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# SPWC Happenings

*GFWC St. Petersburg Woman's Club*

**March 2025**



# Civic Engagement CSP Grand Re-Opening of our Grand Lady



**Friday, March 14 @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  
Recording Sec ~~ Roseanna Costa  
Corr. Secretary ~~ Cheryl Freeburg  
Financial Officer ~~ Liz Coerver  
Treasurer ~~ Carol Tillis  
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, March 11** — Evening Group (6:45 pm)

**Fri, March 14, 1 pm** — General Meeting / Hosted by Civic Engagement CSP

**Fri, March 21, 10 am** - Board Meeting

**Mahjongg**—every Monday from 2-4 pm

**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”

I must confess I find myself at a loss for words trying to come up with an upbeat message to inspire and challenge you this month. Losing the love of your life can have that effect on a person. It's a pain so many of you have already experienced, but I have hope when I see how courageous you all are, so I know I will survive, too. I have the greatest admiration for all of you who have experienced life altering occurrences and still keep giving of yourselves.

These past few weeks, I have experienced the true meaning of sisterhood. You ladies have made me feel loved and cared about at a time when I really needed it. I will be forever grateful to you all. It is a real honor to walk alongside you all and I am so proud of everything you have accomplished in service to our community.

On a lighter note, I would like to congratulate Cynthia Guillama and her membership committee on a very special Valentine's Day tea for our February meeting. Our meetings are always fun and interesting, but bringing out our beautiful teacup collection makes it really special! It also makes for extra work, as each cup and saucer must be carefully washed, dried and replaced into our new cabinet, so huge props to the crew that handled that so well! Thank you for a wonderful meeting and a wonderful job!

Going forward, I am asking for your patience and assistance as I adjust to this new and challenging reality, and I will do my best to be present for you all, my sisters!

In love and gratitude,  
Barbara Sundholm, President



# Membership

Cynthia Guillama, VP

## Committee Members: Roseanna Costa & Marilyn Lanctot

We now have **204** members, which includes **28 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 February General Meeting and Valentine's Day Tea was attended by 65 members and 3 guests. The special presentations highlighting the generous **HEART of the SPWC** included: An Overview of the SPWC Programs; Evening Group Program; GFWC SPJWC Program; Arts and Culture CSP; Education and Libraries CSP; and Health and Wellness CSP.

The talented quilters from the Health and Wellness CSP, Dawn Reid and Annette McComas, donated the Valentine's Day themed quilts for the Opportunity Auction. Proceeds will be dedicated to the purchase of a LifeVac anti-choke and airway removal kit for adults and children; and restocking the First Aid Kit at the clubhouse.

Membership hosted the General Meeting and the **"Valentine's Day Tea"** The clubhouse was decorated in pink and white with our historic teacups, saucers, silver trays and teapots on display. In the spirit of the day, many members donned their hats & fascinators and wore red! Scrumptious biscuits, crumpets, muffins and tea sandwiches were provided by the members. Tea was served by volunteer hostesses at the tables. *A special thank you to the "Membership Tea Committee"* for their time and dedication to ensure the Valentine's Day Tea was a success and enjoyed by all!



(Not Pictured: Cathy Allen, Annette McComas and Linda Traviesa)



Cynthia welcomes new members at the Membership Tea

**Upcoming News.....** The **new / prospective member meeting** will be held 1 hour prior to the **March** general meeting so I hope to see you at **NOON!** You are welcome **to attend as many times as you wish** and can get to know some of the new members. Please consider bringing a friend to the March and the new member meeting – maybe they will decide to join! There will also be a **"NEW MEMBER"** table set up at each general meeting.

**Note:** Credit to Susan Rosenbaum for the "Tea" Photos and to Tampa Bay Times for the photo of Evelyn Wilty

### Welcome New Members

Gaia Banovich	Maureen Burns	Susan Diner	Barbara Gruters
Aziza Hood	Patricia Jordan	Laurie Marks	Jeanne Sanchez
Cynthia Kuykendall	Paige Schmitt	Irene Thompson	Linda Watson
Esther Helen Clark Tonn			

### Welcome Rejoining Members!

Deborah Burke	Susan Cooper	Antoinette Corey	Abbe Ensminger
Becky Lettelleir	Barbara Montanari	Monica Taylor	Robin Wood

# Recipe of the Month

With so many wonderful cooks and bakers among our membership, I thought perhaps that some of you might want to share a favorite or two. I'd like to make this a feature every month. *Do you know the history behind our special tea recipe which is served annually? Our member, Judy Zamanillo, kindly shares the story behind "Evelyn's Tea".*



There is a story to this recipe, it was given to me by Evelyn Wilty, our infamous "Tea Lady". Evelyn, for many years made the Tea for the "In The Garden Tea" at the Museum for Fine Arts on behalf of the Stuart Society. When our club started to have our Annual Spring Bonnet Tea, which started in 1998, Evelyn was right there in our kitchen, making her brew. In 2018, Evelyn was in hospital & I visited to obtain her "recipe". Evelyn passed away in 2019 at the age of 90. She was a special lady. Our

## Evelyn's Tea

1. Place the 2 big pots that we have with water & bring to boil.  
Now we use large coffee makers (only for tea use)
2. Once water is boiling, turn low.
3. Using regular tea, follow directions regarding how many tea bags to add.
4. Let the tea steep approximately 5 minutes (until it looks dark enough). Remove tea bags.
6. To each pot add 10 bags each of (Celestial Tea Brand) -
  - (a) Citrus Spice
  - (b) Cinnamon.
7. Let steep, then remove tea bags and serve



## Education & Libraries CSP

Joyce Taylor, Chairperson; Barbara Creamer, Assistant

Thank you to all members who volunteered for the Mahaffey Bill Edwards Foundation for the Arts and as a tutor to help with the Lawyers for Literacy Program.

I attended the BAM event for the children at the Mahaffey on February 19<sup>th</sup> and many more volunteers are needed. If you can help, please contact Judy Hunt or me to place you on the schedule. I enjoyed being with the children. The Mahaffey staff are awesome and do a fantastic job to make the day a fun day for the kids.

Remember to purchase cereal for the May Cereal collection. It's never too early to start stocking up.

Joyce Taylor, CSP Chair  
Education & Libraries





# Social Events

Liz Pacheco, Chairperson; Arlene Smith, Assistant

Club Calendar

**Friday, March 7, 10:00 a.m.** - First Friday Morning Games - Join us for a Friday morning of board games. We play Mexican Train and sometimes Rummikub, etc. We play until noon, and then we break for lunch. If you are a new member, it is a great way to get to know other members. Give it a try!

**Monday, March 17, 6:00 p.m.** - St. Patrick's Day Ladies Night Out - this month we are having two Ladies Night Out because on one of them we will be celebrating St Patrick's Day at Jack's London Grill, 1050 62nd Avenue N at 6:00 p.m. Prize to the member with the most St. Patrick's Day Spirit. **Wear Green.**

Important that you let me know if you plan to attend. Hope to see you there.

**Friday, March 21, 7:00 p.m.** - Friday Night Bunco is back! 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, March 28th, 6:00 p.m.** - this is our second Ladies Night Out this month. We will be going to Chattaways located at 358 22nd Avenue South in St. Petersburg. Great hamburgers, fish sandwiches, etc. **CASH ONLY.** Weather permitting, we hope to sit outside, so dress appropriately. As always, please let me know if you plan to attend.

Liz Pacheco, Social Director

727-481-4821

[lizpacheco02031946@gmail.com](mailto:lizpacheco02031946@gmail.com)

## Donation Requests

### **ENVIRONMENT CSP (contact Amy Skasko 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

### **HEALTH & WELLNESS CSP (Annette McComas)**

Large Shampoo for Sallie House  
Soap /Body Wash for Sallie House  
("Dove" needed for those with sensitive skin)  
Big colorful buttons for fidget muffs  
Flannel, Pellon, Eyelash yarn  
Small toiletries

### **EDUCATION CSP (Joyce Taylor)**

Box tops for Education (now done on line)  
Campbell Soup Labels  
Cereal for summer in May (large boxes)  
School supplies in September

### **EVENING GROUP (contact Tyler Kornatowski)**

Toothpaste & toothbrushes, Tampons / pads  
Disposable razors; soap and lotion  
New or gently used T-shirts (Large & X-Large); socks  
Ball gowns and cocktail dresses for Goodwill's  
"Belle of the Ball"



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## NEXT CLUB DAY MEETING



Friday, March 14, 2025 at 1:00pm  
 Celebrating Women & the Grand  
 Re-opening of the Clubhouse

## Healthy Horizons

provided by Health and Wellness CSP

**“More Muscle helps you live longer, better and more independent as you age.”**  
 an excerpt from *“Why Women Need to Prioritize Protein”* by Dr. Stacy Sims

Building and maintaining muscle is essential not just for performance but also for health and longevity. Lower muscle mass is associated with increases in metabolic syndrome and cardiovascular disease, and muscle mass is inversely related to death by any cause, meaning more muscle helps you live longer, and better. It also helps keep you independent as you age. Building muscle means resistance training, of course. But that’s just half the equation. To build skeletal muscle it’s essential to eat enough protein, which provides the amino acids you need and prompts your body to increase muscle protein synthesis or the process of repairing muscle tissue and building new muscle.

**HOW MUCH PROTEIN DO ACTIVE WOMEN NEED?** Aim for 1.7 to 2.4 grams of protein per kilogram of body weight per day. (1 kilogram = 2.2 pounds, so to figure your weight in lbs. to kg, just divide by 2.2.) Women in the menopause transition should target the higher end of that range (2.2 to 2.4 grams per kilogram). Equally important as how much protein you eat is when you eat it. Your body responds best to an even protein distribution throughout the day.

**HOW TO MEET YOUR PROTEIN NEEDS.** When women hear how much protein they need, their eyes often get big and they say, “How can I get that much protein?” It’s actually easier than you think. If you eat animal-based protein chicken, beef, or pork provide about 30 grams per 4-ounce serving. One cup of 2 percent cottage cheese is also about 30 grams, as is one 3.5-ounce can of tuna. Low-fat Greek yogurt contains about 20 grams per cup; adding nuts and seeds brings you to about 30 grams. If you are plant-based, you can meet your protein needs with soy foods like tempeh, edamame, seitan, as well as nuts and seeds (and nut and seed butters) and beans and legumes. A blender is also your friend here. You can blend 3 to 4 ounces of tofu with nut butter, frozen cauliflower, and hemp and chia seeds to get a completely vegan 30-gram protein hit.

Entire article can be found at [https://www.drstacysims.com/newsletters/articles/posts/Why\\_Women\\_Need\\_to\\_Prioritize\\_Protein](https://www.drstacysims.com/newsletters/articles/posts/Why_Women_Need_to_Prioritize_Protein)



# Health & Wellness CSP

Annette McComas, Chairperson; , Assistant, Mary Braisted

*We make and collect charitable donations*

The Health and Wellness Community Service Program aims to serve our community in the advancement of physical and emotional care, nutrition, and disease prevention. In March, we are hosting a Nature Discovery Walk at Boyd Hill Nature Preserve on March 12<sup>th</sup> at 9:30 a.m. at the cost of \$4.00 cash/person. Please RSVP with Annette (727) 348-9602, as the space is limited. If it is successful, we plan to do this event again.



We also have a crocheting class scheduled for **March 26<sup>th</sup> at 1:00 p.m.** with Carolyn DeFreitas. Materials will be available for everyone attending to get a start on Christmas and make a crocheted ornament.

Our group has been very busy in February providing handwritten cards for service members for Valentine's day, quilts, aprons and pillows for Hospice, toys, quilts and pillowcases for Ronald McDonald House, lap quilts and neck/bone pillows for Palm Gardens Nursing Facility, and placemats for Meals on Wheels. Oh, and how can we forget the adorable quilts auctioned at the Membership Tea! Anyone willing to thread a needle is welcome to come to any meeting and help us start, continue and finish projects for a variety of charities.

Update on the Charity Miles SPWC Team: We are 18 members strong and have walked a collective 2,000+ miles over the last 30 days! Our top movers for the month are Marianne Snyder (202) Becky Crosson (100), Annette McComas (95), and Gail Brazzell (92)! Use QR code to join. I know the app is not very user friendly, but it's all for charity so let's keep that in mind. If you have any questions, give Annette McComas a call or text at (727) 348-9602 and we'll go through the download process together or try to get answers.

HOW TO DOWNLOAD CHARITY MILES

Scan This With  
The Camera On  
Your Mobile  
Phone



**SAVE THE DATE:** **Wednesday, April 16<sup>th</sup> 1:00 p.m.** Easter Egg stuffing for Children's charities.

**Supply Needs:** small toiletries for St Pete Free Clinic, large Bodywash/shampoo for children, eyelash yarn, Pellon, and flannel.



## Correspondence

Cheryl Freeburg

Please continue to contact me with information on our members. We are remembering the Sundholm family with sympathy and prayers.

Contact information is [cfreeburg@tampabay.rr.com](mailto:cfreeburg@tampabay.rr.com), Mobile number is 803-448-6700



# Arts & Culture CSP

Marianne Snyder, Chairperson; Mary Fletcher, Assistant

The **District 14 ARTS meeting** took place on **Wednesday, February 19<sup>th</sup>** at our club. Thirteen of our members chose to attend. Our 1<sup>st</sup> place winners, as well as those throughout the district, were judged on the day prior. Congratulations to our **first place** winners: **Cheryl Martin** for a quilt, **Oneita Tinsley** for a crocheted doily, **Carolyn DeFreitas** for a baby blanket and a needlepoint tissue box, **Barbara Sundholm** for snowflake earrings, **Petra Urban** for a crocheted purse and **Annette McComas** for a photograph of Devil's Den. These art items will move on to the state competition in Orlando in the spring.

Our CSP members have decided on a two prong approach –

#1 – We will plan various group activities.

#2 – We will provide information regarding area events that you may wish to attend on your own.

Some of our ideas for the coming months: Ikebana (Japanese flower arranging), Chinese brush painting, mural tour in the fall, Morean Arts Center clay classes and glass blowing. We are also looking at **"Art in Bloom"** at The Museum of Fine Arts. It takes place in early April and we are thinking of planning a group outing for **Sunday, April 13<sup>th</sup>**. The exhibition will be from 10 to 5 that day but the designers will be available for "conversation" from 2 to 4. The cost is \$22 for adults and \$17 for seniors. Mark your calendar and we will provide more details later!

There is an outdoor art exhibit, **Embracing Our Differences**, from March 1<sup>st</sup> to 31<sup>st</sup> in Poynter Park, 3<sup>rd</sup> Street South & 9<sup>th</sup> Ave. South. The park opens 30 minutes before sunrise until 11 pm daily and admission is free. There will be a community celebration on Saturday, March 8<sup>th</sup> from noon to 3pm. Guided tours are available for groups of 10 or more.

If you are interested in joining our CSP, you can ask questions of any of our members: Mary Fletcher, Nanci Odom, Susan Rosenbaum, Cheryl Martin, Oneita Tinsley, Ashley Miller, Julie Hall, Donna Ross, Stacy Sullivan, Barbara Creamer, Patty Jordan, Judy Hunt or Fran Brusini. You can also contact Marianne Snyder – [MarianneSnyder233@gmail.com](mailto:MarianneSnyder233@gmail.com)



# Book Club News

Mary Braisted

In our last book, "The Briar Club" by Kate Quinn, the main character experienced starvation and collected food cans so that she would never feel hunger again. Relating to the book, the Book Club collected canned items and delivered them to a local food pantry to help those in need.

This is what we will be reading next:

**March 11** - "All the Broken Places" by John Boyne

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

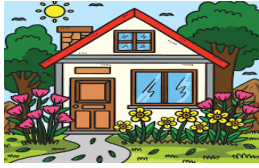
**May 13** - "The Secret Life of Sunflowers" by Marta Molnar

We hope that everyone has a chance to read the books that we have chosen and enjoy them as much as we have.

If anyone wants to join our book club, please email me at [braisted636@gmail.com](mailto:braisted636@gmail.com)







# Daily Operations

Cathy Allen, VP; Diane Dudley, Assistant

My dear friends,

As most of you know, I lost my brother to lung cancer this past week. It was a devastating loss, but the kind words and support of my dear GFWC sisters made all the difference. Thank you to all who reached out to me this past week. The calls, cards, and food are so appreciated. I can't express how grateful I am to all of you.

Now, for the business of the club. We had a hiccup with a leak in the ladies restroom that has since been fixed. Everything is almost done, just a few small items left on our punch list. Thank you all for your patience as we complete our repairs and get back to normalcy.

We are looking at adding another downstairs unisex bathroom, which is desperately needed for our events. Hopefully this will be done soon.

Pray for no more hurricanes this year!!!

Fondly, Cathy



## Evening News

# Evening News

Tyler Kornatowski & Li Watts, Co-Chairs

Everyone was dressed in pink including two new members for our February "GALentine's" Meeting! Congratulations to Deneen and Eve for showing extra Valentine's spirit in their standout outfits. (See if you can guess who they are in the photo!!)

We gathered lots of pretty dresses to donate to **Goodwill's Belle of the Ball** and will volunteer together at the boutique to help young women select and try-on later this year.

Three members are really enjoying volunteering with **Lawyers for Literacy** in local elementary schools.

In the next few months, our members will cook and deliver dinner to **Missio Dei**, serve lunch at the **Trinity Café** and help organize the **Food Pantry** at the **Feeding Pinellas Empowerment Center**, and will volunteer at the annual **Dreammaker Luncheon** benefiting the **Children's Dream Fund**.

Our monthly **Book Club** will meet to discuss "Tom Lake" in February and will go on a walking tour of Ybor City in March for "Cigar City Mafia".

Our next SPWCEG Meeting is at the clubhouse on March 11<sup>th</sup> at 6:45pm.

**All are Welcome!** For more information and/or to get involved, contact Li Watts [liwatts@yahoo.com](mailto:liwatts@yahoo.com) or Tyler Kornatowski [tylerkpta@comcast.net](mailto:tylerkpta@comcast.net)



# Photo Gallery

February's meeting was a celebration of Valentine's Day and a Membership Tea



Special thanks to the Valentine's Day Tea committee!



# Photo Gallery

February also brought the District 14 Arts Festival, celebrating the "Power of Us"



Cynthia welcomes new members at the Membership Tea

## Club Calendar

***Friday, March 14th: Club Day Meeting at 1 pm.***  
*Hosted by Civic Engagement 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**

**NOTE: Mahjongg, Friday Games and Bunco have resumed again**

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 March 2025



Mar 01—Barbara Sundholm	Apr 01—Nita Deason	May 02—Pam Bergeron	June 04—Abbe Ansminger
Mar 03—Eileen Held	Apr 01—Barbara Virelli	May 02—Susan Fraser	June 06—Elisa Reder
Mar 07—Carolyn DeFreitas	Apr 06—Susan Rosenbaum	May 02—Katie Klopfenstein	June 17—Lizzie Fitzgerald
Mar 12—Barbara Sotos	Apr 08—Christine Agee	May 05—Carol Bonanno	June 18—Mary Fletcher
Mar 14—Poe Yoachim	Apr 08—Lupi Coffin	May 07—Donna Guillaume	June 22—Ruta Petraitis
Mar 15—Joanne Cheek	Apr 11—Becky Crosson	May 09—Margie Baish	June 24—Lisa Bradley
Mar 17—Pat Franks	Apr 11—Ellen Hays	May 10—Donna Joe Leake	June 24—Mary Ellen McLain
Mar 17—Linda Grasso	Apr 11—Joy Worley	May 11—Linda Morgan	June 29—Lois McMullin
Mar 18—Dee Jennings	Apr 13—Jeannie Chapman	May 14—Rosemarie Valeriano	
Mar 21—Barbara Aylesworth	Apr 16—Roseanna Costa	May 15—Mary Braisted	
Mar 21—Candace Miller	Apr 21—April Fraulo	May 18—Barbara Creamer	
Mar 22—Ashley Miller	Apr 25—Wini Pfister	May 19—Amy Skasko	
Mar 23—Cheryl Martin	Apr 26—Judy Cunniff	May 22—Donna Dugan	
	Apr 27—Joan Heelan	May 24—Nancy Campbell	
		May 31—Cathy Allen	



*Happy Birthday!*