

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"

October 2023

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ISSUE 10



PRESIDENT'S MESSAGE-

Jean Allen (jeanallen@gmail.com)

I think I should start this month by wishing everyone well. We seem to have had more illnesses and accidents this month than I can ever remember, so please tread carefully and take some time to relax and look after yourselves.

I know we are gearing up for all our holiday projects and celebrations. I am looking forward to our Thanksgiving feast on November 10th. We talk a lot about food at this time of year. I'm sure the bakers among us are already discussing cookies and cakes. You can always bring your samples to any event we will be glad to be guinea pigs.

The expected new baby in my family has not yet arrived. Hopefully he will make an entrance around the 5th of November.

Have a great month enjoy your family and do something nice for yourself.

In federation love

Jean

CORRESPONDING SECRETARY-

Mary Evelyn Mitchell
(FACSmem@gmail.com)

Our guest speaker was Vikki Delgado from the Human Trafficking Coalition of PB County.





The Park outing recap- held October 7th there were 21 members and no guests.



The next park outing (at Samuel Ferreri Park) will be November 14 9am-11:30, then we will go to deliver bibs to the Finnish Nursing Home, then on to Hillary's Restaurant in Royal Palm Beach for Nov Epicurean Eats! More info to follow on that!

The Wellington mall gathering was October 26 at noon at the Wellington Mall. We celebrated October birthdays with cupcakes.



The October Teapot was held Cindy Jones, Linda, English, Janet Portnow and Donna Elliot attended the traveling Teapot luncheon.

MEMBERSHIP

Cathy Hopkins & Sharon Bounds
cathyahopkins23@gmail.com

We accepted the resignation of long-time member and Membership Co-Chair Suzan Close. She is moving to Melbourne to be closer to family. She will surely be missed as well as the contributions she has made to our club.

Congratulations to Sharon Bounds who will be serving as co-membership chair for the rest of the 2023-24 term.



November birthdays

5th Janet Portnow,
 7th Sue Brongiel
 23rd Liz Bloeser
 27th Linda Walker and MaryLou Samaras

There are no anniversaries for November.



Teapot names for November

Fran Green, Phyllis Gauger, JeffAnne Pike and Shakearah Rolle.

Our **annual Thanksgiving dinner** will be held November 10 at 5:30 at Barbara Burdette's home. Her address will be sent out at a later date.

There will be no Mall coffee in November and no park gathering in December due to the holidays.



Our **holiday party is December 12th** at 5:30 PM. We will be continuing to pass around a sign-up sheet for those attending. The cost will be \$15 please send a check to Janet Carlson and put in your memo area a holiday party.

New Members Challenge

New member challenge from GFWC Florida. They would like us to get Luggage of Love bags together for displaced children. Any new and old members that have ideas what we can put in these bags and want to donate bags or other items please call me after Nov12 at 912 655 1815. We have until Jan 29 to get this project done Take care MaryLou Samaras



FUNDRAISING- JeffAnne Pike

japFSU@aol.com

Bingo

We had 10 members and 2 boosters play virtual Bingo on October 10th. Linda Ferris, Cathy Hopkins, Cathy Hopkins and Suzan Close each won game and Averil Carroll came away with 2 wins!

Bingo will resume in January.

A **big thank you** to Jean and Sharon for chairing this fundraiser!

Fashion Show-

Tiaras and Tuxes

April 27, 2024

We will again have a quilt donated from Maria in Pennsylvania. She owns a quilting shop **Alley A Quilting Loft** and loves what we do and wants to help out with a quilt for our show. This will be the third one she has donated!

Donation letters and flyers will be ready the beginning of January (sent via email). Tickets for sale will be given out at the January meeting. They will again be \$50. We will keep you updated as time gets closer.

Credit Card Round Up program.
Below is a QR code if you wish to set up an account.



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

On October 19 Epicurean Eats took place at Bonefish Mac's in Wellington. Nine members and 6 guests enjoyed a delightful evening of food and camaraderie.



We love our Boosters! They always are so supportive (especially when food is involved!)



At the end of the meal, a drawing was held to determine who would choose the November venue. Lyn Williams won and has chosen Hillary's Restaurant.

So, November's Epicurean Eats will be held on Tuesday, the 14th, at 11:30 AM (following the Park Outing) at Hillary's Restaurant. Hillary's is located at 630 Royal Palm Beach Blvd. in Royal Palm Beach. It is easy to find at the northeast corner of Southern Boulevard and Royal Palm Beach Boulevard. There is plenty of parking available.

Until daylight savings returns, Epicurean Eats events will take place at lunchtime. This is being done to avoid nighttime driving.

As always, guests are welcome and encouraged. Please RSVP to Phyllis by Friday, November 10 if you plan to attend. Hope to see you all there.

Reminder: Card workshop at Sharon's October 31st at 10:00am.



CIVIC ENGAGEMENT & OUTREACH-

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

HomeSafe

Pumpkins and Halloween treats were delivered to the girls at HomeSafe, let the decorating begin!



Honor Flight

The next Honor Flight will be Saturday November 4th. Meet at PBI for an 8:20 return.

SOUTHEAST FLORIDA HONOR FLIGHT OPERATION HOMECOMING November 4th

Honor Flight

Concourses A B



**Palm Beach International Airport
8:20 p.m.**

**Come, say thank you in person, and be
part of a very special homecoming.**

www.honorflightsefl.org



Doris and Mickey received the following:

Dear Doris and Mickey:

Thank you for your project submission to the Love Like Lija Foundation. Our Board reviewed your application, and I am pleased to inform you that we are **awarding your project a grant in the amount of \$800.**

The funds will be used to provide our girls at HomeSafe a very memorable holiday season!

Sue Kunda spent 140 hours making warm head coverings for Ukrainian refugees to be given to Razom 501c efforts.



Wreaths Across America is an American nonprofit organization established in 2007 by wreath producer Morrill Worcester, assisted by veterans and truckers. Its primary activity is distributing Veteran's wreaths for placement on graves in military cemeteries.

This year, National Wreaths Across America Day will be held on Saturday, December 16, 2023.

Our club will be donating 3 wreaths. If you wish to donate you can go to their website for more information on how to donate and help.

Wreaths Across America.org



ENVIRONMENT- Donna Cohen
(222donna222@gmail.com)

Three members went on a field trip to Smarty Plants. Plants were purchased and plant care questions were answered. A good time was had by all!



Our final donation to Resource Depot will be end of November. Please bring recyclable items to the park.



**RESOURCE
DEPOT**

turning waste into wonder

Linda Ferris received a plant from Environment for sending us a picture of her new Hibiscus tree. We encourage all members to plant or care for an existing Hibiscus 🌺. It is our club flower.



EDUCATION & LIBRARIES-

Cindy Jones (cindyACWC@gmail.com)

We are COLLECTING BOOKS for Little Free Libraries.

Thank you to Liz, Jean, Sue Kunda and Sharon for donating books to the LFL'S

Thank you, MaryLou for setting up our HHRC visit in October.

Three club members and one former member read to our adopted class at the Hispanic Human resource Center.



The children sang to the members after they read books to them!



Items collected by Environment:

Palm Beach County Animal Care and Control

- Unopened and unexpired food and treats.
- Blankets, Towels, Sheets.
- Leashes and Harnesses.
- Crates and Carriers.
- Enrichment Toys.
- Unopened Litter, Pellets, and Hay.

Wands for wildlife's .cleansed mascara wands

PBZoo

- Unused perfume

Soles4souls

- gently used shoes (any type or size)

Resource Depot

- Please see resourcedepot.org



ESO- Suzanne Valentage

Please continue to read and report!



HEALTH & WELLNESS- Meg America (megusa9988@gmail.com)

Pink for Breast Cancer Awareness

Club members wore pink in support of Breast Cancer Awareness month. Several club members are survivors and we honor them!



Quantum House

Club member prepared and served dinner to the families staying at Quantum House, while their child is being cared for at St. Mary's Hospital. Members got to meet some of the families and make crafts with some of the children.





10 Tips For Healthy Living With Arthritis

As we age, all of us will probably come down with osteoarthritis in our hips, knees, shoulders, or other joints. Many people are getting joint replacements before the pain gets too bad and you go home the same day if there aren't any complications, which is a good thing, I think we all rest better when we're in our own home

1. Strengthen your muscles especially around painful joints, water exercise, and water. Walking are good ideas the water helps soothe the achy joints.
2. Non-impact cardio as in just walking at the mall or working on a stationary bike helps keep us healthy.

3. Do not overdo pace yourself. If you're in pain, don't stress your muscles and joints to make things worse. Just try a little bit every day.

4. Avoid painful moving if your hips and knees are hurting rest and use ice or heat if that helps.

5. Take over-the-counter anti-inflammatory medication if your doctor approves take it at regular times to get a therapeutic level in your blood. If you need stronger pain medication speak to your doctor about safety measures to take.

6. Try cold or heat therapy. 20 minutes on 20 minutes off at different times.

7. Use mobility aids, such as canes or walkers as necessary have an elevated toilet installed in your home. Use grab bars in your shower remove loose rugs for your own safety, so you don't trip and fall and have good lighting at all times.

8. Eat a healthy diet try to lose weight if you're overweight so you don't have so much pressure on your knee joints in your hip joints so you can remain mobile as long as possible.

9. Remove home hazards. Keep your walkways clear of debris remove loose rugs again, good lighting in your home so you can see where you're going. Have wide clear pathways in the home. Have a nightlight in your bathroom

10. Try meditation or relaxation techniques again resting in the pool can be relaxing to your back for 20 minutes just quietly float around the pool or walk slowly listen to relaxation tapes anything that might help you relax.



Above all, try to stay as active as you can for as long as you can!

The Soup Kitchen put out a request for diapers and club members jump into action. President Jean Allen delivered the diapers to the Soup Kitchen after our gathering at the park. They were extremely grateful and happy to receive them. They love the ladies of the Greater West Palm Beach Women's Club!





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

Elevator speech— At Fall Board, we heard about the importance of having an Elevator Speech. It has also been mentioned during several recent state Webinars. It should be no more than two sentences, using your name and our club name.

Other communication tips at Fall Board include:

Recommend using hashtags, At Communications workshop at Fall Board, they encouraged clubs to use hashtags in all social media. We need to remember to do this. I am guilty of not using hashtags.

The following are examples of hashtags:

#gfwc

#gfwcflorida

#livingthevolunteerspirit

#gfwcgreaterwestpalmbeachwc

Also at Fall Board, club were urged to join their local Chamber of Commerce. We looked into the Chamber many years ago and the cost was prohibitive. Today, it's still high, but they concentrate on Marketing and Networking. Since we have gotten more than a dozen members in the past year interested in joining our club, the Chamber would not benefit us.

GFWC Florida Clubwoman email: At the PR/Communications workshop, they talked about the Clubwoman and that clubs should limit submissions to 3 sentences total. I hope everyone is getting the Monday Clubwoman email. Since our last meeting, our club has been included each week on the Clubwoman email with:

Oct. 2—Forgotten Soldiers Outreach with members, goest, 1 Booster. We invited other clubs to support by including website of Forgotten Soldiers.

Oct. 9—Purses with a Purpose, our donation to

Domestic Assault Shelter, with 4 members and sign

Oct. 16—Quantum House dinner, group shot of us in our club shirts and club aprons.

Oct. 23—with 3 members, with Annette, a past member who plans to return next year, at HHRC reading to the children in our adopted class of 4 year olds.

Facebook— We had lots of Facebook posts this month, including Diapers to Soup Kitchen, reading to HHRC class, Animal Care and Control donation, Quantum House, Resource Depot, Purses to Domestic Assault shelter, park gathering, Forgotten Soldiers Outreach and more. Remember to share club news on your personal page, as well as our Discussion page. The club's discussion page is a closed page, so we can remind members of events, ask members questions and share deadlines, etc. It is not open to the public to recruit members. Thanks to JeffAnne and Phyllis for putting club projects on our official club Facebook page each month.

Our club was on the Facebook page of Forgotten Soldiers Outreach on Oct. 9, and our club shared it to our official club Facebook page.

Pat on the Back for October: To member who shared posts and photos from our official club FB page to her personal page, thus spreading news of our club activities. Remember the Pat on the Back goes to the person who spreads news about our club on Social Media. She shared Forgotten Soldiers Outreach, helping pack 200 bags of pasta for the Food Bank and Quantum House photos. Pat on Back goes to Gay Alexin, and I'm sorry she was not at the meeting.





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

I want to thank my awesome committee members for their help: Shakearah, Debbie Still, Deb McCoy, Janet Portnow and Linda Walker. Three of you are having health issues, and we missed you at the October meeting!

October is Domestic Violence Awareness Month: To mark this month, we wore purple to the park, and donated purses to Harmony House, our local domestic assault shelter.



Purses with a Purpose. On Oct, 2, four members, Deb McCoy, Linda Vaillancourt, Janet Portnow and Linda Ferris delivered 65 purses, plus 20 coin/wallets, small containers, etc., to the ladies in domestic assault shelter. Debbie Still was in a wheelchair and Shakearah was continuing her birthday celebration and could not join us. Thank you to everyone who donated a new or slightly used purse.



When we delivered the purses, we were invited to attend the YWCA's **Domestic Violence Panel** discussion on Oct. 25 at 12:30 p.m. It is being held in person for \$35 and online for \$10. I emailed the info to all members. It was titled "The Untold Truth: Addressing Myths and Misconceptions of Domestic Violence." At Palm Beach State College. They are all survival stories. Show of hands who signed up for this event?

Harmony House is also asking for diapers for the women at Harmony House and those women who receive services. They are looking for children's items, and will take gently use toys. We will be buying diapers with club money for them. If you have an item to donate, please let me know ASAP. We want to deliver early November. Thanks to Mickey for the cute used toys she brought to the meeting.

Info from Fall Board Domestic Assault Prevention workshop:

What to say to a survivor of sexual assault or victim of domestic violence.

I am glad you're safe.

It's not your fault.

I'm sorry it happened.

You did the best you could.

You are not to blame for being abused.

You are not the case of your partner's abusive behavior.

You deserve a safe and happy life.

Your children deserve a safe and happy life.

You are not alone. There re people waiting to help.

Members wore purple this month, acknowledging Domestic Violence Awareness and Prevention. Did you see someone wearing blue? **Blue is for National Bullying Prevention Month** in October.



Pajamas for children. We have been collecting new pajamas to give to the children in the local domestic assault shelters in November. Our club's executive board suggested we use the pajamas as our club's **Advocates for Children Sparkle contest project**. This has to be done the week of Oct. 22-28, and we need to post a photo of the event. The winning entry of the Sparkle contest will receive \$100 for their agency. This is a project all Florida clubs were asked to participate. We will be donating 20 pair of PJs, plus \$25 Target gift card to Grandma's Place. We have supported Grandma's Place for several years, since they provide a home for abused and neglected children.



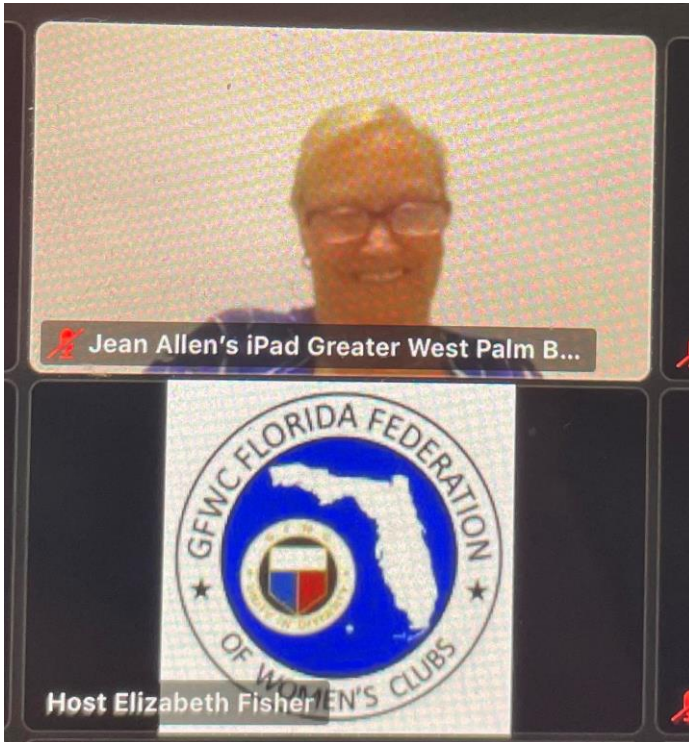
Human Trafficking Palm Beach County: Hope you enjoyed the October club program. On behalf of the club, we gave Vikki \$50 for the local Human Trafficking agency. After the meeting, several members told me they really enjoyed the speaker's presentation and the info was so well presented and easy to understand such a serious problem. I relayed this info by email to Vikki, along with a photo.

Hope for Justice is global non-profit organization which aims to end human trafficking and modern slavery. It is the partnership with GFWC, and on GFWC Florida Remittance form. We get honor score points for participating in the partnership programs. We want to increase our club's donation to \$50 this year, which is more than our original budget approved in January. Janet said she can make the change.

LEADERSHIP- Jean Allen

(jeanallen@gmail.com)

Re-cap Webinar Oct 5th 4 members attended our club was featured. Jean was a featured speaker!



Next Webinar is 11/1 Tech Tips

Annual district meeting 11/3 in Stuart Hosted by Hobe Sound Club

Suzan Close resigned from the board. Sharon Bounds was elected as her replacement.

End of year reports. Chairs should start collecting data.

We are GFWC series for new members and membership committee. Laura Connelly

Camp Boggy Creek- Cindy Jones

Now accepting colorful twin sheet sets.
We are still collecting used sneakers.

DATES TO REMEMBER

October 29th- Trunk or Treat

October 31st- Cardmaking class
10am

November 1st-Webinar Tech Tips
7pm

November 3rd- District Meeting

November 10th- Thanksgiving Dinner
5:30

November 13th- Park Outing 9am
Bib Delivery
Epicurean Eats 11:30

November 20th- Board Meeting 10am

November 23rd- Happy Thanksgiving

November 27th- Business Meeting
10am

**GFWC Greater
West Palm Beach
Women's Club**

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For more information

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