

SPWC Happenings



GFWC St. Petersburg Woman's Club

## February 2024

Message from the President "All Pulling Together"

I am so proud and honored to have been elected to serve as your president, but also a little intimidated! Following in the footsteps of so many impressive and dedicated women will be a challenge I hope I can continue with the proud traditions and accomplishments that have distinguished the St. Petersburg Woman's Club as a key part of our community! I hope you will all bear with me as I learn "the ropes"!

When my husband and I moved to St. Petersburg from Punta Gorda, FL in November of 2016 to be closer to family, we didn't know exactly what to expect. We have historically lived in pretty small towns – Statesboro, GA; Smithfield, VA; Punta Gorda – so we were unsure how we would like being in a big city. Yes, I know St. Pete is not really considered "big", but comparatively speaking, it looked big to us! What we have found, besides being close to loving family, is a community of warm and welcoming people, and I was especially pleased to have found a home with the Woman's Club. You all have made me feel like an important part of a team of caring, compassionate women who enjoy helping others, who also love to have fun!

I would like to congratulate Mary Beattie and her Arts & Culture CSP committee on a great Arts & Crafts competition and meeting for January. I can say from experience, there's a lot of moving parts to putting together a meeting and a competition at the same time, and Mary's group did a wonderful Job. The Health & Wellness CSP has some good things coming for February, so our members should make every effort to make the meeting on the 9<sup>th</sup>, read your newsletter and **remember to bring your favorite Valentine sweet to share**!

So, with the Christmas and other big seasonal holidays now in our rearview mirror, it's time to look ahead and focus on what we can do in the coming year to fulfill our mission of community service, civic participation, educational programs, and the preservation of our historical Clubhouse. We have many projects that we will continue to support as we keep an eye open for new possibilities, while adding new members and maintaining the friendships and camaraderie we have already built. When we're "All Pulling Together", there's nothing we can't do!

Barbara Sundholm, President

#### **OUR NEXT GENERAL MEETING**

Friday, February 9, 2024 Hosted by Health & Wellness CSP Call to Order at 1:00 pm

## Health and Wellness



#### 2024 Officers

President ~~ Barbara Sundholm Past President ~~ Cathy Allen VP Programs ~~ Evelyn Nakelski Membership ~~ Marianne Snyder Financial Officer ~~ Liz Coerver Daily Operations ~~ Cathy Allen Fundraising ~~ Joyce Taylor Capital Expenditures ~~ Oneita Tinsley Recording Sec ~~ Judy Hunt Corr. Secretary ~~ Cheryl Freeburg Treasurer ~~ Beth Timberlake Bookings Treasurer ~~ Linda Morgan Evening Group ~~ Cindy Stokes Publicity ~~Josephine Spinelli Social Director~~Liz Pacheco Editor~~Carolyn DeFreitas

#### 2024 CSP Chairpersons

Arts & Culture ~ Mary Beattie Civic Engagement~ Precella Wallace Education & Libraries ~ Mary Palumbo Environment ~ Nancy Westphal Health & Wellness ~ Joyce Sterling



## Membership



### Marianne Snyder, VP; Nanci Odom, Assistant

We now have **190** members, which includes **8 new members** since January 1<sup>st</sup>! Let's keep up this trend – maybe reach out to a friend that you think might enjoy our club.

Our December general meeting was attended by 56 members and 3 guests. In January we had 59 members and 2 guests. Our next general meeting on February 9<sup>th</sup> will begin at our usual time of 1:00. The next **new / prospective member meeting** will be held 1 hour prior to the **March** general meeting and will be every other month – September, November, January, **March** and May - so hopefully I'll see you on **March 8<sup>th</sup> at NOON!** You are welcome to attend as many times as you wish and have the opportunity to get to know some of the new members. There will also be a "**NEW MEMBER**" table set up at each general meeting.

**VOLUNTEER COMMITMENT** forms can be found in this newsletter. If you have not filled one out within the past 6 months, please consider completing another one. **WE NEED YOUR HELP – EVERYONE** should be able to find something they can volunteer for – you have many choices. Please put your contact information on **both sides** of the paper. Forms can be put in the "membership" mailbox, mailed to the club – "attention: membership" or given to Marianne Snyder.

#### Welcome new members:

Maile Arp	Danielle Balistreri
Mona Bidani	Brenda Tate
Lucille Clark	Rose Ferraro
Peggy Lucey	Fran Rizzo

Mary Bruels Sue Ellen Burgess-Gehrke Amy Giskin

2024 Addition to Directory

Eleni Shipe





## Health & Wellness CSP

## Joyce Sterling, Chairperson; Jennie Jamison, Assistant

#### Brain Health

Kim Saberi is a masters-level social worker and Supervisor of the Memory Disorders Center at St. Anthony's Hospital. She is responsible for providing support, education and resources to patients with memory disorders and their families and loved ones.

Kim is also, founder of Memorable Pathways Coaching where she provides life coaching for caregivers and people looking to maximize brain health in their lives. As a Certified Montessori Dementia Care Professional, she works with people experiencing cognitive challenges to transform their homes to foster independence and promote successful living.

Kim is very passionate about supporting people throughout their life journeys and educating the community about brain wellness and dementia.

Kim holds a Bachelor of Business Administration from James Madison University; a Bachelor of Arts in Social Work; and a Master of Social Work from Salisbury University.

Please bring your favorite Valentine sweet to the meeting to share.



Jennie Jamison & Joyce Lockwood



Members with Joyce



Members practicing Qigong

On January 8<sup>th</sup>, GFWC Saint Petersburg Woman's Club began the New Year with Health & Wellness. Members attended Qigong for Wellness Seminar. Qigong is a health practice that can reduce stress, build stamina, increases vitality, and enhances the immune. SPWC members practiced Qigong using easy gentle movements and breathing techniques.



Oigong lessons continue at the club

February dates: Mondays 2/5, 2/12, 2/26 Time: 10-11 am Cost: \$5 a lesson, please bring exact change Wear: Loose clothing, sneakers with thin soles if possible





LET'S PLAY SOME BRIDGE

What a great way to start the New Year! We play two Fridays every month from 1-4 pm, based on availability of our historic Club House. Check the website for exact dates. Hope you can join us!

To make a reservation call: Joan Jaicks (727-896-5097) or Elizabeth Hammer (727-692-4402



## Cívic Engagement CSP

### Precella Wallace, Chairperson

#### We make and collect charitable donations

Thank you, members, for filling Christmas stockings and backpacks for the children at Sallie House and Brookwood. Everything was delivered and it was very rewarding knowing that the children had some gifts to open and enjoy. If stockings or backpacks are not returned, the Civic Engagement Group takes it upon themselves to fill them and it can be costly. At the last minute, Brookwood received three more girls and Carol Tillis took it upon herself to fill the backpacks for them. We thank her for her dedication to the girls.

We recently delivered quilts, pillowcases, crocheted animals and snap bags to Ronald McDonald House. They were very appreciative and willing to accept more. Our sewers and crocheters are on the task and will be making more.

We continue to make bone and neck pillows for Hospice and nursing homes but we are in need of Poly Fill. Do you have any throw pillows that come with the bedding sets that you do not use and want to give them away? Then give them to us. We can use the stuffing from them to fill our bone and neck pillows. We can only accept **UNUSED** pillows. You can leave them in the library near the Wednesday group shelving.

Sallie House continues to need large bottles of shampoo and conditioner.

Reserve this date: Wednesday, March 27<sup>th</sup> at 1:00 pm. We will be assembling Easter baskets and filling eggs for Sallie House, Ronald McDonald House and Brookwood.

Submitted by Mary Braisted



Evening News

## Cindy Stokes, Chairperson

The Evening Group's first meeting of the year was a big washout...literally! The rain, winds and anticipated high tides forced us to cancel our meeting on January 9<sup>th</sup>. The following week we got right back on track with a wonderful Book Club meeting to discuss Graham Greene's novel <u>Our Man in Havana</u> - next month it's <u>The Princess Bride</u> by William Goldman.



The Children's Dream Fund has approached us with a number of group volunteer opportunities to consider and we will be talking about volunteering at the Firestone Grand Prix and this year's Empty Bowls event at our February 13<sup>th</sup> meeting.



We're delighted that the Club has agreed to underwrite our quarterly

lasagna dinners for the homeless and hungry at the Praise the Lord Mission on 9<sup>th</sup> Street South and we will begin planning for our first 2024 dinner scheduled for March.





We are in need of assistance with grant applications! Anyone with experience or knowledge of the grant application process, please contact Barbara Sundholm, <u>barbsun54@gmail.com</u>. There are lots of \$\$ out there to be had, and given the big expenses associated with maintaining our historic clubhouse, we would like to be able to take advantage!



## Arts & Culture CSP

## Mary Beattie, Chairperson; Mary Fletcher, Assistant

On January 12<sup>th</sup> we held the first meeting of 2024. It was a great success. Part of our meeting was dedicated to the Art Competition. We had 28 entries and 9 first place winners. The first -place winners will move on to the District Art Competition on February 21<sup>st</sup> as part of the District 14 meeting. The meeting will be held in our Club on Wednesday, February 21<sup>st</sup>.

The speakers at our meeting were the directors from the Suntan Art Center in St. Pete Beach, a non-profit art center that offers a boutique, juried entries for artists, and a variety of art classes. Members and non-members can view art by local artists and some pieces are available for purchase. The Center is available to rent for private arts shows as well. For more information check out their website at www.suntanart.org.

A big thank you to all our members who participated in the Art Competition. The winners are as follows:

#### BEST IN SHOW—Manjula Kemp

<u>First Place</u>—Barbara Sundholm, Carolyn DeFreitas, Oneita Tinsley, Cheryl Martin, Marianne Snyder, Mary Palumbo, Jill Whelpley, Manjula Kemp, Mary Fletcher

Second Place-Sandra Ames, Oneita Tinsley, Mary Fletcher, Marianne Snyder, Julie Hall, Donna Duggan

Third Place—Judy Cuniff, Eve Overby, Marianne Snyder

Honorable Mention – Carolyn DeFreitas

For more information about the Arts & Culture CSP contact Mary Beattie, Chair, at 727-340-8529.



## Social Events

### Liz Pacheco, Chairperson; Arlene Smith, Assistant

Club Calendar

<u>Friday, February 2, 10:00 a.m.</u> - First Friday Board Games - Join us this morning to play Mexican Train, Rummikub or a board game of your choice. We play from 10:00 a.m. until noon and then we go to lunch. This month we may go to Athenian Garden (?). Please let me know if you will be attending.

<u>Friday, February 16, 7:00 p.m</u>. - Join us for a fun Bunco night. This has become a very popular event. Prizes are given to the person with the highest score, the lowest score, the most buncos, and the most mini-buncos. We just ask that you bring a snack to share and your own beverage. Please let me know if you plan to attend so I could have the correct number of tables set up.

<u>Friday, February 23rd, 5:00 p.m</u>. - Ladies Night Out - this month we will be going to the Green Pagoda Restaurant (Asian Cuisine) at 7900 4th Street North in St Petersburg. Check out their menu online. Please let me know if you plan to attend so I could give the restaurant a heads up. Thank you.

A Heads Up - since the last Friday of March is Good Friday we will not be doing a Ladies Night Out on that day. Instead, we will celebrate St Patrick's Day on <u>Sunday, March 17th, at 5 p.m</u>. at Jack's London Grill, 1050 62nd Avenue

North, in St Petersburg for some Corned Beef and Cabbage. Of course if you don't like corned beef and cabbage, you could order something else off the menu. They are famous for their fish and chips, and they have the best desserts in town. The owner of this restaurant supplied us with the dessert for our fundraiser this past November, and he really appreciates our business. So let's give him some business back. It's the wearing of the green, and prize to the person who dresses the most Irish. As always, let me know if you plan to attend.

Liz Pacheco Social Director 727-481-4821 <u>lizpacheco20082446@gmail.com</u>

### Correspondence



#### Ladies,

Please continue the great job of informing me of any news of our members. 2024 will be a great year! Email is <u>cfreeburg@tampabay.rr.com</u>. Mobile 803-448-6700

**Cheryl Freeburg** 

### Donation Requests

#### ENVIRONMENT CSP (contact Nancy Westphal

for a more complete list)

Canned Food and Treats in sealed containers Sheets, blankets and towels, cleaning supplies Collars, leashes, and dishes Chew toys and stuffed toys Pop tops from soda cans

#### CIVIC ENGAGEMENT CSP (Precella Wallace)

Large Shampoo for Sallie House Soap /Body Wash for Sallie House ("Dove" needed for those with sensitive skin) Loose filling for pillows Toothpaste, toothbrushes, washcloths, combs

#### EDUCATION & LIBRARIES CSP (Mary Palumbo)

Box tops for Education (now done on line) Campbell Soup Labels Books for club library (Copyright 2010 -2022) Cereal for summer in May (large boxes) School supplies in September

#### EVENING GROUP (contact Cindy Stokes)

Toothpaste & toothbrushes Tampons/pads Disposable razors Soap and lotion New or gently used T-shirts (Large & X-Large); socks

### **BOOK CLUB NEWS**

#### **Mary Braisted**



The book club met in December at the club for their holiday luncheon. Everyone enjoyed the feast and the book discussion. We're looking forward to 2024 and wish everyone a happy, healthy new year!

On February 13th we will tackle the banned book, "The Bluest Eye" by Toni Morrison. Kelli Stuart, author of the book, the "The Master Craftsman", will be speaking to our group on Monday, March 11 at 10:30 am. (Please note change in date.) It's a story

about one of the greatest secrets in Russian history, the Faberge Egg. We invite everyone to come and hear her speak at our club. We are very excited to have an author speaking and discussing the book.

We continue to choose books that are readily available through the library or websites that are not too costly. Members suggest a book and then lead the discussion for that month. This system has worked out really well for our book club. We currently have 33 members in our club and our attendance at meetings ranges from 12 to 20.

Walt Disney said - "There is more treasure in books than in all the pirate's loot on Treasure Island." That being said, the SPWC Book Club is embarking on a community service project. We will be collecting **NEW** children's books for All Children's Hospital and slightly used books for Ronald McDonald House. Many of us have grandchildren that have outgrown their books that could be donated. Check with your children and grandchildren to see if they have books that they would be willing to donate. **ONLY CHILDREN'S BOOKS**. There will be a box at the next general meeting where you can leave the books. Depending on the need, we may be collecting books twice a year.

There is now a dedicated space in the library for books that the Book Club has read. You can check to see if the one you want is available in our library.



Book Club members gathering around the Christmas tree.



Fundraising

### Joyce Taylor, VP; Patricia Wiand & Gail Brazzell, Assistants

Ongoing Brick Fundraiser - What a great Valentine's Day gift for you to receive from a family member to honor you. DONATE A BRICK THIS YEAR!

Annual Major Fundraiser - **November 2nd, 2024**! Attend the next General Meeting to hear the exciting news about our special event.

WE NEED SPONSORSHIPS - All businesses, companies etc. are NOW preparing their 2024 advertising and donation budgets. Please ask for a sponsorship for the SPWC, their logo will be added to our event program etc. We all need to help with this request in order to maintain our beautiful historic building.

Next Fundraiser Committee Meeting is Monday, February 19th at 12:30 pm.

### HELP!!

We need assistance with Insurance Questionnaires and Applications! As everyone knows, prices have skyrocketed. Anyone with experience or knowledge of the Insurance application process, please contact Liz Coerver, <u>lizsea333@gmail.com</u>. We would really appreciate any help.



The December Bunco Night was a Christmas Festive event. It was an Ugly Christmas Sweater Competition combined with member-decorated sweater shaped cookies!

Photo Gallery





In December, several members went on a GFWCsponsored cruise. Left to right: Cathy Allen, Gail Brazzell, Joyce Taylor, Judy Zamanillo, Arlene Smith, Shannon Bailey, & Carol Westervelt

Note: not present in the photo are Carol Tillis, Cheryl Freeburg and Linda Traviesa







Members of the St. Petersburg Woman's Club Volunteer Coalition recently participated in the Bill Edwards Foundation for the Arts at the Mahaffey Theater. Students in grades K-6 enjoyed a lively musical performance, celebrating the global holiday customs in a fun -filled educational event. Picture on the left shows Bill Edwards, Founder & CEO of the Foundation, with members Liz Pacheco, Nanci Odom, Barbara Sundholm, Margit Smith & Marianne Snyder



Members of the St. Petersburg Woman's Club collected stuffed animals to donate to the Domestic Violence Response team of our local Police Dept.

# Photo Gallery

2024 started out with the Annual Arts and Crafts Festival. As in past years, several of our members received awards for their talents. There isn't room to feature all the winners, so I just chose a few from each level. It's never too late to start a project for the 2025 Festival.



Our speakers for the meeting were (R) Cindy Rodell-Purdy, Director of the Suntan Art Center on St. Pete Beach & (L) Carrie Freitag, Manager of the Boutique



Manjula Kemp took first place and "Best in Show" for her beautiful mixed media entry



Cheryl Martin received 1st Place for her machine quilted Christmas Quilt



Jill Whelpley received 1st Place for her Knitted Shawl



Oneita Tinsley received 1st Place for her crocheted Pillow Topper



Barbara Sundholm received 1st Place for photo "Living the Volunteer Spirit"



Oneita Tinsley received 1st Place for her Celtic crocheted Afghan



Carolyn DeFreitas received 1st Place for her reversible afghan (Crochet & Knit)



Sondra Ames received 2nd Place for her crocheted gnome



Oneita Tinsley received 2nd Place for her Christmas Table Runner



Marianne Snyder received 2nd Place for photo "Our World up Close"



Marianne also received 3rd Place for her photo "Boca Ciega Bay with Rainbow over the Trop"



Carolyn DeFreitas received Honorable Mention for her crocheted Americana pillow

Club Calendar	GFWC	
<u>Friday, February 9:</u> Club Day Meeting at 1PM. Hosted by Health & Wellness CSP	St. Petersburg Woman's Club 40 Snell Isle Boulevard NE St. Petersburg, FL 33704	
Every Monday at 2 pm: Mahjongg.		
Every Wednesday at 1 pm: Hands on projects with Civic Engagement		
Twice a month on Friday at 1:00: Bridge		
Every first Friday at 10 am: Games followed by lunch		
Every second Tuesday at 7 pm: Evening group		
Every third Friday at 7 pm: Bunco		
Last Friday of the month: Ladies Night Out		
Dates are subject to change if needs arise. Contact Social Director Liz Pacheco for more info.		
CLUB NEWSLETTER February 2024		

#### Mondays: 2-4 pm

Come play Mahjongg no experience needed

#### 2nd Tuesday at 7 pm

The next Evening Group will meet on <u>February13</u>, Contact Cindy Stokes for more information

#### <u>Fridays at 7 pm</u>

The next Bunco will be on <u>February 16</u>. Contact Liz Pacheco if you plan to attend Feb 02—Eleni Shipe Feb 03—Liz Pacheco Feb 04—Gail Brazzell Feb 04—Kristine Dowhan Feb 04—Cathy Parks Feb 04—Arlene Smith Feb 05—Fran Spector Feb 06—Debra Malinics Feb 07—Dragana Sanader Feb 10—Toni Riche Feb 10—Eleni Shipe Feb 11-Linda Donaldson Feb 15—Sara Galiger Feb 19—Marianne Snyder Feb 19—Marti Stein Feb 20—Leslie Singer Feb 24—Dot Admire

Feb 25—Judy Lee

Feb 01—Judy Amos

Mar 01—Barbara Sundholm Mar 03—Eileen Held Mar 04—Audra Ames Mar 07—Carolyn DeFreitas Mar 10—Diane Bowman Mar 12—Barbara Sotos Mar 14—Poe Yoachim Mar 15—Joanne Cheek Mar 17—Pat Franks Mar 17—Pat Franks Mar 17—Linda Grasso Mar 21—Barbara Aylesworth Mar 21—Candace Miller Mar 23—Cheryl Martin Mar 24—Peggy Lucey



Apr 01—Barbara Virelli Apr 06—Cheryl Bozorgmanesh Apr 08—Christine Agee Apr 08—Lupi Coffin Apr 11—Ellen Hays Apr 11—Joy Worley Apr 13—Jeannie Chapman Apr 16—Roseanna Costa Apr 21—April Fraulo Apr 23—Robin Wood Apr 25—Winnie Pfister Apr 26—Judy Cunniff Apr 27—Joan Heelan

Apr 01-Nita Deason

Happy Birthday!



## ST. PETERSBURG WOMAN'S CLUB

## VOLUNTEER COMMITMENTS

#### LEADERSHIP POSITIONS

UB	
	Phone
<u>2</u>	Email
<u>ts</u>	

	_ President	
	VP Programs Asst.	DAILY OPERATIONS
	VP Membership Asst.	
	VP Daily Operations Asst.	plant & maintain flowers/landscaping
	_ VP Fundraising Asst.	touch up painting inside clubhouse
	VP Capital Improvements Asst.	maintain organized kitchen drawers/
	Recording Secretary Asst.	cupboards
	Corresponding Secretary Asst.	general cleaning
	_ Bookings Treasurer Asst.	
	General Billing Treasurer Asst.	Once or twice annually:
	Finance Director Asst.	clean refrigerators
	_ Editor: Newsletter/Directory Asst.	wipe baseboards
	_ Publicity/PR Asst.	wipe doors around knob
	Social Media Asst.	wipe interior trim (stair railings, etc.)
	Chair of Arts & Culture CSP	clean door windows
	_ Chair of Civic Engagement & Outreach CSP	
	Chair of Education & Libraries CSP	<u>CLUB MEETINGS</u>
	Chair of Environment CSP	
	Chair of Health & Wellness CSP	sell 50/50
		check-in members
FUND	RAISING and EVENTS	greeter
		bring refreshments
	treasurer – record of donations to VP	set up & clean up
	serve on planning committee	
	prepare/mail invitations	<u>MISCELLANEOUS</u>
	_ prepare guest program	
	_prepare & manage RSVP's	singer
	_ record all donations & money with a copy	pianist
	to fundraising chairperson & treasurer	help collect & deliver donations

- \_\_\_\_\_ work on written history of the club
- \_\_\_\_\_ scrapbooking
- \_\_\_\_\_ help assemble newsletter for mailing



\_\_\_\_\_ set up day of the event \_\_\_\_\_ work during the event

\_\_\_\_ make opportunity baskets

\_\_\_\_\_ set up the day before the event

\_\_\_\_ solicit donations

\_\_\_\_\_ clean up after the event

Name \_\_\_\_

<u>COMMUNITY</u>		
SERVICE	Name	
PROGRAMS	Phone	
<u>"Our CSP's"</u>	Email	
Please consider joining at least 1 CSP. We need LOTS of help and		
we need YOU!		HEALTH & WELLNESS
More information about the CSP's		
can be found in our club directory		be a member of this CSP
as well as the contact information		provide assistance to chairwoman
for our CSP Chairwomen.		arrange speaker for 1 meeting per year
<u>ARTS &amp; CULTURE</u>		
be a member of this CSP		EDUCATION & LIBRARIES
provide assistance to chairwoman		
arrange speaker for 1 meeting per year		be a member of this CSP
		provide assistance to chairwoman
Arts/Crafts Competition in January & Febru	Arts/Crafts Competition in January & February:	
		arrange speaker for 1 meeting per year school supplies collection in September
secure judges		cereal collection in May
provide gift		public library volunteer opportunity
check inventory of ribbons		education/library volunteer opportunity
check in entries		
set up entry display		
file reports of winning entries & releases	6	
with district		<b>CIVIC ENGAGEMENT &amp; OUTREACH</b>
coordinate with district for district		
arts/crafts competition		be a member of this CSP
		provide newsletter assistance to
<u>ENVIRONMENT</u>		chairwoman
		pin quilt squares together
be a member of this CSP		knit or crochet items for various charities
provide assistance to chairwoman		help with Christmas stockings & Easter
arrange speaker for 1 meeting per year		projects for Sallie House & Brookwood
towels & sheets collection		help collect & deliver donations
collect & deliver donations to charities		help with November & December meetings
(SPCA, Animal Shelter)		

