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Meeting
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SPWC Happenings

GFWC St. Petersburg Woman's Club

April 2025



Environment CSP



Friday, April 11 @ 1:00 pm

2025 Officers

President ~~ Barbara Sundholm
Past President ~~ Cathy Allen
VP Programs ~~ Evelyn Nakelski
VP Membership ~~ Cynthia Guillaume
VP Daily Operations ~~ Cathy Allen
VP Capital Expenditures ~~ Cathy Allen
VP Fundraising ~~ Angie Haynes
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Bookings Treasurer ~~ Beth Timberlake
Evening Group ~~ Tyler Kornatowski
Li Watts
Publicity ~~ Josephine Spinelli
Social Director ~~ Liz Pacheco
Editor ~~ Carolyn DeFreitas

2025 CSP Chairpersons

Arts & Culture ~ Marianne Snyder
Civic Engagement ~ Gail Brazzell
Education & Libraries ~ Joyce Taylor
Environment ~ Amy Skasko
Health & Wellness ~ Annette McComas

Mark Your Calendars

Tues, April 8 — Evening Group (6:45 pm)

Fri, April 11, 1 pm — General Meeting / Hosted by Environment CSP

Thurs, April 17, 10 am - Board Meeting

Mahjongg—every Monday and Thursday from 2-4 pm (unless other events are scheduled)

Health & Wellness—every Wednesday from 1-3 pm

First Friday Morning Games—10:00 am followed by lunch

Bunco—3rd Friday each month at 7pm

Ladies' Night Out—last Friday of the Month



Message from the President

“Overcoming Challenges, Rebuilding Community”

What a great meeting/grand re-opening we had in March! It took a while to get here, but it was worth the wait and I was very proud to show off our beautiful, freshened up clubhouse to all the VIP's, guests and members. A huge thank you goes to our Civic Engagement CSP group for hosting such a great celebration of our re-opening and International Women's Day. Hosting a regular business meeting alone is challenging enough, without rolling local VIP's and a News crew into the mix, so you all did an amazing job. Thank you for your hard work!

Seems like this time of year starts going a little faster as we welcome Spring and then Easter is just around the corner. And most of you know what that means! **Jellybeans!** We'll be doing our customary practice of filling 400 to 500 plastic eggs with as many jelly beans and other candies as we can for the kids at Sallie House, plus putting together baskets with stuffed toys, candies and other fun things for the kids. I highly recommend joining us for a worthy and very entertaining activity as we work (and eat jellybeans) together. You may ask where all those jellybeans come from? From our generous members like you, of course! It's not too soon to start checking out the best deals because we're going to need a LOT of jellybeans!

Our Florida Annual Convention is also coming up in April and our representatives will be taking all of our blue ribbon arts and crafts projects to Orlando to compete against all the Women's Clubs in Florida for **bragging rights**.

After that, only one more business meeting until our summer break! Don't blink or you'll miss it!

Barbara Sundholm, President



Membership

Cynthia Guillama, VP

Committee Members: Roseanna Costa & Marilyn Lanctot

We now have **210** members and **35** new members for 2025 – we are off to a fabulous start! What a great meeting we had in March with 64 members in attendance and 22 guests! Thanks to Gail Brazzell and her team for the wonderful Grand Re-Opening of our beloved historical St. Petersburg Woman’s Club. It was inspiring to see our community leaders recognizing the hard work, the dedication, and the incredible contributions of the SPWC members past and present-especially during International Women’s Month!

A special shoutout to our Membership Committee Volunteers who assisted in greeting our members and guests during this BUSY March General Meeting: Shannon Bailey, Roseanna Costa, Barbara Creamer, Donna Dugan, Liz Pacheco, and Arlene Smith. Thank you!!

Welcome Bags were distributed to new members: Jeanne Bohnet, Linda Cassola, Cynthia Kuykendall, and Jeanne Sanchez.

Special GFWC Recognition

The GFWC 2024-2026 Membership “Educate, Engage, & Empower” Recruitment Campaign recognized our SPWC Stars for last quarter: Roseanna Costa, Becky Crosson, and Marianne Snyder. **New GFWC Member:** Fran Brusini

Upcoming Events

Our next General Meeting will be on **Friday, April 11th at 1:00 p.m.** **The New / Prospective Member Meeting will be held 1 hour prior to the April general meeting so I hope to see you at NOON!** I hope that if you are new to the club, you will consider attending this small group before the general meeting this month. You are welcome to attend as many times as you wish. This is an opportunity to get to know some of the new members in a small group setting. Additionally, there will be a “NEW MEMBER” table set up at each general meeting.

Membership New Initiative

In collaboration with the SPWC Board, the “SPWC EMERGENCY CONTACT FORM” is now available and included in the newsletter!! These forms will be kept in a secure location at the clubhouse and will only be accessed in an emergency by a SPWC Board Member. **Be sure to complete the form and return to the SPWC via U.S. Mail or bring to the next general meeting. If you attend a club event, the form may be given to any CSP Chairperson. We cherish our members!!**

Welcome New Members

Jeanne Bohnet
Janice Fleming

Ann Cannon
Pat Tinto

Valerie Douty
Susan Driscoll

Welcome Rejoining Member!

Vonnie Bennett

Corrections

Jean Mathurin ‘s email: jeaniekat4@gmail.com

Carolyn Wells’ email: cjwellsduo@gmail.com

Judy Lee’s Florida Address: 4844 Napoli Court NE 33703





Environment CSP

Amy Skasko, Chairperson

The next General Meeting will be on **Friday, April 11th** and will be hosted by the Environment CSP with guest speaker dr. Michelle Ellena.

Dr. Ellena is Co-founder and Executive Director of **Take MAR** (More Action for Regeneration). Take MAR is dedicated to fostering a world where communities and nature thrive in harmony. Through collaborative action, we empower individuals to take meaningful steps toward regenerating ecosystems, improving well-being, and reconnecting with the natural world. Our five initiatives—TREE, Egmont Key Alliance, Regenerate Rx, Sunline, and Blue—each play a vital role in restoring and protecting forests, marine environments, cultural heritage sites, and public green spaces. Whether through reforestation efforts, wellness experiences in nature, or ocean conservation projects, we believe in the power of collective action to create lasting, positive change. By inspiring stewardship and sustainability, Take MAR is building a future where both people and the environment flourish together.



For more information, please visit www.takemar.org



Fundraising

Angie Haynes, VP

Save the date: Saturday, November 15th from 6pm-11pm. This will be an elegant gala event with cocktail attire and female honoree (*to be announced at a later date*).

Open to all ages with a maximum of 140 people. Members, community, corporate sponsors, family and friends are all invited. There will be a mix of heavy and light hors D'oeuvres served.

Individual Ticket Price: \$100/person.

Stay tuned in future newsletters and e-blasts for further information.





Social Events

Liz Pacheco, Chairperson; Arlene Smith, Assistant

Club Calendar

Friday, April 4, 10:00 a.m. - First Friday Morning Games - Join us for a Friday morning of fun and board games. We play Mexican Train and sometimes Rummikub, etc. We play until noon, and then we go out to lunch. If you are a new member, it is a great way to get to know other members. Give it a try!

Thursday, April 17, 7:00 p.m. Bunco - Join us for an exciting night of Bunco. As always, just bring a snack to share and your own beverage. Again, if you are a relatively new member, it's a great way to get to know other members. Please let me know if you plan to attend.

Friday, April 25, 5:00 p.m. - Ladies Night Out at Red Mesa Restaurant - Tonight we will be having our Ladies Night Out at the Red Mesa restaurant on 4th Street. This is always a very popular place to go for our group. They will only accommodate us if we go for a 5:00 p.m. sitting since this is a very busy night for them. I made reservations for 18 - I doubt that I would be able to increase this number at a later date, so it is important that you RSVP to me as soon as possible. It will be a great evening. See you there.

Wednesday, April 30, Noon - Tampa Bay Downs Day at the Races - This is an event that we do every year. We leave around 11:00 a.m.; doors open at noon, and races usually start around 12:30. We stay there until approximately 4:00 p.m. and then we go somewhere afterwards and have dinner. We sit on the second floor across from the finish line. It's a lot of fun. Just let me know if you would like to join us this year.

PLEASE LET ME KNOW IF YOU WOULD LIKE TO ATTEND ANY OF THESE EVENTS. THANK YOU.

Mark your Calendar for the following upcoming Special Event - Marie Selby Botanical Gardens, Sarasota - **Wednesday, May 14th**.

Question - Do you think you would be interested in going on the Margaritaville Cruise in September? This is a three- or four-night cruise leaving from Tampa and relatively inexpensive. We would like to know how many people would be interested in this cruise before we put a lot of time and effort into organizing it. Please let me or Carol Tillis know if you are interested. Thanks.

Liz Pacheco, Social Director

727-481-4821

lizpacheco02031946@gmail.com

Mahjongg is now available on BOTH Mondays & Thursdays from 2:00 to 4:00. It was decided that *those are the only 2 days* that members should be playing Mahjongg at the club. However, as usual, bookings will take precedence over our games. You will be notified in an email blast if Mahjongg is cancelled. Please mark your calendars now - **NO Mahjongg on April 24th and May 15th.**

Would you like to learn Mahjongg??? We are going to teach Mahjongg to our members on **one** set day per month. It will be during the 2nd week of the month and we will alternate between Mondays and Thursdays to accommodate everyone's schedule. Here are the dates for the next few months: Monday, April 14th, Thursday, May 8th and Monday, June 9th. It is **NECESSARY for you to make a RESERVATION** the week prior to the lesson to insure there are enough teachers available.

Teachers are needed and if we have enough you will only need to **teach** once every few months.

For any questions or to make a reservation for learning Mahjongg, please reach out to Marianne Snyder:

MarianneSnyder233@gmail.com



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NEXT CLUB DAY MEETING



Friday, April 11, 2025 at 1:00pm

Hosted by the Environment CSP

Healthy Horizons

provided by Health and Wellness CSP

Foods that Fight Inflammation

Review by Howard E. LeWine, MD, Chief Medical Editor, Harvard Health Publishing

What does an anti-inflammatory diet do? Your immune system becomes activated when your body recognizes anything that is foreign—such as an invading microbe, plant pollen, or chemical. This often triggers a process called inflammation. Intermittent bouts of inflammation directed at truly threatening invaders protect your health.

However, sometimes inflammation persists, day in and day out, even when you are not threatened by a foreign invader. That's when inflammation can become your enemy. Many major diseases that plague us — including cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's — have been linked to chronic inflammation.

One of the most powerful tools to combat inflammation comes not from the pharmacy, but from the grocery store. "Many experimental studies have shown that components of foods or beverages may have anti-inflammatory effects," says Dr. Frank Hu, professor of nutrition and epidemiology in the Department of Nutrition at the Harvard School of Public Health.

Not surprisingly, the same foods on an inflammation diet are generally considered bad for our health, including sodas and refined carbohydrates, as well as red meat and processed meats. On the flip side are beverages and foods that reduce inflammation, and with it, chronic disease, says Dr. Hu. He notes in particular fruits and vegetables such as blueberries, apples, and leafy greens that are high in natural antioxidants and polyphenols — protective compounds found in plants. Studies have also associated nuts with reduced markers of inflammation and a lower risk of cardiovascular disease and diabetes. Coffee, which contains polyphenols and other anti-inflammatory compounds, may protect against inflammation, as well.

To reduce levels of inflammation, aim for an overall healthy diet. If you're looking for an eating plan that closely follows the tenets of anti-inflammatory eating, consider the Mediterranean diet, which is high in fruits, vegetables, nuts, whole grains, fish, and healthy oils. In addition to lowering inflammation, a more natural, less processed diet can have noticeable effects on your physical and emotional health. "A healthy diet is beneficial not only for reducing the risk of chronic diseases, but also for improving mood and overall quality of life," Dr. Hu says.



Follow <https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation> for complete article.



Health & Wellness CSP

Annette McComas, Chairperson; , Assistant, Mary Braisted

We make and collect charitable donations



We'd like to invite everyone to join our Easter Egg stuffing event on **Wednesday, April 16th from 1-3pm**. Please bring a bag of small individually wrapped candy or jellybeans to fill 400 eggs and 34 easter baskets for Ronald McDonald House, Sallie House and Brookwood. It is always a sweet time!

SPWC is applying for the Healthier Together Certification. To be approved, we will provide a short survey during the April General Meeting to assess member readiness, motivation, and preferences for health programs.

Thank you to everyone who participated in the quilt auction held at the Membership Tea! We were able to purchase the Lifevac Anti-Choking and Airway Clearance Kit and a new First Aid Kit. Lifevac is located above the AED device. The First Aid Kit is in the right end kitchen drawer. Members of H&W have begun performing a monthly inspection of the defibrillator.

As a club, we are up to 20 members in Charity Miles and have logged 2,800 miles! Becky Crosson, Marianne Snyder and Gail Brazzell are our top walkers for the month. We had a fabulous time at Boyd Hill exercising our minds and bodies as we walked and learned about the preserve. We had 11 in attendance.

We'd like to thank Carolyn DeFreitas for crocheting the shawls in the Office for use by members during meetings.

We really need a push from now thru April for donations of small travel size toiletries for the bags we provide to the St. Pete Free Clinic. We have toothbrushes and toothpaste.

Supply Needs: *small toiletries* (St. Pete Free Women's Clinic), flannel (quilts), eyelash yarn (toys), and large children/teen toiletries (Sally House and Brookwood).



Correspondence

Cheryl Freeburg

Ladies, please continue to inform me of any Club member that would appreciate a call or a card to let them know we are thinking of them.

Email Cfreeburg@tampabay.rr.com

Mobile # 803-448-6700



Arts & Culture CSP

Marianne Snyder, Chairperson; Mary Fletcher, Assistant



The **Museum of Fine Arts** will be presenting "Art in Bloom" in April. We are planning to gather on **Friday, April 11th**. From 9:30 am - 10:30 am we invite you to join us for a captivating live demonstration by renowned ikebana specialist Jeanne Houlton as she showcases the delicate art of Japanese flower arrangement. As Jeanne creates her arrangement, MFA Chief Curator, Dr. Stanton Thomas, will share insights into the fascinating connections between ikebana and their latest special exhibition *Kimono: The Triumph of Japanese Dress*. **REGISTRATION is required for this presentation.** Click this link to register:

<https://mfastpete.org/event/art-in-bloom-kimono-and-ikebana/>

After the presentation we will explore the Art in Bloom exhibit. If you are interested, we will have a bite to eat in the museum cafeteria or a nearby restaurant. From there we can go to the general meeting at the club which starts at 1:00. Admission is FREE for MFA Members. Adults: \$22; Seniors: \$17

We are continuing to volunteer for **Mahaffey Class Acts & Bam**. If you are interested in participating, please contact Judy Hunt. We are looking into a possible tour of the **Morean Clay Center**.

If you are interested in joining our CSP, please contact Marianne Snyder.
MarianneSnyder233@gmail.com



Book Club News

Mary Braisted

These are the books that we will be reading at our upcoming meetings: **Happy Spring Reading!!**

April 8th - "I Must Betray You" by Ruta Sepetys

May 13th - "The Secret Life of Sunflowers" by Marta Molnar

June 10th - "The Wedding People" by Alison Espach



A lot of people like to use their Kindles or iPads to read books and some like to have a book in hand. I have two copies of the book that we just finished, "All the Broken Places" by John Boyne.

If anyone is interested in reading the book, you can email braisted636@gmail.com and the book can be left at the club for you.



Education & Libraries CSP

Joyce Taylor , Chairperson; Barbara Creamer, Assistant

The Education & Libraries CSP will be collecting cereal for Woodlawn Elementary at the **General Meeting on May 9th**. We will need help delivering the cereal to Woodlawn after the meeting. If you have a large car or SUV and can help, please contact Joyce Taylor at 727-510-6678.

If you are interested in volunteering for the **Bill Edwards Foundation for the Arts** at the Mahaffey, please contact Judy Hunt, 727-215-6951.

If you would like to volunteer for **Lawyers for Literacy**, please contact April Fraulo, 924-584-1730.



Daily Operations

Cathy Allen, VP; Diane Dudley, Assistant

Many thanks to the Tuesday Evening group for the fabulous job they did both wall papering the back of the tea cabinets and decorating the upstairs bathroom. Great job ladies. We really appreciate the hard work.

We are still waiting on construction of the new downstairs bathroom. Hoping to see it done before spring.

Our Grand re-opening was wonderful. It was well attended and our city leaders were very impressed. Thank you to everyone who helped.



Evening News

Evening News

Tyler Kornatowski & Li Watts, Co-Chairs

It was truly "March Madness" with 24 women attending our meeting—the largest number yet! Several members volunteered for the **Children's Dream Fund** Dreammaker Luncheon on March 5 to help raise funds to make dreams come true for seriously ill children.

We are staying busy the rest of the month as our members serve lunch at the **Trinity Café** and finish their **Lawyers for Literacy** program improving 3rd graders' reading skills. At the end of March we will cook and deliver lasagna dinners for over 100 people to **Missio Dei**.

If you haven't been upstairs in the clubhouse lately, make sure you stop by the beautifully decorated bathroom and take time to show your appreciation to Li, Sally and Ashley for their creative style, dedication, and many hours of hard work. Stay tuned for more beautification plans coming up in our Clubhouse.

Our **Book Club** will lunch and tour Ybor City together in April to accompany the book by St. Pete author Scott Deitche: "Cigar City Mafia".

Our next SPWCEG Meeting is at the clubhouse on **April 8th at 6:45pm**. **All are Welcome!** For more information and/or to get involved, contact Li Watts liwwatts@yahoo.com or Tyler Kornatowski tylerkpta@comcast.net



Civic Engagement CSP

Gail Brazzell, Chairperson; Joy Sterling, Assistant

We want to thank the Civic Engagement Committee, member volunteers, speakers and invited guests for making the Re-opening and International Woman's Celebration on March 14th a success!

In support of the GFWC President's Project: SPWC Members, please join us in writing "Mail Call Cards" for the 75 Veterans scheduled to be on the Central West Florida April 15th Honor Flight. Volunteers meet Monday March 31 from 12:30 pm-1:30 pm at the clubhouse!



Save the Date: **Veteran's Honor Flight on April 15th**. Contact Cynthia Guillama (guillamacynthia@gmail.com) or Roseanna Costa (co55starr@aol.com) ASAP for details to attend.

There is an ongoing collection of small stuffed animals for the Police to give to endangered children. Please place any donations on the Civic Engagement shelf in the Library/Office.

Photo Gallery

We started March off with Evelyn Nakelski representing us at the Florida Lead's Workshop in Lakeland



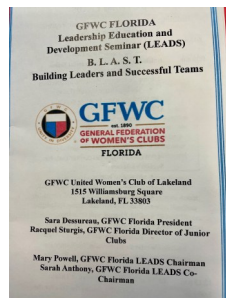
Evelyn with GFWC Florida First Vice President, Laura Connelly



Evelyn with District 14 Junior Director, Shannon Bailey



4 District 14 graduates with Laura and Shannon



These ladies were the presenters and facilitators

Photo Gallery

The March General Meeting was a celebration of International Woman's Month and the Grand Reopening of the Clubhouse.



L-R Mary Fletcher, Author & Speaker Lu Ponte & Gail Brazzell



President Barbara Sundholm with Laura Flint from the Northeast Journal



VP of Daily Ops Cathy Allen with our contractors Will Deason and Chad Bauer of NexGen Constructors



St. Petersburg Fire Chief Keith Watts



Cathy Allen with Scott Tielmans, President of Snell Isle Property Owners Association



Publicity Chair Josephine Spinelli with Mayor Ken Welch



VP of Civic Engagement Gail Brazzell did the ribbon cutting

L-R Mayor Ken Welch, Keith Watts, Chamber of Commerce — and SPWC President Barbara Sundholm



New members with VP Membership Cynthia Guillama and Barbara Creamer



L-R Fran Brusini, Roseanna Costa, Marianne Snyder, April Fraulo, Cynthia Guillama and Barbara Creamer

Club Calendar

Friday, April 11: Club Day Meeting at 1 pm. Hosted by Environment CSP

Every Monday at 2 pm: Mahjongg.

Every Wednesday at 1 pm: Hands on projects with Health & Wellness

Twice a month on Friday at 1:00: Bridge

Every first Fri at 10 am: Games followed by lunch

Every second Tues 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.

GFWC

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

CLUB NEWSLETTER April 2025



Apr 01—Nita Deason	May 02—Pam Bergeron	June 04—Abbe Ansminger	July 07—Oneita Tinsley
Apr 01—Barbara Virelli	May 02—Susan Fraser	June 06—Elisa Reder	July 11—Isle Kearney
Apr 06—Susan Rosenbaum	May 02—Katie Klopfenstein	June 17—Lizzie Fitzgerald	July 11—Dorothy Keville
Apr 08—Christine Agee	May 05—Carol Bonanno	June 18—Mary Fletcher	July 11—Joanne Walker
Apr 08—Lupi Coffin	May 07—Donna Guillaume	June 22—Ruta Petraitis	July 12—Joan Jaicks
Apr 11—Becky Crosson	May 09—Margie Baish	June 24—Lisa Bradley	July 12—Karen Morris
Apr 11—Ellen Hays	May 10—Donna Joe Leake	June 24—Mary Ellen McLain	July 13—Eve Overby
Apr 11—Joy Worley	May 11—Linda Morgan	June 29—Lois McMullin	July 14—Terri Russo
Apr 13—Jeannie Chapman	May 14—Rosemarie Valeriano	July 01—Mary Bruels	July 16—Judy Carrier
Apr 16—Roseanna Costa	May 15—Mary Braisted	July 01—Judy Zamanillo	July 19—Lisa Moore
Apr 21—April Fraulo	May 18—Barbara Creamer	July 02—Jennifer Brackney	July 22—Sibyl Freeburg
Apr 25—Wini Pfister	May 19—Amy Skasko	July 02—Isabel Howard	July 23—Becky Lettellier
Apr 26—Judy Cunniff	May 22—Donna Dugan	July 02—Lisa Reimer	July 23—Lauren Uher
Apr 27—Joan Heelan	May 24—Nancy Campbell	July 02—Dyreesa Sweeney	July 24—Mary Ann Dann
	May 31—Cathy Allen	July 03—Terry Hoft	July 27—Marcia Barasia
		July 07—Shannon Bailey	July 28—Melanie Thoenes
			July 31—Nancy Westphal



Happy Birthday!