

# 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"**

September 2023

VOL. 23

ISSUE 9



## PRESIDENT'S MESSAGE-

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

Hard to believe it's fall already, but at least we have had a little relief from the heat.

It seems several members are still travelling or are about to. We really do get around. I am in St Augustine for a few days and will attend my granddaughters baby shower. I am looking forward to being a great grandma for the third time.

It is amazing that we are talking about the holidays already. We have a lot planned between now and the end of the year and I'm looking forward to getting busy with all our projects and working with all our new members and prospective members.

In federation love

Jean

**Reminder: Our Business Meeting is always the 4<sup>th</sup> Monday of the Month- on October 23<sup>rd</sup>.**

## CORRESPONDING SECRETARY-

Mary Evelyn Mitchell

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

Our Guest Speaker was from the library





**September Teapot** members had a good time getting together and learning about each other.

Teapot names for **October** are Cindy Jones, Janet Portnow, Linda English, and Donna Elliott.



The **Mall Coffee** was September 28 and had 17 members and One guest attending. We celebrated 6 September birthdays and had a wonderful time chatting and making closer friendships.

## MEMBERSHIP

Suzan Close & Cathy Hopkins

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

Can you believe that it is October already! Here's to fall colors, leaves changing to gorgeous shades yellow and red, and cooler weather. You can feel the change in temperature already (or is it the rain?).

### October Birthdays

18<sup>th</sup>- Doris Lohfink-McArthur

19<sup>th</sup>- Sharon Bounds

19<sup>th</sup>- Sheila Zile-Pecoraro

23<sup>rd</sup>- Cathy Hopkins

### October Anniversaries

8<sup>th</sup>- Linda & Roger Vaillencourt

8<sup>th</sup>- MaryLou & John Samaras





**Next Mall Coffee will be October 26 at 12:00**  
at Wellington Green Mall.

Three members and 2 guest went to the movie  
"Sounds of Freedom".

A sign-up sheet for "setting up" and "cleaning up" was passed around for members to sign for our Holiday Party on December 12. More information will be given as we get closer to the date.

I saved the best part for last! Terri Calsetta was welcomed into the club with our initiation ceremony. Make sure you speak to her into and personally congratulate her and welcome her into the club.



**FUNDRAISING- JeffAnne Pike**

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

**Virtual Bingo** will be Tuesday October 10<sup>th</sup> at 7pm. Sharon will have cards for sale at the park outing.

Thanks to Donna Elliott and her **50/50 idea**, the club raised \$25 at our business meeting. She will be selling 50/50 tickets 3 for \$1 at each of our business meetings.

**Save the Date April 27, 2024**



The theme for this year's Fashion Show will be  
**Tiara's and Tuxedos**

Colors will be black and gold—baskets will have gold ribbons

Centerpieces will be a non-alcoholic bottle of sparkling cider wearing a tuxedo, with a rose and small tiara.

Flyers will be available at a later time.

Please start collecting items for baskets and door prizes.

Begin thinking about businesses that would be willing to support us with an in-kind or monetary donation.

**Credit Card Round-up program**

You choose a credit card you use frequently within a month's period of time. When you charge a purchase, the program will automatically round up the amount.

Each month the club will receive that money as donation.

To sign up go to:

<https://give.altruist.dev>

**\*\*Click on Give to A Cause**

- \*\*Type in GFWC Greater West Palm Beach Women's Club
- \*\* Create a Log-in
- \*\* Follow instructions on entering your credit card information.
- \*\*Select minimum amount
- \*\*Use your card anywhere and it will automatically keep track for you.

Please give JeffAnne a call, text or email if you have any questions.



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

Our September Epicurean Eats dinner was held at the Olive Garden in Greenacres. We had 18 in attendance, 12 members and 6 guests.



At the end of the evening a drawing was held, the winner of which got to choose the location for our October event. Debbie Still won and picked Bonefish Mac's.

The Epicurean Eats dinner for **October will be held at Bonefish Mac's Sports Grille** in Wellington, Florida. It is located at 10880 Forest Hill Blvd., on the north side of the Wellington Green Mall. It will be held on Thursday, October 19 at 6 PM.

Please RSVP to Phyllis by Monday, October 16. Friends and family are welcome. The more the merrier!



Scrapbook workshop for past President Meg America. So much fun reminiscing over all of our projects.



## CIVIC ENGAGEMENT & OUTREACH-

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

### Forgotten Soldiers Outreach

Members delivered items for the We Care Packages.



### Card Making Class

October 31, at 10 AM card making workshop for Forgotten Soldiers.



### VA

Doris & Mickey delivered lap robes to the VA Hospital.





## Honor Flight



## FOOD BANK

Gay and JeffAnne helped pack over 2,000 individual bags of pasta at the Palm Beach County Food Bank!



### Operation Christmas Child

**Shoeboxes** are available now. Please get one from Mickey or Doris.

Go to

<https://www.samaritanspurse.org/operation-christmas-child> for more information.

Shoebox delivery will be the week of November 14<sup>th</sup>.







### Food Bank Donation information:

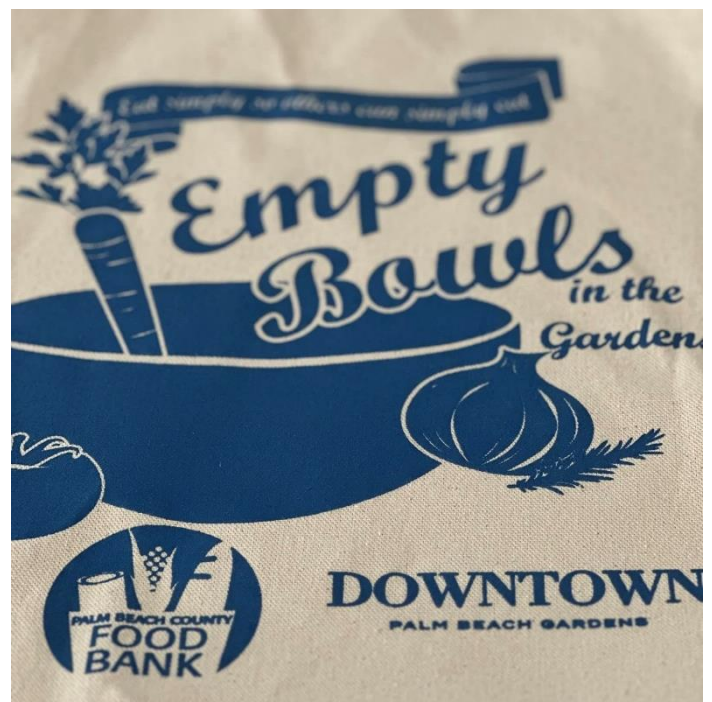
We need to take this into consideration when donating food to the food bank or making up Thanksgiving & Christmas baskets to give away.

So, I spoke to people getting food at a food bank and here are some things I learned from those in need:

1. Everyone donates Kraft Mac and Cheese in the box. They can rarely use it because it needs milk and butter which is hard to get from regular food banks.
2. Boxed milk is a treasure, as kids need it for cereal which they also get a lot of.
3. Everyone donates pasta sauce and spaghetti noodles.
4. They cannot eat all the awesome canned veggies and soup unless you put a can opener in too or buy pop tops.
5. Oil is a luxury but needed for Rice a-Roni which they also get a lot of.
6. Spices or salt and pepper would be a real Christmas gift.

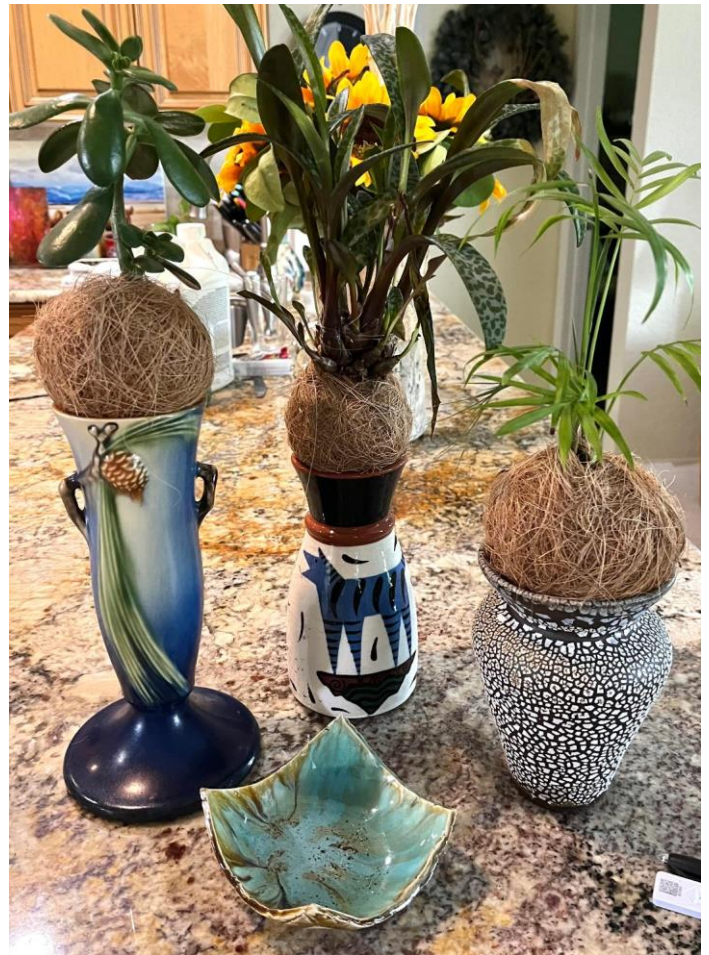
7. Tea bags and coffee make them feel like you care.
8. Sugar and flour are treats.
9. They fawn over fresh produce donated by farmers and grocery stores.
10. Seeds are cool in Spring and Summer because growing can be easy for some.
11. They rarely get fresh meat.
12. Tuna and crackers make a good lunch.
13. Hamburger Helper goes nowhere without ground beef.
14. They get lots of peanut butter and jelly but usually not sandwich bread.
15. Butter or margarine is nice too.
16. Eggs are a real commodity.
17. Cake mix and frosting makes it possible to make a child's birthday cake.
18. Dishwashing detergent is very expensive and is always appreciated.
19. Feminine hygiene products are a luxury and women will cry over that.
20. Everyone loves Stove Top Stuffing.

Averil attended the **2nd Annual Empty Bowls** at the Gardens this morning, supporting the Palm Beach County Food Bank. She tasted 14 soups and chose a lovely ceramic hand-made bowl to take home. The music was loud but plenty of people and smiles.





Thank you, Averil for participating in the spirit of our Day of Service to help feed the homeless.



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

7 members attended the Moss Ball Workshop at Peggy's house on September 14th. Big thanks to Peggy for sharing her knowledge, home and donating plants, planters, moss, soil, twine and more.







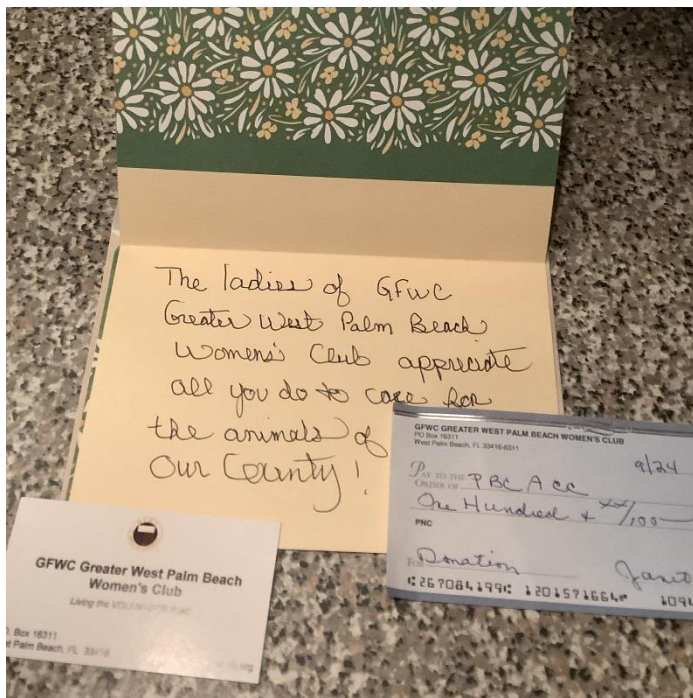
We donated \$100.00 to Palm Beach Purrs.  
**HOME DEPOT DUMP UPDATE:**  
 All 15 kittens dumped in dog crate behind Home Depot in WPB are doing very well, and have been divided into Loving foster homes.



**Donation to PBCACC...** Donna dropped off linens, pill bottles, snacks and a check for \$100.00







Upcoming:

Save the date....Friday October 13th. Field trip to Smarty Plants.

Mother Nature says: Hip hip hooray.... It has come to our attention that one of our club members has added a hibiscus plant to her yard.... The hibiscus is our club flower and we encourage all members to have one.





## EDUCATION & LIBRARIES-

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

Education is more than schooling for younger people. It's also about learning about our Federation. There are some great webinars coming up which I hope you will attend. It's all about learning from our state Federation.

Here is a link.

<https://www.gfwcflorida.org/>

1. Scroll ALL THE WAY DOWN and sign up for the Clubwoman Newsletter. It's exciting to see our club in it and to get ideas from other clubs.
2. At the top of the web page. you will see "menu" Click on it.

Go to the bottom. Then, go up 5 blue boxes. Register as a member. Now, you are on your way to a Federation Education.

Our Education department is busy in October.

On October 9th, 9:45am, we will go to the HHRC to read to our class. We need 2 ladies who want to participate.

Does anyone want to stock books with me on Oct 20th in Lake Worth Beach?

On October 27th, Lake Worth Beach is holding their "Little Scream" event at Bryant Park. We need one volunteer who wants to help at the Lake Worth Little Free Libraries that evening. We will help give out books from 5pm-9pm.

On October 29th we have been invited to participate in Wellington's Trunk or Treat, 4-7pm, alongside the Michael Aguirre Memorial Foundation. Requirements for our club: decorate the trunk of one car, give out candy and give out books to children at Wellington High School. We need one person who wants to give out candy and books.

## Little Libraries

Mary Lou and Cindy cleaned and stocked 7 Little Free Libraries in Lake Worth Beach







## SUPER GREAT

Perspective member, Debbie, learns how to stock and organize a Lake Worth Little Free Library in Lake Worth. 9/20/23



Member, Cindy Jones, put a Halloween decoration and "Artist Trading Cards" in a Free Little Art Gallery in Lake Worth, FL

9/29/23

## Delray Reads

Registration for Delray Reads is on October 2<sup>nd</sup>.

Please sign up here:

[www.Delrayreads.org](http://www.Delrayreads.org)



**HEALTH & WELLNESS- Meg**

**America ([megusa9988@gmail.com](mailto:megusa9988@gmail.com))**

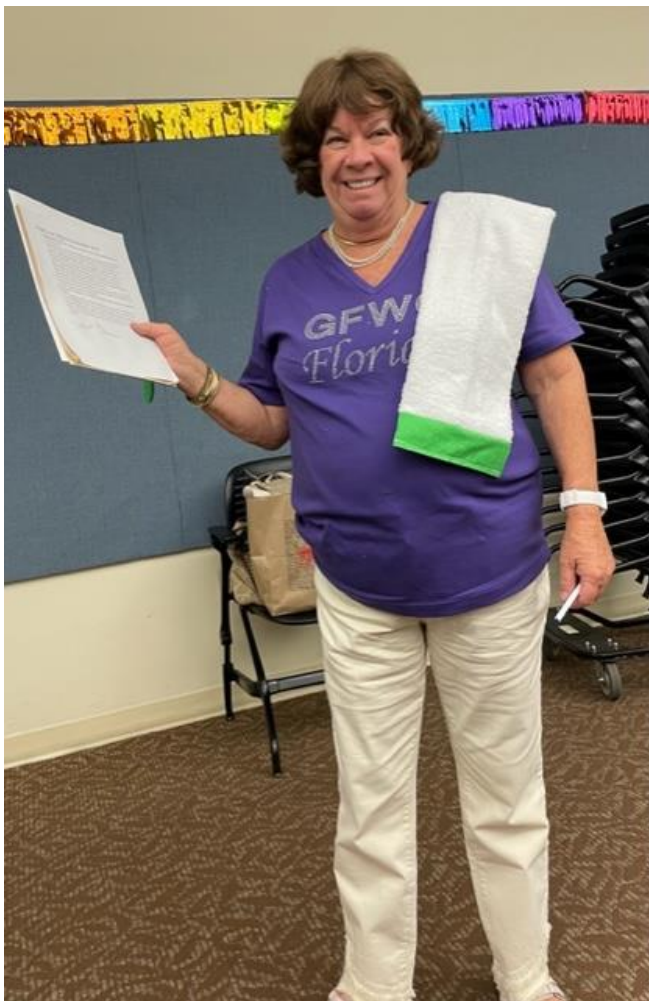
**Quantum House** - We will be bringing, cooking, and serving food October 3. Here are the women who have agreed to be chefs. Gay, Averil, Janet C, Janet P, Linda F, Meg, Mickey, Phyllis, Sue B, Suzan C. Quantum house suggested if there were extra members, we could do crafts with the families. Don't worry. I have this! I have a bag of the tear off fall wreaths we made last year. Easy and fun. Suzan Close and I will purchase all the food. We KISS. Keep it simple .. smartie! Only those who will be joining us will get the updated email so I do not fill your boxes with unnecessary information.



**Day of service-** We donated 50 placemats, many cans of milk, rice bags and oil to the Food Bank. We also had a tour of the facilities. We saw that there are other ways we can help them too.



With Suzan's donations, Rona and I were able to make many **burp cloths for babies**. I was wearing a sample.



Our committee will be meeting in October to set dates for delivery to:

The Finnish/American Nursing home – adult bibs and small quilts

Food Bank – placemats

Christmas at Sea for Seamen - hats and scarves

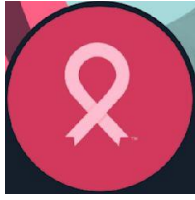


**Healthy Mother's /Healthy Babies – burp cloths**

Delivery dates will be set, and you all can join in for the photo op. Our entire club helped in some way to get these items sewn, knitted, and crocheted!



## October is Breast Cancer Awareness Month



### Mammograms

When should they start?

According to the May 2023 recommendation of the U.S. Preventative Services Task Force, mammograms should begin at age 40. Women with a higher-than-average risk such as family history or known genetic mutation are generally urged to start earlier.

When should they stop?

The new guidelines do not include recommendations for women after the age of 74. Medicare will continue to pay for a yearly screening mammogram with no age cut off. It is up to each woman to discuss their personal health situation with a trusted health care provider and make a decision.



**PUBLIC RELATIONS - Linda Ferris**

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

Remember everything you do and say is part of PR/Communications. It's how others see our club.

**GFWC Florida Clubwoman email:** Linda reminded members to register to receive the GFWC Florida clubwoman email that is sent each Monday. The club was featured:

**Sept. 4:** Boggy Creek Bears at the meeting, with some of the sewers

**Sept. 11:** Basket donation to Grandma's Place, 2 photos

**Sept 18:** Food Bank Donation and Tour, group shot and director, 2 photos

**Sept. 25:** Scrapbook workshop group shot, who also had lunch.

**GFWC Florida website:** Have you called up our state website this month? It has info for every department of club work. You can register for upcoming Webinars, find information about your area of club projects.

**Facebook:** We were very active this month, Forgotten Soldiers, teapot, Little Free Libraries, park outing, Moss planting, Epicurean Eats, soup kitchen, scrapbook workshop, Free the Girls, Honor Flight, Fall Board. Outstanding PR on organizations we support: Grandma's Place posted on their FB page, along with Soup Kitchen posting on their FB page.

**Pat on the Back** Goes to Linda Walker for posting the great photos of Honor Flight. She included the full name of our club, plus had cute picture of her grandson Reese meeting veterans.

Memory post: Linda also posted club's 2019 donation of baby blankets to Healthy Mothers Healthy Babies



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

I want to thank my awesome committee members for their help: Shakearah, Debbie Still, Deb McCoy, Janet Portnow and Linda Walker.

**Elder Abuse** falls under GFWC Special Program. Abuse of elders or seniors takes many different forms with some involving neglect, some involves financial deception, and other



involving intimidation or threats against the senior.

**Emotional or Psychological Abuse:** This kind of abuse happens when people speak to or treat elderly people in ways that result in emotional pain or distress for the Senior.

As seniors grow older, they will become more physically and mentally frail. Because of this, they're less able to stand up to bullying and/or fight back if attacked by other people. Many people with ill intentions know this, and thus, have carried out abuse or elaborate fraud schemes targeting seniors.

Verbal forms of emotional elder abuse can take the form of intimidation through yelling or threats, humiliation and ridicule or habitual blaming or scapegoating.

**Nonverbal psychological elder abuse** includes ignoring the Aenior, isolating the Senior from friends or activities or terrorizing or menacing the Senior.

Keep in touch with your family and friends.

#### **Dress for Success Sale recap:**

Only one member, Mary Lou, was able to help staff the sale, but several members supported them by shopping. Dress for Success raised more than \$40,000 and had 300 shoppers. Doris was there while I was there shopping, and Averil got some bargains. Did anyone else support the sale? Let me know. If you know someone who needs help in gaining confidence to return to work, let me know. They are starting a new 6-week program Oct. 2.

#### **Grandma's Place Basket recap:**

On Sept. 6, new committee member Janet Portnow and Linda delivered the great basket JeffAnne compiled to Grandma's Place. They were thrilled to get this basket, and posted on their Facebook page. We took photos and posted on our social media.

**October is Domestic Violence Awareness Month** and we will be delivering our **"Purses with a Purpose,"** that members and guests donated. Thanks to everyone who contributed! We have tons of purses, and even some designer ones! The women in Harmony House, our local domestic violence shelter, will smile. We don't get to meet the women since we deliver to the YWCA office, which oversees the

shelter.

#### **Pajamas for Children:**

Thanks to all those members and guests who donated new pajamas! We have a nice assortment of various sizes, both boys and girls. Last call for pajama donations will be at the park Oct. 10. The committee will be delivering the new Pjs to the planned three domestic assault shelters. We don't get to see the children, since the shelter location is never revealed for obvious reasons.

#### **Human Trafficking Prevention and Awareness**

##### **"Sound of Freedom" movie Recap:**

Thank you to everyone who saw this film. We had about 15 members/guests see it.

##### **October Club Speaker:**

We have a speaker from the Human Trafficking Palm Beach Coalition coming to our Oct. 23 club meeting. We'll find out what they are doing in our county to fight Human Trafficking.

##### **Free the Girls:**

Linda delivered 20 bras for "Free the Girls" to the Hanes store at the outlet mall today. This will be our final delivery as "Free the Girls" will stop this project as of September 30, 2023.



##### **Little Girl Dresses:**



Linda Walker discussed making little girl dresses project that we have made in past years.

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

The National Day of Service this year needed to have a food insecurity theme and our club stepped up. We delivered milk, oil, rice placemats and diapers. We were also taken on a tour of the very impressive facility.

Webinar series will continue with membership retention as the topic. Please sign up for this. I would like to have at least 10 members attend. If you do not know how to register, please let me know. I would especially like to see some of the new members attend.

The webinar for November will be Tech tips.

### Leadership Camp

Meg & Jean attended Leadership Camp



### Fall Board



### Linda Ferris

The most meaningful workshop was the Domestic Violence Awareness project on Sunday morning workshop called **“What if it Happened to You? Walking the Walk.”** We did



this exercise in silence, reading the cards and walking from table to table, following our “character.” This included 7 survivor character stories and the objectives and experiences of victims and family members. We traced the process from victim to getting medical help, therapy, legal assistance, help for the family and more. Imagine if you had to find all these services across your community.

Linda also learned it’s difficult to dance and sing at 9 a.m Saturday morning Membership Workshop, when you were up to midnight the previous night because the meetings ran late.

### **Meg America**

Linda Ferris, Meg America, Jean Allen, and Cindy Jones attended Fall Board in Orlando last weekend. When we arrived at the Rosen Hotel, our rooms were ready for us and there was no long line for checking in.

We unloaded 42 bears from Linda's car and had a photo op. They joined many other bears on the table.



I began my weekend with a meeting at 3 with the other Directors. It is always nice to see them and hear what plans their districts are making. One director offered us precuts of fabric to make the bears. Jean jumped on this. The plan is for the sewers to put the bears together and the other members function as stuffers. Other sewers can stitch up the backs when they are fully stuffed.

We had a great weekend. We were among friends. Even Jim Ferris joined Jean and Cindy for dinner. The waitress wanted pictures of their table and wanted a woman to sit near Jim. She could not understand that no one was married to anyone at the table. Next time, I hope we have more joining us.



### **Jean Allen**

Another Fall Board is in the bag. There were workshops on many different subjects. We split up so that we could have someone in all the workshops. The biggest difference this year I thought was the use of QR codes. We had very few handouts and had to download almost all the information. I met up with so many ladies from other clubs. This for me is the thing I enjoy the most, I really like hearing about the projects they are working on and how things are dealt with in their club. In talking to so many people I realize we all deal with the same problems, but overall, we all do great work. Hopefully we will have a bigger contingent in April for the convention.

### **Cindy Jones**

The favorite workshop for me was the DEI workshop.

I made 2 great friends at that workshop.

I also enjoyed learning about people’s bias. People bias is learned beliefs, opinions, or attitudes that people are unaware of and often reinforce stereotypes. These personal biases are unintentional, automatic, and inbuilt, leading



to incorrect judgments. ALL OF US HAVE PEOPLE BIAS whether we consciously know it or not.

One example was "Tattoo Terry". She is a prominent member of GFWC who has tattoos up and down her arms. Additionally, she APPEARS to be of non-Caucasian descent.

Since she has tattoos and may be of non-Caucasian descent, people have unfairly judged Terry.

I spoke to Terry after the workshop. I found her to be a woman of great intelligence and full of love for our Federation. She is already of service to our communities.

Diversity is the way of our world.

As you know. I will talk to anyone. All I need is my elevator speech. (Linda F, help!)

My question for our club: How do we find diverse members for our club?

### Pictures from Fall Board







## DISTRICT 10 NEWS

### GFWC FLORIDA ANNUAL DISTRICT 10 MEETING

Host Club: GFWC Hobe Sound Woman's Club

WHEN: Friday, November 3, 2023 WHERE:

Loyal Order of the Moose 2454 SE Indian Street, Stuart, FL 34997

TIME:

9:30 am. . Registration and Social

10 am. . . Meeting Call to Order





## **DATES TO REMEMBER**

**October 2<sup>nd</sup>- Sign-up Delray Reads**

**October 3<sup>rd</sup>- Quantum House 3pm**

**October 5<sup>th</sup>- Webinar 7pm**

**October 9<sup>th</sup> - HHRC 9:45am**

**October 10<sup>th</sup>- Park Outing 9am**

**October 13<sup>th</sup>- Fancy Plants 10am**

**October 16<sup>th</sup>- Board 10am**

**October 19<sup>th</sup>- Epicurean Eats 6pm**

**October 23<sup>rd</sup>- Business Meeting  
10am**

**October 26<sup>th</sup>- Mall Outing 12pm**

**October 26<sup>th</sup>- Delray Reads**

**October 27<sup>th</sup>- Little Scream 5-9pm**

**October 29<sup>th</sup>- Trunk or Treat 4-7pm**

**October 31<sup>st</sup>-Cards Workshop 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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each Women's Club**

**Visit our webpage:**

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