

Friends  
Meeting  
Friends  
Since 1929



# SPWC Happenings



GFWC St. Petersburg Woman's Club

**May 2024**

Message from the President

"All Pulling Together"

It is with a very grateful heart that I write this month, having just held our April 'President's Choice' meeting. To everyone who helped me with every aspect of this very important meeting, I can't thank you enough! I was hoping to accomplish several objectives and I admit I had a couple of ulterior motives for hosting officers from the St. Petersburg Police Department. After what seems like a very long time and many bumps in the road, our eagle statue 'Harriet' was finally ready for her unveiling! For our newer members who might not know her story, this eagle was "adopted" by our club at the state convention 'way back in April of 2019 as a pledge to raise at least \$500 to help with the restoration of educational signage along a popular trail in the Everglades National Park. Our donation would be matched dollar for dollar by the Southwest Florida Park Trust. Thanks to the generosity of our members at the time, we raised over \$600 for a final figure of over \$1200! Recognizing that the bald eagle is a symbol used by our police department, we thought it would make a fitting gift to present to them (besides not having space to keep it in our clubhouse).

My second goal was to raise awareness of a specific need within the SPPD – a shortage of bullet proof, stab resistant vests for their K-9 dogs. After meeting Officer Webber and his partner, Stark, our ladies were inspired to begin a donation collection for our club to sponsor the purchase of a vest for one of their new dogs who doesn't yet have a vest. At this last meeting we were able to collect nearly \$300, and we're just getting started! More information is forthcoming.

Now a word about volunteering. Our ladies are unparalleled in their efforts to benefit the community with the projects and organizations we support, but you know, volunteerism begins at home. The ladies who help with our meetings are a prime example of that, but we need more of our members to step up. None of us can go it alone, and as the saying goes "many hands make light work."

My final word is a big congratulations to all of us for the club awards garnered at the State Convention April 13<sup>th</sup> which included a certificate for our Honor Score, a 2<sup>nd</sup> Place award in the Human Trafficking and Awareness category and a 3<sup>rd</sup> Place award for our newsletter! Keep up the good work, ladies!!!

Barbara Sundholm, President

## OUR NEXT GENERAL MEETING

Friday, May 10, 2024  
Hosted by Environment CSP  
Call to Order at 1:00 pm



## 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  
Committee Members: Roseanna Costa & Marilyn Lanctot  
Mentor Program: Deborah Burke

We now have **207** members, which includes **22 new members** since January 1<sup>st</sup>! Let's welcome all the new ladies and get them involved in what we do!!!

Our April meeting was well attended by 53 members and 4 guests. We also had 5 police officers that joined us for lunch and told us all about what they do for our community. And let's not forget their dog – he was the star!

Our next general meeting will be on **Friday, May 10<sup>th</sup> at 1:00 pm**. The next **new / prospective member meeting** will be held 1 hour prior to the **May** general meeting so I hope to see you at **NOON on May 10<sup>th</sup>**! You are welcome **to attend as many times as you wish** and have the opportunity to get to know some of the new members. Please consider bringing a friend to the new member meeting – maybe they will decide to join! There will also be a **"NEW MEMBER"** table set up at each general meeting.



## Welcome New Members

Cindy White

Sally Scott

Jill Abrams

Tera Gharrity

Janet Wehrle

Lauren Uher

Barbara Edelman

Angela Haynes



# Daily Operations

Cathy Allen, VP; Diane Dudley, Assistant

We are doing a lot of refurbishing and updating of our building. Keeping our beautiful clubhouse in tiptop shape is a never ending process. It also takes funding. While we have applied for several grants and Nancy is busy booking our club for various events, we really hope our members would help. If you or someone you know is looking for a tax write off, we are a 501c3 charitable organization and would appreciate any donations. Also, if you know of any local foundations, please let me know and I will send a letter introducing our club and how we benefit the community. Thank you in advance for any help you can give me. I love this club and you all!

## Correspondence

Cheryl Freeburg



Let's send a smile to Linda Traviesa, recovering from back surgery and Joanne Cheek who broke her hand. They would enjoy hearing from you. Please continue to send me news of our members.

[Cfreeburg@tampabay.rr.com](mailto:Cfreeburg@tampabay.rr.com) or Cell number is 803-448-6700

## Book Club News

Mary Braisted



The book club continues its monthly reading and discussion meetups. Because some of our members head north for the summer and other members are taking their vacations, our meetings for July and August have been cancelled. Here is what we will be reading next:

**May 14<sup>th</sup>** - "Left Neglected" by Lisa Genova

**June 11<sup>th</sup>** - "Absolution" by Alice McDermott.

You are welcome to come to any of our meetings. The discussions are very good and of course, afterwards, we head out for lunch. Our meetings are held at the club at 10:30 am on the second Tuesday of month (subject to change). Please, contact Mary at [braisted636@gmail.com](mailto:braisted636@gmail.com) if you would like to join our group.





# Civic Engagement CSP

Precella Wallace, Chairperson

*We make and collect charitable donations*

Thank You to all for the help with filling Easter eggs and Easter Baskets. They were delivered to Sallie House and Brookwood.

Currently the Civic group are focused on cutting and stitching materials for quilts. We are happily providing quilts and lap covers for Hospice and two nursing homes. The Civic group is also creating more dolls for patients.



Come join in the rewarding creativity for a cause. The Group meets 1:00 pm each Wednesday at the Club. Sallie House and Brookwood asked for shampoo and conditioner, especially for girls of color. Large size containers.

Respectfully submitted,  
Precella Wallace  
Civic Chairman



Publicity and Public Relations is seeking assistance with taking pictures at general meetings, special events, etc. If you are interested, please contact Josephine Spinelli, 917-224-7745.

Thank you.



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# Education & Libraries CSP

Mary Palumbo, Chairperson

We will be collecting cereal boxes at the May 10<sup>th</sup> meeting and delivering it to Woodlawn Elementary on 1600 16<sup>th</sup> Street North. They also host students from North Shore Elementary in their summer programs. In September we will be collecting school supplies for the children at Woodlawn Elementary. A list will be in our next newsletter.



Thanking everyone in advance for supporting the projects for our club.

If you are interested in volunteering at schools for next year, please contact April Fraulo at 914-584-1730.



## Evening News

# Evening News

Tyler Kornatowski & Jennifer Brackney, Co-Chairs

We're super excited about the May 5<sup>th</sup> event we're organizing in partnership with the Children's Dream Fund, a local organization that makes dreams come true for children with life-threatening illnesses in West Central FL. 25 Mothers and their "Dream" children and siblings will join us at the clubhouse for a fun afternoon creating a Mother's Day card, decorating a gift bag, creating paper flowers, stringing a friendship bracelet and selecting gifts. In the works for future volunteering: Ronald McDonald House and Goodwill's Belle of the Ball Store.



Evening Group Members Volunteering @ Children's Dream Fund Dreammaker Luncheon



# Health & Wellness CSP

Joyce Sterling, Chairperson; Jennie Jamison, Assistant

May is Mental Health Awareness Month

Forming good habits for good mental health are important.

1. **Be active.** Movement is good for mind and body. A half hour of walking each day can boost your mood.
2. **Eat right.** Getting the right balance of foods can improve mental energy and focus. People who eat mostly fruits, vegetables, nuts, whole grains, fish, and unsalted fats (such as olive oil) are 30% less likely to be depressed than those who have a meat and dairy diet.
3. **Get enough shut eye.** Sleep is essential for overall health. It's the time when your body and mind recharge and repair.
4. **Limit screen time.** Blue light from screens such as phones, TVs, laptops and tablets can make it harder to fall asleep.
5. **Make time for mindfulness.** Meditation, muscle relaxation, and breathing all work very well. Activities like yoga and tai chi are good examples.
6. **Focus on relationships.** When you feel connected to your family, friends, and loved ones, hard times can be easier to bear. All the good times feel better when you have people to share them with. In fact having close relationships plays a big part in overall health.
7. Last but not least. **Be mindful** of the thoughts you feed yourself. Ask the negative thoughts to be gone. Let positivity course through your mind and body.



## Fundraising

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

Please note that the Gift Card/Gift Basket Form and Donation Form are enclosed in this newsletter. Remember to be looking for wine to purchase for our mystery wine bags. Take advantage of the BOGOS for wine at Publix, Fresh Market etc. and donate two bottles to help with this cause. The wine must be valued at \$20 or more! Evelyn Nakelski is the member in charge.

Diane Dudley is collecting gift cards to use for the gift baskets or gift card tree at the event. Any and all gift cards are helpful.

Next Fundraising Committee Meeting is **Monday, May 20th at 11:15 am.** Enjoy your summer everyone but remember to mark your calendar for November 2, 2024 for A Night of Jazz in St. Pete.



# St. Petersburg Woman's Club 2024 Fundraiser



## A Night of Jazz in St. Pete

Saturday, November 2, 2024  
6-9 pm  
40 Snell Isle Blvd NE  
St Pete, FL 33704  
SPWC is a 501(c) 3 non-profit.



### Fundraiser mission:

- Preserve our beautiful historic clubhouse
- Support charitable works in the community that include projects with Hospice, Sallie House, schools, the military, and hospitals
- Serving St. Pete since 1913

### Gift card/gift basket donations



- Cards/baskets for a specific amount or service/product are welcome.
- Donors have their business name listed in the fundraiser program.
- Cards/baskets are auctioned, raffled or may be part of a gift card tree.
- Proceeds fund **charitable works**/preservation of our historic clubhouse.
- St. Petersburg is a community where we support each other so expect to see women's club members patronize your businesses.
- Any size donation is helpful.

Join us for heavy Hors d'oeuvres & desserts, Jazz band for entertainment and dancing, silent auction, and wine/beer bar

**Individual tickets \$75**

**Sponsorship ticket levels of \$500, \$1000, \$2500**

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





# St. Petersburg Woman's Club

SPWC Annual Fundraiser

Saturday, November 2, 2024

## 2024 DONATION FORM Silent Auction

Item or Service donated: \_\_\_\_\_

Description: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Special Instructions: \_\_\_\_\_

Fair Market Value of Item or Service: \_\_\_\_\_

Donor Name: \_\_\_\_\_

(Please fill in as name or company name should appear for recognition.)

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

Contact: Joyce Sterling at sky-gypsy@hotmail.com (425-802-1700) or  
Gail Brazzell at rodorgail@aol.com (727-542-1833)

*Please submit your DONATION FORM before 10/21  
by email to sky-gypsy@hotmail.com  
or mail to:*

St. Petersburg Woman's Club  
40 Snell Isle Boulevard NE  
St. Petersburg, FL 33704

St. Petersburg Woman's Club is a 501c3 club serving our community for over 100 years.

*Thank you for your donation!*





# Arts & Culture CSP

Mary Beattie, Chairperson; Mary Fletcher, Assistant

The Arts & Culture CSP is happy to welcome Fran Rizzo to our CSP. I know Fran will be a great addition.

Congratulations to our members who received awards at the State Arts & Culture Competition in Orlando. **Barbara Sundholm** received 3<sup>rd</sup> place for her miniature bird picture; **Manjula Kemp** received 3<sup>rd</sup> place for her mixed media painting and **Cheryl Martin** received an Honorable Mention for her quilt.

As we move into the summer months, I encourage you to take time to enjoy all the art in nature. The summer is also a great time to consider taking a pottery or glass blowing class at one of the many facilities we are fortunate to have in our city. The Morean Art Gallery, the Suntan Art Center, Dunedin Art Center and the Francis McSwain Pruitt Art Center are just a few. If you have a specific media in mind reach out to me and I will assist you with finding the appropriate resources.

Appreciatively, Mary Beattie, Chair

Committee Members: Mary Fletcher, Cheryl Martin, Manjula Kemp, Li Watts and Fran Rizzo



Barbara Sundholm - 3rd place  
Painted Miniature



Manjula Kemp—3rd Place  
Mixed Media



Cheryl Martin—  
Honorable Mention



# Social Events

Liz Pacheco, Chairperson; Arlene Smith, Assistant

## Club Calendar

Due to private events at the clubhouse, there will be no Morning Board games or Bunco during the month of May. See you in June.

**Friday, May 31, 5:00 pm** - Tonight we will be dining at The Outback Restaurant on 4<sup>th</sup> Street North. Please let Arlene Smith know if you plan to attend.

Arlene Smith  
Assistant Social Director  
614-579-6043



H A P P Y  
*Mother's Day*  
—♥—



## 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  
Cotton quilting fabric, flannel fabric

### **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

# Photo Gallery

Spring has sprung with lots of fun events for the St. Petersburg Woman's Club. On March 27, close to 30 members gathered at the clubhouse to fill Easter eggs and baskets for Sallie House, Brookwood and Ronald McDonald House. All were appreciative of our efforts.



Carolyn DeFreitas & Marianne Snyder with RMCH baskets



Baskets waiting to be filled



Cheryl Freeburg filling baskets for Sallie House



An assembly line of egg fillers



President Barbara taking photos



An assembly line of egg fillers

~~~~~  
 April 12<sup>th</sup> was our General meeting day and we were fortunate enough to host members of the St. Petersburg Police Department. There were 5 officers including Canine Stark and his handler Officer Webber.



President Barbara presented a statue of "Harriet" to Officer Martinez



Sergeant Jason Deary and three of his officers shared some interesting information with the members



Canine "Stark" with his handler Officer Webber



## Club Calendar

***Friday, May 10:*** Club Day Meeting at 1PM.  
Hosted by Environment CSP

**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.

**NOTE:** There will be no morning games or Bunco  
through the month of May. See you all in June!

**GFWC**  
St. Petersburg Woman's Club  
40 Snell Isle Boulevard NE  
St. Petersburg, FL 33704

## CLUB NEWSLETTER May 2024



### Mondays: 2-4 pm

Come play Mahjongg—  
no experience needed



### 2nd Tuesday at 7 pm

The next Evening  
Group will meet on  
**May 7.** Contact Tyler  
Kornatowski or Jennifer  
Brackney for more  
information

### Fridays at 7 pm

There will be no Bunco  
in May. See you all in  
June!



May 02—Pam Bergeron

May 02—Susan Fraser

May 07—Donna Guillaume

May 11—Linda Morgan

May 14—Rosemarie Valeriano

May 15—Mary Braisted

May 18—Barbara Creamer

May 21—Elaine Schmid

May 22—Donna Dugan

May 31—Cathy Allen

Jun 16—Virginia Fox

Jun 18—Mary Fletcher

Jun 18—Janet Wehrle

Jun 22—Ruta Petraitis

Jun 24—Lisa Bradley

Jun 24—Mary Ellen McLain

Jun 25—Maile Arp

Jun 28—Kelley Ann McCarthy

Jun 28—Bonnie Strickland

Jun 29—Lois McMullin

Jul 01—Mary Bruels

Jul 01—Tera Gharrity

Jul 01—Joanne Wolf

Jul 01—Judy Zamanillo

Jul 02—Jennifer Brackney

Jul 02—Lisa Reimer

Jul 02—Dyreesse Sweeney

Jul 03—Terry Hoft

Jul 07—Shannon Bailey

Jul 07—Oneita Tinsley

Jul 11—Ilse Kearney

Jul 11—Dorothy Keville

Jul 11—Joanne Walker

Jul 13—Eve Overby

Jul 16—Judy Carrier

Jul 16—Manjula Kemp

Jul 19—Lisa Moore

Jul 21—Jill Abrams

Jul 22—Sibyl Freeburg

Jul 23—Becky Lettelleir

Jul 24—Mary Jane Dann

Jul 27—Marcia Barasia

Jul 28—Melanie Thoenes



*Happy Birthday!*