number is 561-329-8874

We are planning the Club Picnic on May 20 or 21, depending on when the pavilion is available at Samuel J. Ferrari Community Park. More info to follow.

As we know, Cindy Jones' mother passed away earlier this month and we are collecting donations to send to Cindy's mom's favorite charity. Please see Janet Carlson at the park.

The "Land's End" magazine is out and they have the hot pink of our **club shirts**. See Janet at park if you are interest in purchasing one.

If you need a copy of our flyer, please let JeffAnne know and she will get you a copy or the link on email.



**FUNDRAISING- JeffAnne Pike**

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

#### **Fashion Show update:**

Tickets have been handed out to members—if you have not received yours please let JeffAnne know and she will get them to you.

When you sell your tickets, place the money in the envelope, write the number of the ticket on the envelope and the name of whom the ticket was sold.

Baskets: Please let a member know if you are donating a basket and the contents.

**Below is a list of items needed for the baskets** we have started to put together. If you can fill any of the requested items, please bring them to the park outing or one of the committee members can pick them up from you.

- Cocktail napkins - 2
- Marshmallows, Hershey bars, Graham crackers & melting chocolate (Any food purchased, please look at expiration date)
- Taper candles – 2- red or green
- Kitchen gadgets
- Dish towels, pot holders
- Items for Mexican basket
- Crackers and box of chocolate for wine & book basket (Any food purchased, please look at expiration date)
- Items for Spa basket
- Items for toy and or game basket

- Items for ice cream basket- cones, sprinkles, chocolate & caramel syrup, etc. (Any food purchased, please look at expiration date)
- Items for flamingo beach basket

We still need gift cards to restaurants, nail salons, massages, etc.

Thank you to all who have donated items already.

Next month we will pass around a list of duties that need to be covered at the fashion show- there is a job for everyone!



Our first **Virtual Bingo** of the year was a huge success. Our next BINGO will be on Wednesday March 22<sup>nd</sup> at 7:00 pm. Get your tickets from Sharon Bounds at the park outing.



**BUNCO TIME**  
**Saturday, March 18, 2023**

We are finally going to have a **Bunco Fundraiser** again. Barbara & Rick Burdette will be the hosts. The address is 9501 Lantern Bay Circle, WPB, 33411. It is in the Baywinds community. More directions will be sent later.

We will have a potluck dinner at 6:00 p.m. and start Bunco around 7:00 p.m. A sign up sheet was passed around at the business meeting and it will also be at the park outing for easy sign-up.

The cost is \$10.00 a person to play. If you have never played, don't worry, it is easy fast & fun.

This is a good time to bring your spouse, partner, friends, or family. All are welcome. We need to know by Friday March 17 to make a list for the gate. We are excited to get together again for Bunco.



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

February's Epicurean Eats was a huge success! We enjoyed lunch at the Nature's Corner Café.





For the month of **March, Epicurean Eats** will take place at an Irish restaurant in honor of St. Patrick's Day. Irish foods are all about comfort. Traditional Irish foods include brown bread, Irish stew, scones, soda, bread, corned beef & cabbage and pretty much anything made with potatoes!

We will meet for lunch on Tuesday, March 14, at noon at Paddy Mac's, located at 10971 North Military Trail in Palm Beach Gardens. They are known for their many Irish dishes and homemade Irish scones. The restaurant is located in the Garden Square Shopping Center on the NW corner of Military Trail and PGA Boulevard.

Please RSVP to Phyllis no later than Friday, March 10, if you plan to attend. Spouses are welcome. We hope to see you all there!



Congratulations to all the winners who participated in the District 10 Arts and Crafts competition. All 1<sup>st</sup> place winners will advance to the State Competition in April.

Category 7- Beadwork (other than jewelry)

[Phyllis Everett Gauger](#)

Category 11- Paper Crafts- [Sharon Bounds](#)

Category 13- Scrapbooks- [Cindy Jones](#)

Category 24- Knitting- [Jean Allen](#)

Category 28 Hand Embroidery- [Susan Davie-Kunda](#)

Category 33- Fabric Craft- [Jean Allen](#)

Category 40- Group Entry- [Meg America](#), [Suzan Close](#), [Cathy A Hopkins](#)

Category 43- Forgotten Crafts- [Cathy A Hopkins](#)

Category 73- Watercolor- [Cindy Jones](#)

Category 75- Mixed Media- [Karen Leach](#)

Category 80- Miniatures- [Karen Leach](#)

Category 94- Photography-Florida- [Peggy Breen](#)

2nd Place Winners

Category 20- Wreaths- [Mary Lou Samaras](#)

Category 35- Quilting- [Jean Allen](#)

Category 91- Photography- Natural Wonders- [JeffAnne Pike](#)

Category 93- Photography- Living Volunteer Spirit [Meg America](#)

3rd Place Winner

Category 92- Photography-Reflections [JeffAnne Pike](#)

Photos of all entries are at the end of the newsletter!

Club members visited Royal Palm School to deliver the crayons we collected. We had 3 lbs. broken and 10 lbs. of new crayons. Royal Palm School is an ESE Center for students ages 3-22. In the Transition Program (ages 18-22), the students work on life, job, and functional skills to be successful after they leave Royal Palm School.

The students participate in School-Based Enterprises. They create a business to develop a variety of skills. The students made salt cleansers which they gave to us along with the crayons they made using the broken crayons. The school will hold a fair in April and I will forward the information should you want to support them.



### Card Making Workshop

**Thank you to Sharon Bounds** for hosting not one, but two card making classes. Sharon provided all the materials for club members to make Valentine and Birthday cards.



## CIVIC ENGAGEMENT & OUTREACH-

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

Women veterans were honored on Valentine's Day, as Doris McArthur and Mickey Poceous delivered goodies to the women's clinic at the VA Medical center in West Palm Beach. The clinic wanted only wrapped items, and they received candy, cookies, fruit snacks and veggie sticks.



**VA Recap: Mommy gifts bags** will be given one time annually, not twice annually. Next event May 17.

**Girl Scout Cookies:** Our club donated a case of cookies to the military. Please let Doris or Mickey know if you made a donation.

**Forgotten Soldiers Outreach:** Committee still is requesting items for soldiers.





**ENVIRONMENT- Donna Cohen**

**[222donna222@gmail.com](mailto:222donna222@gmail.com)**

Thank you, ladies, for your generous donations for the animals at **Palm Beach County Animal Care and Control**. Jean and I to drop off the club donations to PBCACC on February 7th. They were overwhelmed and thankful for our large donation dog food, cat food, treats, towels, blankets, toys and newspapers. We will continue to need your items so please keep saving them.



**Great Backyard Bird Count-** thank you to the 8 members and 2 boosters who participated. 2023 results: 7491 species observed. 315K check listed submitted.

Upcoming events:

**Donations to Resource Depot-** please bring recyclable items to the park meeting on March.... FYI.....they love our tp and pt rolls....special thanks to Linda Walker for volunteering to drop off our donations. Please continue to collect your items and we will announce the next delivery date.

If your looking to get more involvement in the club, consider becoming a member of Environment committee.

**If you are planning on attending the Sounds of Spring concert on March 21<sup>st</sup>, you can bring your check to the park outing as Barbara Hadsell will be there to collect them.**

*Oleander Garden Club  
of the  
Palm Beaches, Inc.*

*Presents  
"Sounds of Spring"*  
*Gourmet Hors d'oeuvres - Wine - Outdoor Concert*  
Silent Auction & 50/50 Fundraising Elements  
Tuesday, March 21, 2023 from 4:00 - 7:00 pm  
\$35.00 per person

Holy Trinity Episcopal Church  
Parish Hall and Courtyard  
211 Trinity Place, West Palm Beach, FL 33401  
Located in downtown West Palm Beach off of Flagler Drive just north of Okeechobee Boulevard

*Featured Performer  
Mace Graham*  
*Organist and music director at Holy Trinity Episcopal Church*  
*Featured entertainer at The Sailfish Club & The Beach Club*  
*Performed at Carnegie Hall*

Proceeds Benefit Our Work in the Community  
Youth Programs  
Wekiva Youth Camp Scholarships  
Native Plant Demonstration Gardens

For Additional Information Call Pat Welch (561) 271-0709

We ask that you RSVP by March 14  
Please cut off this portion and mail along with payment to:

Pat Welch  
6809 Hammock Lane  
West Palm Beach, FL 33411

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Contact Phone Number \_\_\_\_\_ E-Mail \_\_\_\_\_  
(Checks payable to Oleander Garden Club of the Palm Beaches)  
Names of Guests if paying for more than one person: \_\_\_\_\_



## EDUCATION & LIBRARIES-

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

### ESO:

What is it?

Click on this link:

<https://www.gfwcflorida.org/member-center/education/eso/>

### Little Free Libraries:

Please bring gently used CHILDREN'S books to a gathering or meeting for Greenacres Little Free Libraries.

### Eggstravaganza

April 8, 2023

9am-1pm (all or partial shift)

Samuel J. Ferrari Community Park (where we meet for our gatherings)

We will give out books to people.

Please wear pink Women's Club shirt.

Sign up:

[CindyACWC@gmail.com](mailto:CindyACWC@gmail.com)

### Wellington Art Society Art Show and Reception

April 18, 2023

5pm-7pm

Free

Wellington City Hall,  
12300 W. Forest Hill Blvd  
Wellington

Who participated in **Read Across America** on March 2? Please post your pics on our FB Discussion page.

YOU ARE INVITED TO A PRESENTATION BY  
SMOKEY BEAR AND OUR LOCAL US FOREST  
RANGERS

TO THE GREENACRES AFTERCARE YOUTH

ON FRIDAY, MARCH 10<sup>TH</sup> AT 3:15 PM

AT THE CITY OF GREENACRES YOUTH PROGRAM  
CLASSROOM

501 MARTIN AVE.—BLDG. ADJACENT TO  
COMMUNITY CENTER

LEARN WHAT YOUTH AND ADULTS CAN DO TO  
PREVENT WILDFIRES

AND MEET SMOKEY BEAR

FOLLOWED BY A GUIDED TOUR OF THE JR  
GARDEN CLUB VEGETABLE, HERB AND  
WILDFLOWER GARDEN





## HEALTH & WELLNESS- Meg

America ([meg9988@gmail.com](mailto:meg9988@gmail.com))

It's Heart Health month! Heart disease is the number one killer of women in the United States. In fact, more women die of heart disease, each year than all cancers combined. Before menopause, Women have a lower risk of developing cardiovascular disease compared to men however this protection fades away after menopause, leaving women at risk of Experiencing a heart attack, heart failure, stroke, and death. There are risk factors for the development of heart disease that we cannot control such as our family history, age and menopause.

However, there are many things we can do to decrease our risk and stay healthy.

five things you can do today include

1. Stop smoking
2. Monitor and control your blood pressure
3. Know and control your cholesterol
4. Manage diabetes if you have it
5. Eat healthy and stay active!

Signs and symptoms are not the same as you see on television! You usually don't grab your chest and collapse. They are also different from what men experience

I spoke to several friends who have had a heart attack and these are the different ways they realize they were having a heart attack. One said that they experienced extreme fatigue, nausea, and eventually tightening or squeezing pain in the middle of the chest, radiating to the neck, the jaw, the shoulders and back, they felt shortness of breath and their skin appeared grayish to their family. Another friend said she just didn't feel good for several days felt weak and sick and nauseated. If you have any of the symptoms that come on suddenly, please call

911 don't try to drive yourself to the hospital. The 911 EMTs have a complete Emergency room in their truck and they can treat you immediately and then transport you to the hospital. Good luck to all and stay healthy.



## PUBLIC RELATIONS - Linda Ferris

([lindaferri7@gmail.com](mailto:lindaferri7@gmail.com))

**Convention Program Advertisement—** GFWC Florida need advertisements for the April Convention. They start at \$50 for quarter page and up, and the deadline is April 3. You can advertise your business, honor a club member or a club program. Last convention, our club bought an ad to recognize Meg America as the incoming District 10 Director. I am not asking the club to purchase an ad this year, but wanted to let you know in case a member wanted to buy one for a business, or to recognize a club member, etc.

**Elevator Speech—** Do you have your Elevator Speech ready when a woman asks you what that GFWC Emblem means? You want to keep it short. For example, someone sees your club shirt:

Hi, my name is Linda, and I belong to the GFWC Greater West Palm Beach Women's Club. We do service projects to help the community. If you want to help keep kids safe, help the elderly, veterans and environment, come to a club event.

You want to keep your elevator speech short, no more than 2 sentence, and include your favorite projects.

**Federation Fact—** When was GFWC Florida founded?

Feb. 21, 1895. If you were on Facebook last week, you saw several posts.

**Do you have a question about Federation?**

The Exec Board has asked me to speak at the March 27 meeting since the planned speaker moved to the April meeting. I will attempt to look up answers to anything you may have always wanted to know about Federation. Or, email your question about something you are not familiar with pertaining to our Federation.

**GFWC Florida Website**— I hope you are frequently calling up site. The Member's Only has a wealth of info about your department.

**Club Website** Janet Carlson and Booster Martin Allen have been updating our club's Website. It's easier now to navigate and the special Members Only section has info than can help you.

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

**Clubwoman weekly email:** We were listed on Clubwoman email on Feb. 13, info about with club's donation to the Animal Control, with photo of Jean and Donna.

Feb. 27, photo and info of Doris and Mickey donating goodies to women Vets for Valentine's Day was listed.

**Facebook**— Thanks to everyone who posted on our club's discussion page about the bird count. This inspired our members to participate. However, since this page is limited to our members, it is not seen by the general public. Thanks to Phyllis and JeffAnne for posting on our club's official FB page about recruiting to GFWC Florida Members FB page, Day of Giving Feb. 21, Fashion show, American Heart Association Wear Red day on Feb. 3. Read Aloud Day on Feb. 1. Lots of photos from Karen Leach on the Mall outing, plus she posted the District Arts, along with MaryLou, who posted photos from the Arts Fest.

**Pat on the Back-** Karen Leach, posting the Feb. 23 mall event, with several photos and our club name, along with many photos from the District 10 Arts Fest in Vero.



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

**Birthday Bags-** I explained the Birthday Bags at the February park outing. They contain everything a child needs to celebrate their birthday while in a domestic assault shelter. This includes birthday plates, napkins, cups, party favors, game/toy/craft for the birthday child, and new book. We will be purchasing some of the items to fill the bags. You can bring a completed bag, or just a couple items. Thank you to the members who brought items for the Birthday Bags today and at the park earlier this month.

Reminder we want Birthday party items: No food, no liquids, no gum, no guns, no stuffed animals, no clothes.

Kathy Stackhouse, former education chairman, ordered books from First Book for the birthday bags, which the club paid. Kathy is a retired teacher who maintains her membership even though she moved to the west coast of Florida.

You can bring items to the March 7 park outing but we need all the items for the Birthday bags by the March 27 club meeting so we can deliver them in early April for Child Abuse Awareness and Prevention Month. If you wish, one of the DV committee member can pick up your donations.

Dress for Success is holding a Pop Up sale at their office on Thursday, April 13; Friday, April 14; and Saturday April 15. April 13 is for VIPs (\$50), but Friday and Saturday are free to the public. They need volunteers to help with sale. **I think it's 10-5 p.m.** If you are interested, you have to fill out the volunteer form online. The sale is located at the office, 2459 S. Congress Ave., Suite 204. Palm Springs. At the meeting, Doris, Mickey, Sue and Mary Lou said



they are interested in volunteering to help at the sale. I plan to ask the volunteer coordinator to email the form to those who can help.

**Project ideas for 2023 include:** New pajamas for children in 3 shelters, Harmony House, Grandma's Place support, Aid to Victims of Domestic Assault (AVDA); Purses With a Purpose for women in domestic assault shelter in Sept; Dress for Success Palm Beach; Pinwheels for Prevention; Guardian ad Litem donations and assistance; Human Trafficking Awareness and Prevention; Protecting elders from abuse, and Teen Dating Abuse.

Linda Walker will collect new and slightly used bras for the Free the Girls program throughout the year.

### **Sextortion: The Hidden Pandemic**

Linda attended a film, followed by a panel discussion on Sextortion, held at the Duncan Theater. You may be wondering what this is. It was a powerful film showing how an online predator recruits and then bullies young pre-teens who are eager for attention and love. Predators can be your neighbor, doctor, teacher, anyone. The film showed how they traced one offender to a hundred victims. He was a fighter pilot in the navy with a wife and children. They tracked him down, went to trial, and he ended up in prison for 50 years.

The film showed how teens accept a friend request from a stranger because some of their friends are already friends of the person requesting an acceptance. The preteens are naive, and some are lonely and looking for affection.

Dave Aronberg was on the panel, and he said we need a community Holistic approach to human trafficking, with education and parents talking with their child/teen.

The producer of this hour film, which is available on Netflix, said he originally did not want to do the film. However, he found out the target age for these youngsters was 10 to 15 years of age. His two daughters fell into this age group.

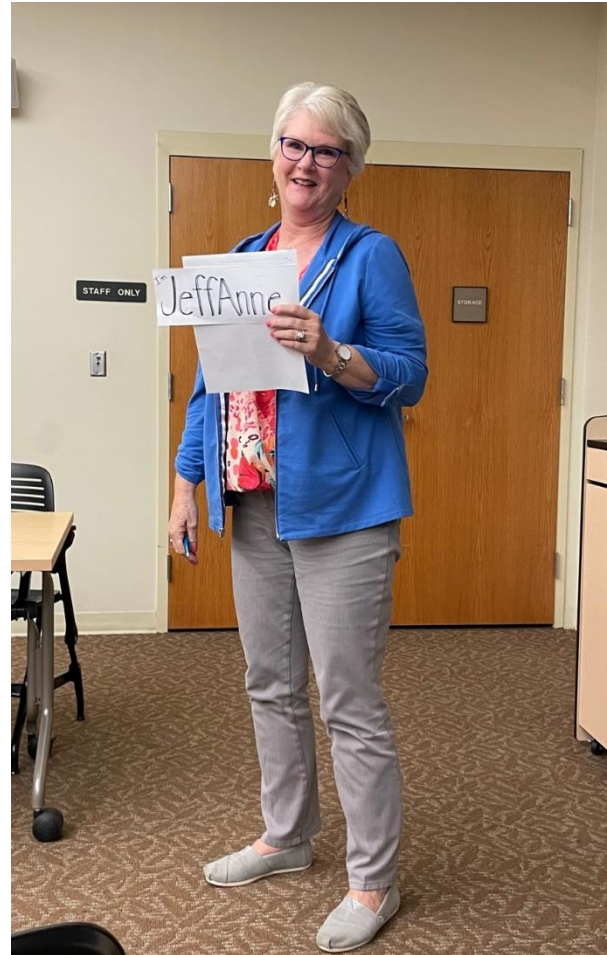
Parents, grandparents, and family need to talk with your children.

## **PERSONALS**

Thank you for your cards and sweet expressions of sympathy in the loss of Gary's mother.  
Fran

Thank you for your outpouring of support on the passing of my mother. Cindy

Thank you, Phyllis, for filling in for me at the business meeting. You make a GREAT JeffAnne!



## DATES TO REMEMBER

March 3<sup>rd</sup>- Movie Outing- 2:30pm

March 7<sup>th</sup>- Park Outing- 9am

March 10<sup>th</sup>- Fashion Show

Committee meeting- 11am

March 10<sup>th</sup>- Smokey the Bear  
presentation- 3:15

March 14<sup>th</sup>- Epicurean Eats- 1pm

March 18<sup>th</sup>- Bunco- 6pm

March 20<sup>th</sup>- Board Meeting- 10am

March 21<sup>st</sup>- Oleander Garden Club

Tea & Reception- 4:00pm

March 22<sup>nd</sup>- Virtual Bingo- 7pm

March 23<sup>rd</sup>- Coffee @ the Mall-  
12pm

March 27<sup>th</sup>- Business Meeting 10am

\*\*\*\*\*

## District 10 Arts & Crafts Meeting in Photos

We forgot to take a group picture!

District 10 Director Meg America conducting  
the meeting



Cindy Jones, Volunteer of the Year for our  
club



Linda Ferris, State Booster Chair





**Cindy Jones, District 10 President's Project  
Chair- Boggy Creek**



**Arts & Crafts 1<sup>st</sup> Place Winners**



**President Jean Allen during President's  
Brag Time.**











2<sup>nd</sup> & 3<sup>rd</sup> place Winners







Celebrating after a successful 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 B  
each Women's Club**

**Visit our webpage:**

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