

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"

June 2023

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PRESIDENT'S MESSAGE-

Jean Allen (jeanallen@gmail.com)

Is it warm enough for everybody? I haven't seen many beach photos from you all. I have as usual been busy in my sewing room, working on Christmas projects and I'm still knitting hats. We have had my daughter's dog here for the past week and he barks incessantly, and jumps on my furniture which George doesn't approve of. I am looking forward to school starting up again. What does one do when there are no soccer games on the week-end.

I am meeting with all the department chairs individually and hope to have some new project to talk about soon.

Here's hoping you all stay well and cool for the summer.

In Federation Love
Jean

Women With A Purpose Make A Difference

Business meeting June 26th



MEMBERSHIP

Suzan Close & Cathy Hopkins

(sewclose@comcast.net &
cathyahopkins23@gmail.com)

We want to encourage you to bring guests to all our activities. We have about 6 new women who are presently working on qualifying for membership in our club. Several were invited by members, some just looked us up on our web site or Facebook. So, keep sharing our club with everyone you meet!

The Park outing was held on June 6, 2023, at 9:00 a.m. We had 19 members and 1 guest to attend. Everyone had a great time socializing.



The next Park Gathering will be on **July 11th, 2023**, at the Samuel J. Ferrari Community Park on 2905 Jog Road, Greenacres, FL 33467. 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 have club brochures at the park and if you have given yours away, you can pick up another one. It is a great way to share our club with others. Share 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.

We had the **Mall Coffee** on June 22nd at the Wellington Green Mall food court. We had 20 members and 2 guests. We started a new tradition of celebrating the month's birthdays with a cupcake & song. We had a great time visiting and eating lunch. We hope you will join us in July.



Our next **Mall Coffee** will be July 27th, which starts at 12.00 at the Wellington Green Mall food court. Just look for us, we will be by the windows towards Charley's.

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 June Teapot group was **Jean Allen, Linda Ferris, Linda Walker & Janet Oliver**. They enjoyed breakfast at Pete's Place.



The tea pot names for July are **Meg America, Donna Cohen, MaryLou Samaras & Mickey Poceous**. We look forward to hearing about your meal together.

Birthdays

July 8th Meg America

July 13th Doreen Lawrence

Anniversaries

July 3rd Suzan & Kenny Close

July 8th Jean & Martin Allen

July 17th Phyllis & Mike Gauger

July 31st Susan & Alan Brongiel

SAVE THE DATE

Park Outing July 11 at 9:00 a.m.

Mall Coffee July 27 at noon



FUNDRAISING- JeffAnne Pike

japFSU@aol.com

Our next **Virtual BINGO** will be held via Zoom on July 11th at 7:00pm. Sharon will have tickets at the park on July 11th.

Attached to this newsletter will be information about the Credit Card Round Up program. Please read over and we will discuss it again at the July Business meeting.

SAVE THE DATE

Our 2024 Fashion Show will be on April 27, 2024. Please remember to put this on your calendar and tell your friends!



ARTS & CULTURE- Phyllis Gauger & Liz Bloeser (REGUAG@aol.com & fauowl1975@aol.com)

The June edition of Epicurean Eats was held at Longhorns on June 14. We had a good crowd. 12 members and nine guests attended for a total of 21 participants. Accommodations were excellent and a good time was had by all!



The July destination for Epicurean Eats is **Park Avenue Barbecue in Wellington**. It is located at 13897 Wellington Trace. It will be held **Thursday, July 20 at 5:30 PM**. Please RSVP to Phyllis by Monday, July 17 if you would like to attend. As always, family and friends are welcome too. We hope to see you there.

The Symphonic Band of the Palm Beaches is a group of approx. 75 local musicians who put on a great show. They come from all around our community and their experience is from the student level to professional. The band supports musicians in our high schools by donating instruments to them.

The 2023-2024 season has been set for October 21, December 11, March 16, and May 18. The four concerts are \$90.00. I will be placing an order by July 15th. If you are interested, please contact me at suzvalentage@gmail.com and I'll send you more information. We have 11 in our group including some husbands and some friends from the GFWC Palm Beach Gardens Woman's Club. Oh, and yes, there's food involved. We usually meet for dinner before the concerts! It's a great evening out!

Are you a Shakespeare fan? You can see "Measure for Measure," FREE, at Carlin Park, Jupiter on July 6-9 and July 13-26, at the outdoor amphitheater. Plays are presented Thursday through Sunday, weather permitting, at 8 pm. Bring your own chair or blanket, and picnic. Food truck for purchase. They collect donations for the acting troop. Arrive early for impromptu entertainment, and best free parking. Yes, bathrooms near.



CIVIC ENGAGEMENT & OUTREACH-
Doris Lofink-McArthur & Mickey
Poceous (lohmcarthur@aol.com &
mickey8648@aol.com)

Mickey, MaryLou and Doris made a donation to Forgotten Soldiers. Thanks for all who contributed to this wonderful cause. Among many items we brought over 100 cards to say hello from Florida. Good job all.



EDUCATION & LIBRARIES-

Cindy Jones (cindyACWC@gmail.com)

On June 14, 2023, we had the ribbon pulling ceremony for our 3 Little Free Libraries at Lake Worth Little Free Libraries. We received a tour of CEO, Mary Lindsey's, production area. Thank you to all the ladies who turned out for the hottest event in Florida!

Our 3 Little Free Libraries will circulate throughout Lake Worth.

If you are interested in becoming a Lake Worth Little Free Library Steward, contact Cindy. This involves visiting Libraries 1x a week in Lake Worth. Tasks include: stocking LFL's and refilling with books. Let's be the 1st GFWC club who have ROVIN' STEWARDS! Is there an award for this title?



We continue to collect books for our Little Free Libraries. Please make sure the pages are clean, smoke, and mold free. Since the city of Greenacres and Lake Worth Beach Little Free Libraries have slightly different book criteria's, please let the Education Committee decide where they should go.

Our ladies read to our preschool class at the HHRC on Wednesday, June 28, 2023. The book title "Are You My Mother" by Dr. Seuss was read in Spanish by Annette Torres and in English by Mary Lou Samaras. The children were given an English and Spanish version to take home. Afterwards, the children presented us with thank you "notes".



Upcoming Event

July 4th: Little Free Libraries, Ignite the Night, at Samuel J. Ferrari Community Park. Please be there at 4:30pm. WE are giving out free books UNTIL 8:30pm or sooner if all books are gone. We will also collect donations for additional Greenacres Little Free Libraries.

We are collecting school supplies for Home Safe. Please bring to any of our meetings or outings. Deadline August 8th.

Lastly, Suzanne caught me not documenting books I read for ESO. She LIT a firecracker under me. I am now reading 2 children's books per day. I also went to my local library and borrowed books. Are you reading? If so, are you logging down your books on the ESO form. If you need forms, please contact Suzanne Valentage.



ESO- Suzanne Valentage

I am working with Cindy Jones this year on ESO projects and keeping the records for all club book report submissions. Please do not wait until the year end to report the books you've read. Can you imagine one state chairman getting books reports from members across the

state for all books read at one time...especially at the end of the year!

You are asked to submit a report for every five (5) books you read. It's best to put one category (fiction, non-fiction, mystery, etc.) per sheet (that's five books). **NOTE, YOU DO NOT NEED TO WRITE WHY YOU DID OR DID NOT LIKE THE BOOK.** Leave that blank. If you have any questions or can't find the forms on the GFWC Florida website, please email me. Also, I need an accurate count of all books you submit to the state chairman. Please email me at suzvalentage@gmail.com. with the number of books, you report. I don't need any other information, just the number of books.

We won a first place certificate for reporting under ESO last year by reporting a total of 209 books read. I know we can do better than that this year. So far in 2023 Liz Bloeser, Deb McCoy, Averil Carol, Linda Walker and I have submitted book reports. I know there are others out there reading!

BOOK EXCHANGE

Participate in a book exchange by bringing a book you've read (not one that belongs to the library) to share with other club members to our July meeting. This should be a book you have with no expectation of getting it back. This will be on a bring a book, take a book basis. Let's give it a try!

SCHOLARSHIP PRESENTATION

Two \$1,000 scholarships were awarded to students who were in foster care and despite everything, managed to graduated from High School. They both will be attending Palm Beach State College beginning August 23rd.

JeffAnne Pike, Linda Walker, Ghonelle Palmer, Kehan Rahming, Independent Living Supervisor, Katie Poole, Cathy Hopkins, Sharon Bounds



Linda Walker, Kehan Rahming, Independent Living Supervisor, Ghonelle Palmer, Katie Poole, Cheré Brodi Marketing & Events Director, Cathy Hopkins, Sharon Bounds, Laura Barker, Chief Philanthropy Officer



Linda and Ghonelle Poole



ENVIRONMENT- Donna Cohen

(222donna222@gmail.com)

You ladies did it again!! Jean and I dropped of donations to PBC Animal Care and Control. You all made a lot of dogs, cats, puppies and kittens happy. But if you really want to help please, foster or adopt 🐾❤️🐾



Linda and Katie Palmer






Sunday July 16th: Donation to PBZCS for National Zookeepers Week. We are unable to meet with the keepers. So, we will be dropping off our donation. Please bring snack to park meeting.



July 31st 10:30: Beginners - Make a Succulent Garden Workshop – 10:30am July 31 Monday Peggy Breen's house. 3808 Cypress Lake Circle, Lake Worth. All you need is an adorable saucer or pot. Environment will provide all the materials as well as expert instruction from our "Pro" Peggy. Come... learn, socialize and go home with a beautiful arrangement. Space is limited to 12.

Get your club flower - Hibiscus  (upcoming challenge) we are encouraging all members to have a Hibiscus plant.

Continue to save your items for PBCACC and resource depot as we will make another drop 3rd quarter...exact date TBA



HEALTH & WELLNESS- Meg America (meg9988@gmail.com) with Sharon Bounds, Sue Brongiel, Lyn Williams, and Linda Vaillancourt

Meg America gave a quick quiz about Health to the members. This short quiz was part of the Florida Club Woman under Health and Wellness. Our members did well.

For our Day of Service, September 30, 2023, the club members have completed 100 placemats. Nearly every club member participated since Meg hoodwinked the non-sewers into becoming pressers. Thank you everyone. I have gotten rid of my dusty fabrics from years past.

We seem to be running short of time, each month, and our nursing experts must delay or skip their planned presentation. Perhaps another time we meet would be a good time since their topics may need more discussion.

June is Alzheimer's and Brain Awareness month. Alzheimer's, a brain disorder that slowly destroys memory and thinking skills, is the 7th leading cause of death in the U.S. and is it estimated there are currently 6 million Americans living with this disease.

A healthy lifestyle may reduce the risk of developing Alzheimer's.

Here are some ways to improve brain health:

1. Quit smoking
2. Eat a nutritious diet
3. Get enough sleep
4. Prevent and manage high blood pressure
5. Prevent and manage high cholesterol
6. Maintain a healthy weight
7. Manage blood sugar
8. Limit alcohol
9. Stay active
10. Treat hearing loss
11. Learn new things

If you or someone you care for is having memory or personality changes, talk to your healthcare provider.



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

Wellington Town Crier PR: Getting news about our club in print is almost an impossible task since newspapers are disappearing. Phyllis got the Wellington Town Crier to attend our fashion show, and take photos, which resulted in an entire page of coverage. This was amazing!

GFWC Florida Clubwoman email: I hope you are all reading your Monday Clubwoman email. Today, our club was listed in the club news for receiving our Community Partnership Award from the YWCA, with photo with Shea Spencer, Jean and Shakearah.

Our club news was also included:

June 19: photo of Doreen Lawrence with President Bronze Volunteer Service Award and certificate.



May 15: Fashion show, with group photo and another photo of opportunity baskets.

May 8: Forgotten Soldiers donation by the club, with photo of Mickey and Doris.

May 1: The club's 48 shirt protectors, donated to Finish American Rest Home, with 4 members and 3 staff members in photo.

Facebook: Our club members are great about posting club news on our club's discussion page! Remember, this is a closed page, with only our club members seeing it. I urge you to post club events on your personal FB page as well! This is a great way to attract others to join our club.

Pat on the Back: Goes to Phyllis for the fashion show full page of coverage. And yes, I know she got the Pat on the Back for May but she earned two months!



GFWC SPECIAL PROGRAM- Domestic Violence Awareness and Prevention-
Linda Ferris (lindaferriis7@gmail.com)

Thanks to committee members Shakearah, Debbie Still, Deb McCoy and Marylou!

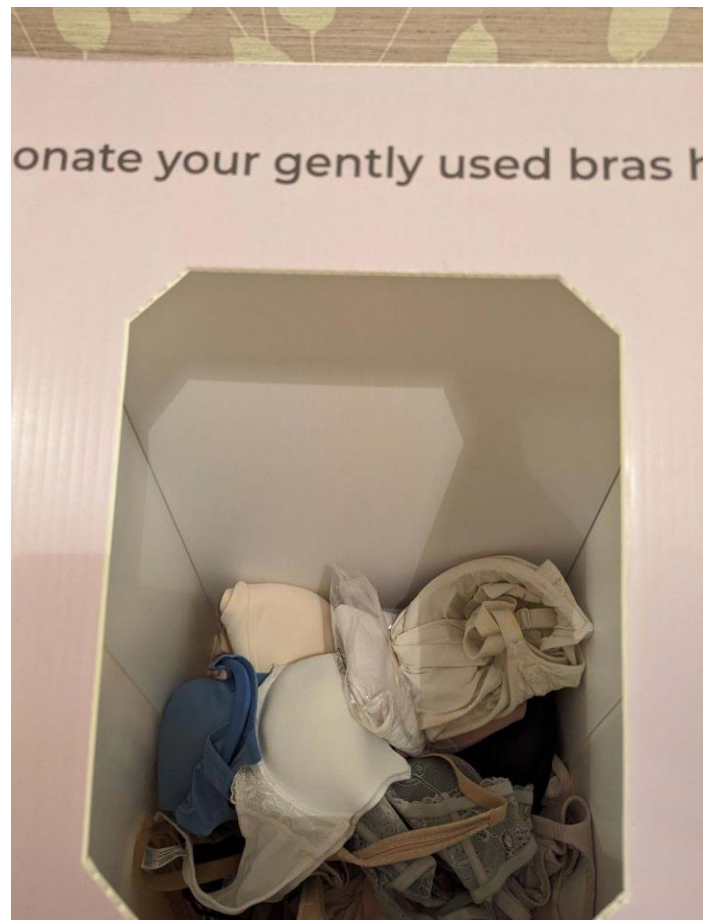
Grandma's Place collection: At the park on June 6, we decided to collect food items for the children at Grandma's Place, a temp shelter for abused and neglected children. Some of the items: boxed ice pops, single box kid drinks with built in straws, apple juice, single packaged snacks, Rice Crispy treats, paper towels, paper plates and bowls (no foam). Thanks to all the members who brought items to the meeting, and 2 members who gave me money to buy items. Mary Lou volunteered to collect the items, and all items should be in our hands by the July 11th Park outing, so we can deliver them the following week.

Harmony House donation: I hope you enjoyed our June speaker, Shea Spencer, CEO of the YWCA. She gave us lots of info about the Harmony House domestic abuse shelter, as well as the other 4 programs they offer which assist women and children. The club donated \$100 to the Harmony House division.



Harmony House award: On June 12, 2023, our club received recognition for 2023 Community Partnership Award from the YWCA. It was for our club's support of the Harmony House division, where we donated Birthday Bags in April. Thanks to Jean and Shakearah who attended the YWCA's yearly meeting and receive our club's award from Shea Spencer, while I was out of town. They arranged great photos, too!





June is Elder Abuse Awareness Month: We looked for a project to do this month but came up empty. However, I want to remind you to check for bruises on your family and friends who might have a caregiver in their home. And remember to check on their valuables, such as jewelry. I have know some caretakers who helped themselves to elderly's jewelry.

FREE THE GIRLS

Linda Walker and Suzanne Valentage delivered 65 gently used and new bras to the Hanesbrand store at the Tanger Outlet Mall on Monday 6/26. Thanks to all that donated!

Linda will continue to collect bras through the

LEADERSHIP- Jean Allen

(jeanallen@gmail.com)

Webinar 8/1 Health and Wellness. Sign up on the clubwoman

District meeting 11/3 Mark your calendar

Day of Service Sept 30th Meals on Wheels. We will be collecting shelf stable milk as our project.

Can be purchase at grocery stores



Can be purchased at Dollar Tree



Please bring to any of our meetings, gatherings or outings July and August.

DISTRICT 10 NEWS

GFWC Florida District 10 meeting June 24th., hosted by Casuarina Women's Club, with 39 attendees, was informative, with Master Gardener Kathryn Rahla talking about butterfly pollinators. The catered lunch was delicious and the hostess club did outstanding job.

Our own Meg America, District 10 Director, presided over the meeting.



Cindy Jones, District 10 President's Project Chair, spoke about Boggy Creek.



Linda Ferris, State Booster Chair, speaking at meeting.



The program was on butterflies and the presenter, Kathryn Rahla, was a former West Palm Beach Junior Women's Club member!



DATES TO REMEMBER

July 4th- Ignite the Lite 4:30pm
July 11th- Park Outing 9:00am
July 11th- Virtual BINGO 7:00pm
July 16th- Palm Beach Zoo Delivery
July 17th- Board Meeting 10:00am
July 20th- Epicurean Eats 5:30 pm
July 24th- Business Meeting 10:00am
July 27th- Mall Gathering- 12:00pm
July 31st- Succulent Garden 10:30am

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