

# 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"**

July 2023

VOL. 23

ISSUE 7



## PRESIDENT'S MESSAGE-

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

I hope everyone is enjoying the summer, it may be a little warm for some. I personally love spending the afternoons in my nice cool sewing room listening to the storms rolling around outside. I am going up to Wisconsin for a week at the end of August and am looking forward to seeing family and friends.

Martin and I have certainly been tested this month regarding health issues. I am well now and fingers crossed Martin is on the mend (slowly).

We have been watching the women's World Cup. It's great to watch these athletes on the world stage, even if we have to get up in the middle of the night to watch.

Stay cool and hit the beach.

Jean  
President  
Women With A Purpose Make A Difference

## CORRESPONDING SECRETARY-

Mary Evelyn Mitchell  
([FACSmem@gmail.com](mailto:FACSmem@gmail.com))

Our guest speaker was Dottie Detrich from Palm Beach County Fire Rescue. She spoke on fire safety in the home.





### **Birthdays in August are:**

August 12--Linda Vaillancourt

August 19--Cindy Jones

### **Anniversaries in August are:**

August 23—Karen & Al Leach

August 30—Cindy & Ron Jones

Nancy & Al Greenfield (future member)

### **Park Outing**

It was hot at the park gathering on July 11<sup>th</sup>, but 16 members faced the heat and were present.



### **MEMBERSHIP**

**Suzan Close & Cathy Hopkins**

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

It was a beautiful day at the meeting on Monday, July 24<sup>th</sup>! We had 7 guests of which 6 want to become members! Initiation is just around the corner for several of our future members. Remember to greet our guests and make them welcome when they come to meetings; and we think everyone is doing a wonderful job at both.





Mall Coffee was held on Thursday July 27 at The Wellington Green Mall. We had 9 members and 4 guests attend. We enjoyed our time visiting together & look forward to next month.

August Mall outing will be on August 24<sup>th</sup>.



## Tea Pot

The members at the July's Teapot get-together were Mary Lou Samaras, Donna Cohen, Meg America and Mickey Poceous. They had a wonderful brunch at the Eggcetera restaurant.



**August's Teapot** members are Averil Carroll, Cindy Jones, Suzan Close & Cathy Hopkins.

The club will be having a luncheon **Outing at the Coconut Creek Casino** on Monday August 14<sup>th</sup>. We will be meeting at the McDonald's at the turnpike & Lake Worth Road at **11:00 am**. We will be carpooling from there with a car going just for lunch and one for the gamblers at heart, staying to play the slots. Everyone is welcome to come for a fun time whether you come just for luncheon and fellowship or to play afterwards.

Membership is looking for members interested in helping with the Membership Tea on October 28<sup>th</sup>. Please contact Suzan Close or Cathy Hopkins if you are interested in helping.

Our Annual Holiday Party will be December 12<sup>th</sup> at Doris's Club House. This is for members only, sorry, no husbands. We will be reaching out to Cracker Barrel for the food for this occasion. It was great last year and will be looking forward to the same good food this year.



**FUNDRAISING- JeffAnne Pike**

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

Our next **VIRTUAL BINGO** will be on Tuesday August 8<sup>th</sup> at 7:00pm. Sharon will have cards at the park outing that morning. If you purchased cards in the past and did not get a chance to use them—this is the last time they can be used. So, let's all enjoy a fun filled night!

## SAVE THE DATE

Our Fashion Show will be held on Saturday, April 27, 2024.

The theme will be announced at our August business meeting!





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

### **EPICUREAN EATS**

The July event at Park Avenue BBQ was the most popular yet. We had 26 attendees, 15 members and 11 guests. Thanks to everyone who came and helped make it such a memorable evening.







A drawing was held among Club members with the winner getting to choose the August venue. Congratulations to Mickey Poceous!

Mickey has chosen the Hurricane Grill for our next adventure which is slated for **Thursday, August 17 at 5:30pm**. It is located at 4075 S. State Road 7 in Lake Worth. It's in the shopping center on the northwest corner of Lake Worth Road and SR 7.

Please RSVP to Phyllis by Monday, August 14. We hope to see you and your family and friends there!

## Board and Brush

Members showed off their creative talents by making assorted wooden plaques, trays and boxes. Members sanded, stained and painted to complete their projects. Members had so much fun they want to schedule another visit to be even more creative.

Afterwards we went to Park Ave Grille for lunch!







## CIVIC ENGAGEMENT & OUTREACH-

Doris Lofink-McArthur & Mickey

Poceous ([lohmcArthur@aol.com](mailto:lohmcArthur@aol.com) &

[mickey8648@aol.com](mailto:mickey8648@aol.com))

### Home Safe

We will meet at Home Safe on August 2nd at 10 am to deliver school supplies and small gifts as well as supplies for an Ice Cream social. Please let Mickey or Doris know if you will be joining in the delivery.

### VA

On August 9<sup>th</sup> at 12 noon, members will be delivering lap blankets to the VA. Please let Mickey or Doris know if you can participate in the delivery.

### Forgotten Soldiers Outreach

We will be collecting socks and hand written thank you /encouragement cards to be put in the We Care boxes for Forgotten Soldiers Outreach. Please bring to mall gathering or park outing.





Below is a list of items needed on a regular basis:



### 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)



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

To celebrate National Zookeeper Appreciation Week, 4 members delivered snacks to the zookeepers at the PBZ to recognize their efforts to care and conserve wildlife. Cindy Jones made amazing signs for the snack boxes.

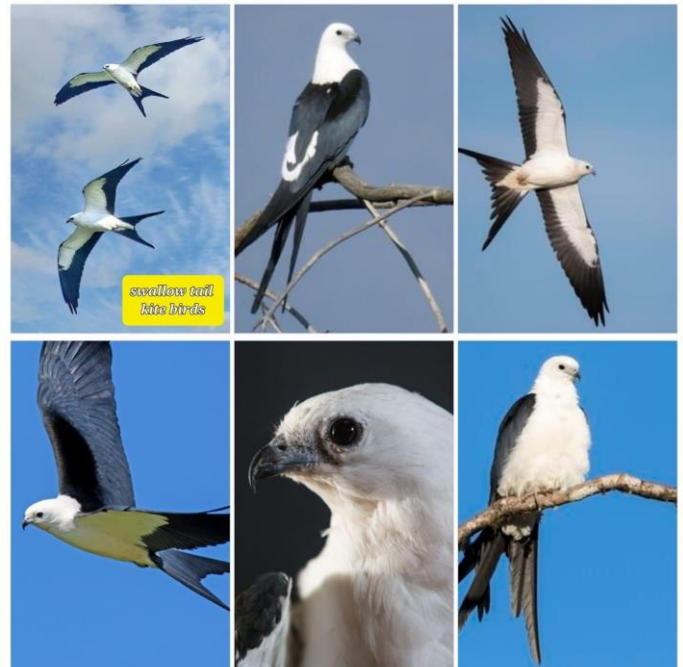




August 31...Thanks to Peggy Breen's green thumb and her artist eye we will be meeting at her house to learn how to make succulent gardens. succulents are highly efficient at scrubbing carbon dioxide from the atmosphere.

Get ready to count Kites! The 2023 Swallow-tailed Kite Population Monitoring Surveys are just around the corner and you can help! July 15 to 10 August. Learn more here: <https://www.arcinst.org/2023/07/11/why-we-count-kites-and-how-you-can-help/> The information collected is vital to the long term health of the kite.

Photos of swallow tailed kites



**EDUCATION & LIBRARIES-**

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

On July 4<sup>th</sup> members helped with the City of Greenacres and their Ignite the Night event, by handout out books. 1,000 books were handed out and donations were collected for the city's Little Free Libraries.





On July 28<sup>th</sup>, working alongside the Christopher Aguirre Memorial Foundation, members delivered 400 pairs of shoes! Working together, we helped the caseworkers locate the correct sizing and bagged shoes.



**On August 4<sup>th</sup>,** our members will go to the Glades Initiative and give out the school shoes to the children. We will leave at a location at Palms West Hospital at 9:30am. If interested, please call Cindy at 561-281-5544.

**Little Free Libraries (LFL):** If you would like to see a variety of LFL's and assist the education department filling the libraries, please call Cindy at 561-281-5544. We go out 1x a week. It's fun and free!

### **Books**

Please continue to donate books as we are assisting the city of Greenacres and Lake Worth Little Free Libraries.







## ESO- Suzanne Valentage

READ, READ, READ!

Report as you go! Submit a report for every five books you read. Report one sheet per course in order to get a certificate. Your report should be emailed to the state chairman (contact info is on the top of the report form) and let me know how many books you submitted. Additional information can be found on the GFWC Florida website or email me at [suzvalentage@gmail.com](mailto:suzvalentage@gmail.com) if you would like the report form, program outline or application by email.

We have logged 135 books so far this year. Two members reported 25 books and one reported 55! Keep on reading and reporting!

We had five members participate in a book exchange at our last meeting. Some very interesting books were exchanged. If you would like to participate, bring a book to the next meeting on August 28<sup>th</sup>. There are no requirements -- so bring a book and take a book home.

Sign up for a **LIBRARY CARD** today! Available to you are magazines, periodicals and the latest books by your favorite authors.

You can order them from your easy chair and never have to physically return them!



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

## Helpful tips for Diabetes Management- Susan Brongiel

Women consume no more than 45 Gms. Carbohydrates per meal

Men no more than 60 Gms. Carbohydrates per meal

Be active try to do at least 15-20 minutes of activity daily. (get a buddy, use fitness tracker to keep you accountable if necessary.

Avoid processed foods if possible. For snacks eat fresh veggies and snacks.

Try to keep all beverages sugar free preferably water, sparkling water, black coffee and unsweetened tea. No more than 2 diet sodas per day. Doing this helps to save your carbs for real food.

Consume 25-25 Gms. of fiber daily (this helps to process carbs more efficiently)

Normal fasting blood sugar should be 70-99 mg/dl (non-diabetes)

Good control blood sugar (fasting) 80-130 mg/dl (have diabetes)

Good control blood sugar (non-fasting) less than 160 mg/dl (have diabetes)

HbA1c prediabetes is considered 5.7%-6.4%  
Diabetes is anything over 6.5%

If you would like further information or if a group of you is interested in a class, please contact me.





**PUBLIC RELATIONS - Linda Ferris**

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

**GFWC Florida Fall Board program Ad:** We received info asking clubs to purchase an ad in the Fall Bd program. The cheapest ad, a quarter-page BW ad is \$50. You can advertise someone's birthday, anniversary, honor a member, or local business that helps us. The club will not purchase an ad, but contact me before Aug. 10, if you are interested.

**GFWC Florida Clubwoman email. Our club was featured:**

July 3 — Two Scholarship recipients at HomeSafe, with members

July 10— Forgotten Soldiers donation, with Doris, Mickey and Booster Lou.

July 17— HHRC book reading in Spanish and English, 4 members in photo with the children

July 24— Zookeepers week, with 2 photos Donna took.

**Facebook:** Club was mentioned on Facebook several times this month, including Zookeepers Week, Counting Kites (birds), Resource Center, Grandma's Place, and Epicurean Eats post, with extra points for Phyllis remembering the club sign for the restaurant. Remember to post club events on your personal page, as well as our club's Discussion page.

Remember to wear your **club's pink shirt** when donating items. We are known in the community, and around the state as the "Pink Ladies," because of our pink shirts. See Janet Carlson if you need a shirt.

**Pat on the Back:** Goes to member who posted three club projects on Facebook and remembered to bring the club sign for photos at the Zoo. Pat on Back goes to Donna.



**GFWC SPECIAL PROGRAM- Domestic Violence Awareness and Prevention- Linda Ferris ([lindaferri7@gmail.com](mailto:lindaferri7@gmail.com))**

**Thanks** to committee members Shakearah, Debbie Still, Deb McCoy! I love working with you ladies!

**Dress for Success** is having pop up sale on Sept. 7 through Sept. 9. On Thursday, Sept. 7, is VIP and cost \$50, but it's free admission 11—7 Friday, Sept. 8, and 10 a.m. to 5 p.m. Saturday, Sept. 9. That's when I am going. Address: 2459 S. Congress Ave., Suite 204, Palm Springs  
Between Forest Hill Blvd and 10th Ave.  
Thanks to Mickey for volunteering to help with the sale. It's a three-hour shift. The rest of us will want to shop to get a bargain: \$10 Dresses, pants, shoes and tops, \$5 jewelry and purses. Ask Linda Vaillancourt or Sue Brongiel about the bargains they bought at the last sale.

If anyone knows a teacher in PBCo, they can get a free outfit at Dress for Success, now until school starts, by making an appointment.

**Grandma's Place:** On July 21, Shakearah, Debbie Still, Deb McCoy, Averill Carroll and I delivered all the items members donated to Grandma's Place, along with \$25 Target gift card. Special thanks to Booster Jim for taking photos, which we posted on Facebook and sent for Clubwoman email. The donations totaled more than \$150, thanks to the generosity of our members! For the new members: Grandma's Place is a temp shelter in Royal Palm Beach, for abused and neglected children, and they offer respite care for caregivers who can drop off their child for the day. This allows caregivers to go to their appointments or just a break.





may need a purse. And who doesn't need an extra purse! Please donate purses that would be suitable for a working woman. We will collect purses at club events and our Aug. 28 and Sept. 25 club meetings, and hopefully deliver them early October for "Domestic Violence Awareness and Prevention Month."

Our last project for this year will be **NEW pajamas for children** in the domestic assault shelters and Grandma's Place. I mentioned this at the last meeting since PJs go on sale during the summer, and you can get a bargain. We will also be purchasing some. Suggested sizes are 3T, 4T, 5T, 4, 5, 6 children's regular. Please no nightgowns, no infant sizes, no other clothing. They must be new! You can bring them to club events, and one of the DV committee members will accept them. We plan to deliver in November.

**Free the Girls:** Linda Walker will collect new and gently used bras at club events, and plans to deliver them in September and December.

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

Webinar on health and wellness 8/1  
 Continue to collect milk for our National Day of Service  
 Next district meeting 11/03



### Two Upcoming Projects:

We are collecting new and gently used purses for our **"Purses with A Purpose,"** to give women in Harmony House, our local domestic assault shelter. Sometimes a woman escapes abuse with just the clothes on her back. She



## NEWS & NOTES

YOUR WEEKLY UPDATE ON GFWC NEWS

If you aren't reading the weekly newsletter from GFWC you are missing out on some great information.

## DISTRICT 10 NEWS



## PERSONALS

I just wanted to give a shout out to Linda Ferris for always making us look good. She submits PR regularly and our club has been highlighted almost every week in the GFWC Florida Clubwoman. Linda always gives Pats-on-the-Back to others, but she deserves one too! Suzanne V.

Thanks again to everyone who called, texted, visited and brought meals to me and Bill while I was recovering. Love, Cathy H.

## DATES TO REMEMBER

- August 1<sup>st</sup>- Webinar
- August 2<sup>nd</sup>- HomeSafe Delivery 10am
- August 4<sup>th</sup>- Shoe Delivery 9:30am
- August 8<sup>th</sup>- Park Outing 9am
- August 8<sup>th</sup>- Virtual Bingo 7pm
- August 9<sup>th</sup> - VA delivery 12 noon
- August 14<sup>th</sup>- Casino/lunch 11am
- August 17<sup>th</sup> -Epicurean Eats 5:30pm
- August 21<sup>st</sup>- Board Meeting 10am
- August 24<sup>th</sup>- Mall Outing 12 noon
- August 28<sup>th</sup>- Business Meeting 10am

**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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**Visit our webpage:**

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