

Friends
Meeting
Friends
Since 1929



SPWC Happenings

GFWC St. Petersburg Woman's Club

May 2025



Hosted by your President

Guest will be Inspire Equine Therapy



Friday, May 9th @ 1:00 pm

**Summer Cereal Collection for
Woodlawn Elementary**

2025 Officers

President ~~ Barbara Sundholm
Past President ~~ Cathy Allen
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VP Membership ~~ Cynthia Guillaume
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Social Director ~~ Liz Pacheco
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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

Fri, May 9th, 1 pm — General Meeting / Hosted by your President. Guest Speaker from Equine Therapy

Tues, May 13th — Evening Group (6:45 pm)

Fri, May 16th, 10 am — Board Meeting

Mahjonn—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 (canceled for May)

Bunco—3rd Friday each month at 7pm

Ladies' Night Out—last Friday of the Month

Bridge will continue through the summer. See inside for details and contact information.



Message from the President

"Overcoming Challenges, Rebuilding Community"

First of all, I would like to thank Amy Skasko, and her Environment CSP helpers for a great April meeting. It's always interesting to learn about the non-profits in our area that are working to preserve what makes our community so special. We have so many opportunities here to work with other groups to fulfill our mission.

As we draw closer to our summer break, I would really like it if you all would be thinking of activities that we could do during our hiatus so we could keep our momentum going. Just because we're not having meetings, there's no reason we can't find ways to continue our volunteer activities and help our neighbors. Even if it's hot outside, we can still do stuff inside! It's also a great time to start working on those projects for our Arts & Crafts competition in January!!

Friday, May 9th is our last meeting before our summer break, and I hope everyone will try to attend. Our guest speaker is from Inspire Acres, an Equine Therapy facility located right here in Clearwater. This happens to be a subject near and dear to my heart because it's being recognized more and more that horses are beneficial in helping the disabled and veterans to overcome their fears and they are also a great component for physical therapy, instilling confidence and building strength. If that is a subject that interests you, this should be a program you will really enjoy. See you there!

Barbara Sundholm, President

PS: Don't forget that we will be collecting cereal for our food insecure kids at Woodlawn Elementary School at this meeting as well. Thank you for your continued support.





Membership

Cynthia Guillama, VP

Committee Members: Roseanna Costa & Marilyn Lanctot & Liz Pacheco

Mentor: April Fraulo

We now have **212** members, which includes **26 new members** since January 1st! Let's welcome all the new ladies and get them involved in what we do!!!

Our April meeting was well attended by 50 members and 4 guests. Our guests were from **TakeMAR**, and they presented valuable information about their five initiatives to keep our environment flourishing.

Our next general meeting will be on **Friday, May 9th 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 9th**! New members are welcome to attend as many times as you wish! Current members are welcome and will 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.

Members are requested to complete the Emergency Contact and the Volunteer Commitment Form. The forms will be available at the check-in table during the May meeting.

Welcome New Members

Emily Knight

Trudi Urchell

Welcome Rejoining Member!

Sarah Osterholt



Change of Information:

Nancy Cory: New address: 5351 Bridge Street. Tampa FL 33611

Joan Jaicks: New Address: 5090 Bay Street NE #117, St. Pete, FL 33703

Susan Rosenbaum: New phone number: 646-209-4724



Education & Libraries CSP

Joyce Taylor , Chairperson; Barbara Creamer, Assistant

At the May 9th meeting we will be collecting boxes of cereal and delivering it to Woodlawn Elementary School. We will also 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.

Remember also that we will be collecting school supplies for the children and items for the teachers at our September meeting. A complete list will be in the Summer Newsletter.

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

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"



Fundraising

Angie Haynes, VP; Ashley Miller, Assistant

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.



What are your plans for summer? How about joining us for a Bridge game? We meet on two Fridays each month, from 12:30-3:30 pm, depending on availability at the clubhouse. Check our Woman's Club website for exact dates. For more information, please call Elizabeth Hammer (727-692-4402) or Joan Jaicks (727-896-5097).



Social Events

Liz Pacheco, Chairperson; Arlene Smith, Assistant

Club Calendar

NOTE - SORRY, BUT THERE WILL BE NO FIRST FRIDAY MORNING BOARD GAMES THIS MONTH DUE TO A PAID EVENT AT THE CLUBHOUSE. SEE YOU NEXT MONTH.

Wednesday, May 14, 9:30 a.m. - Special Event - Selby Botanical Gardens, Downtown Sarasota -

We can carpool to this event. The entrance fee is \$25 if 10 or more people are in our group, otherwise it's \$28. Once we get there, you will be on your own regarding walking around the Gardens. We will meet at the Selby House Cafe for lunch sometime around 12:30 p.m. or 1:00 p.m. I'm looking forward to this event as I have never been there. Please let me know if you plan on attending this event and if you will need a ride.

Friday, May 23, 7:00 p.m. Bunco - Join us for a friendly and exciting night of Bunco. Please bring a snack to share and your own beverage. 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, May 30, 6:00 p.m. - Ladies Night Out - this month we will be going to Root and Clay, 170 47th Avenue NE. The restaurant is located behind the tennis courts. We will be eating inside. Not many people know about this restaurant due to its location. It is not visible from the main streets. However, it is very nice, has a good menu (sandwiches, salads, and some entrees) and the food is good as well. It has a full bar. Please let me know if you plan to attend. I made reservations for 18 people.

Liz Pacheco, Social Director

727-481-4821

lizpacheco02031946@gmail.com

MAHJONGG NEWS

Mahjongg is taking place on **Mondays & Thursdays from 2:00 to 4:00**. Please keep in mind a few items so that everyone can enjoy the afternoons –

- * Set up your table and make sure you **put everything back** where you found it
- * **Welcome those learning to play and allow them to watch** – they know they need to keep questions to the time between hands
- * **When there is an EXTRA person or 2 that comes to play and all the tables already have 4, please split up after the hand you are playing so that the extra people will be able to play.** We certainly don't want anyone to leave because people were not willing to split up when needed.

Our first lesson took place on Monday, April 14th and 8 people attended. The **next teaching session is scheduled for Thursday, May 8th from 2:00 to 4:00. *Reservations are necessary and should be made 1 week ahead of time.*** Prior to the first lesson, all participants will be emailed a PDF which gives an overview of Mahjongg. Upon completion of the lesson there will be links to videos they can choose to view, online game suggestions and general resources.

We will have lessons on the second week of each month and will alternate between Mondays and Thursdays. We have 9 teachers signed up. If you are interested in learning to play or in teaching, please contact MarianneSnyder233@gmail.com



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NEXT CLUB DAY MEETING



Friday, May 9, 2025 at 1:00pm
Hosted by Your President

Remember your cereal donations for Woodlawn
Elementary School

Healthy Horizons

provided by Health and Wellness CSP

Aging and sleep: Making changes for brain

By Margaret O'Connor, PhD, ABPP, Contributor

As a neuropsychologist, my research interests have focused on the link between sleep and cognitive health. As I have gotten older, I have personally come to appreciate the restorative power of a good night's sleep for thinking, memory, and functioning at my best. Sleep affects our overall health, including our hormones and immune system. Neurobiological processes that occur during sleep have a profound impact on brain health, and as a result, they influence mood, energy level, and cognitive fitness. Numerous studies have shown that structural and physiological changes that occur in the brain during sleep affect capacity for new learning, as well as the strength of memories formed during the day. Sleep promotes the consolidation of experiences and ideas; it plays a pivotal role in memory, and has been shown to enhance attention, problem solving, and creativity.

Over the course of each night sleep unfolds in five different cycles which alternate throughout the night. These include rapid eye movement (REM) and non-REM stages. REM is the stage when dreaming occurs. This stage of sleep is associated with active eye movements and body paralysis, which ensures that a sleeping person is protected from acting out the dream. During REM there is increased activity in limbic structures involved in memory and emotional regulation, whereas there is less activity in frontal brain systems involved in analytic thinking. Fragments of events and memories experienced during the day may be combined in novel and often bizarre ways during REM-based dreaming. REM plays a pivotal role in memory and other cognitive functions. Other sleep stages are also associated with memory. For instance, stage 2 (slow wave) sleep promotes motor skill learning needed for activities such as playing an instrument or keyboarding.

When we get older, we tend to feel sleepy earlier in the evening. This may result in waking up early in the morning as our sleeping hours shift. Older people have less REM and less slow wave sleep. Less slow wave sleep may impede memory consolidation in older adults. In addition to changes in sleep cycles, older people are increasingly vulnerable to sleep disturbances that cause poor sleep and low brain oxygen such as sleep apnea, a medical condition characterized by loud snoring, breathing pauses during sleep, and daytime fatigue. Research has shown that sleep apnea increases amyloid, a protein associated with Alzheimer's disease. Poor sleep increases amyloid deposition and in turn, amyloid deposition compromises the quality of sleep. In fact, people with Alzheimer's disease are prone to sleep problems, including insomnia at night and excessive sleeping during the day.

We know that a good night's sleep is good for our brain, especially as we get older. But how do we do this? As a first step you should use a sleep diary to keep track of your sleep schedule for at least two weeks. This will provide objective information regarding the consistency of your sleep routine as well as the association between sleep and your level of alertness during the day.



Health & Wellness CSP

Annette McComas, Chairperson; , Assistant, Mary Braisted

We make and collect charitable donations

The Easter Egg event on April 16th was a success! We had 24 in attendance. We filled 500 eggs (100 to Brookwood, 100 to RMH and 300 to Sallie House). We filled 40 easter baskets for Ronald McDonald House and filled 50 easter buckets for Sallie House. In addition to candy, we provided small stuffed animals and trinket toys as requested by the charities to offset providing too much candy for the children. I heard we completed the project in a record 1 hour exactly.

We were very happy with the participation in the survey at the last general meeting; 33 surveys were collected. The results were Lunch & Learn, Strength Training and Walking/Hiking activities topping the list. The survey was intended to help plan activities and community service projects that align with members' interests.

As a club, we have 22 members on the Charity Miles app and have logged 4,203 miles! Marianne Snyder and Becky Crosson continue to battle it out for the month as our top 2 walkers, with Katharine Magrann coming in 3rd.

We received a donation of a new sewing machine from Hospice, valued at \$200.

We are pushing for donations of small travel size toiletries that we will fill crocheted bags with on May 14th and provide to the St. Pete Free Clinic.

We donated quilts, therapeutic pillows and toys to Hospice, Balanced Healthcare, and Ronald McDonald House, and of course, the Easter event donations in the month of April.



Correspondence

Cheryl Freeburg

Ladies,

Please send me any news of our friends and members that may like a call or card that we are thinking of them. Keep in touch with me. Email is cfreeburg@tampabay.rr.com; mobile number for calls or text is 803-448-6700.



Arts & Culture CSP

Marianne Snyder, Chairperson; Mary Fletcher, Assistant

We are still volunteering at the **Mahaffey** and we have put in **56** volunteer hours thus far. There are 2 more opportunities to volunteer on April 30th and May 6th.

The **flower arrangement workshop** that was sponsored by the Tuesday Evening Group was lots of fun and the 24 people in attendance went home with beautiful flower arrangements and some knowledge about various cut flowers!

"Art in Bloom" at the Museum of Fine Arts was absolutely amazing! The 9 attendees first listened to Chief Curator, Dr. Stanton Thomas, sharing his insights into the connections between **Ikebana** (Japanese flower arranging) and their kimono exhibition. While listening we were able to watch Jeanne Houston make a beautiful arrangement! Then we went through the museum to see the Art in Bloom masterpieces as well as the spectacular **kimono exhibit**. And a few of us went out to lunch afterwards!

Painting in the Park takes place on **Saturday, May 17th** at the Museum of Fine Arts. There are 3 different shifts you can volunteer for and can even request to do it with another volunteer. Here is the link if you would like to participate: <https://mfastpete.org/join/volunteer/>

The Tuesday Evening Group, under the Arts & Culture CSP, is forming the **"SPWC Art Society 2025"**. It will be comprised of 16 or more women (10 from the Evening Group have already committed) and each will donate \$100 towards the commission of an original artwork by Carrie Jadas – her rendition of our clubhouse she titled *"The most beautiful woman in St. Petersburg"* – is on our notecards. Carrie generously offered 50% off her regular commission rate plus rights to the digital image for reproduction. The painting of our clubhouse would be gifted to SPWC and displayed on the first floor to the right of the door to the veranda. We would work with the artist to select the view of the clubhouse to be featured, customize the size to fit the location, and include framing. The artwork would be unveiled at the Fall Gala on November 15th. **Don't miss out on this wonderful opportunity to be part of a group to gift an original piece of art that showcases "the most beautiful woman in St. Petersburg" – our clubhouse!** If you are interested, please contact MarianneSnyder233@gmail.com.



Book Club News

Mary Braisted

At this time, we cannot accept any new members to the book club. There are 40 members in our book club and between 15 to 20 members attend our monthly meetings. Giving everyone an opportunity to speak can be challenging with so many members in attendance. We do our best to allow members to comment on the book that we are discussing. Here are our upcoming books:

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

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

July & August – meetings canceled

September 9th - "The God of the Woods" by Liz Moore

Meetings are held at the clubhouse at 10:30 am. If anyone has questions, please email me at braisted636@gmail.com



Evening News

Evening News

Tyler Kornatowski & Li Watts, Co-Chairs

We have a jam-packed April! Starting on April 1, we spent the evening together learning how to design a beautiful bouquet at **Wonderland Floral Art**. Amazing how we all had access to the same flowers, but the designs looked completely different! After our evening flower lesson, we had a greater appreciation for the designs during our visit to the Museum of Fine Arts: **Art In Bloom**.

Next our **Book Club** held a Book Selection & Pizza Party on **April 15th @6:30pm**. Lunch was served at the **Trinity Café**. Finally, it's all hands on-deck as the Evening Group hosts our **2nd Annual Mother's Day Event at the Clubhouse on April 27th**, where we honor mothers who have a child that is seriously ill and is receiving a "Dream Come True" from the **Children's Dream Fund**. We've invited these "Dream Children" and their siblings to design Mother's Day cards, create giant paper flowers, thread a beaded charm bracelet and personalize a beautiful jute tote bag to carry everything home.

Our last Evening Group meeting of the season will be at the Clubhouse on **May 13th at 6:30pm**. **All are Welcome!** We will celebrate with a social: "Sip into Summer" and collect items for families staying in the shelter @**CASA** (Community Action Stops Abuse). We'll also gather ideas for future community volunteer efforts. For more information and/or to get involved, contact Li Watts at liwwatts@yahoo.com or Tyler Kornatowski tylerkpta@comcast.net

The Evening Group is collecting the following much needed items for families staying in the shelter at **CASA** (Community Actions Stops Abuse): Laundry Pods, Twin sheet sets, Full size bath towels, blankets and kid's individually wrapped snacks. Items should be labeled "CASA" and turned into the SPWC Clubhouse no later than May 13 @ the Evening Group meeting. For more information: Li Watts liwwatts@yahoo.com or Tyler Kornatowski tylerkpta@comcast.net



Creating Bouquets at
Wonderland Floral Art



Several of the SPWC members visited the "Art in
Bloom" Exhibit at the Museum of Fine Arts





Civic Engagement CSP

Gail Brazzell, Chairperson; Joy Sterling , Assistant

Ten members met at the St. Pete Woman's Club earlier in April to write cards for the 75 veterans who were on the April 15th Honor Flight to St. Pete/Clearwater Airport. Ten of us also gathered at the Airport to welcome the 75 very thankful – and some emotional – veterans home. We felt so appreciated when we were thanked by the veterans for our cards of support given to the veterans on the flight. The next flight is scheduled for June 10, with two more in the fall.



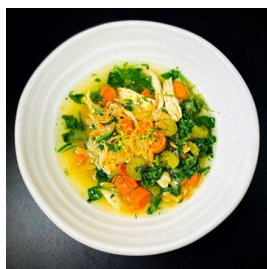
There is an ongoing collection of small stuffed animals for the St. Petersburg Police to give to endangered children. Please place any donations on the Civic Engagement shelf in the Library/Office. We have scheduled to deliver the animals collected to the St. Petersburg Police Station on May 15th, mid-morning.

Gail Brazzell and Joyce Sterling

Recipe of the Month

I have been making this soup for years. It is a big favorite with my family. It is delicious and pairs well with a baguette or crackers. / *Carolyn DeFreitas*

CHICKEN ORZO SOUP



INGREDIENTS

1 Tbsp. olive oil
½ cup onion, diced
4 cups chicken broth
1 bay leaves
Sea salt & pepper, to taste
2 cups spinach

1 cup carrots, chopped
1 clove garlic, minced
½ lb. chicken breast
Pinch of thyme
½ cup dry whole wheat orzo pasta

DIRECTIONS

Heat olive oil in a large soup pot over medium-high heat. Add carrots, onion and garlic. Sauté 5-6 minutes, allowing onions to soften.

Add broth, chicken, bay leaves and thyme. Season with salt & pepper. Cover and bring to a boil. Reduce heat and simmer 25-30 minutes.

Discard bay leaves. Remove chicken and shred with two forks into bite-sized pieces. Return to soup. Stir in pasta and cook until tender, about 8-10 minutes.

Add spinach. Mix well. Serve with baguette or crackers.

Photo Gallery

April started with our general meeting on the 11th, hosted by the Environment CSP. Amy Skasko, CSP Chair, introduced our guest speaker Dr. Michelle Ellena, co-founder and Executive Director of TakeMAR (More Action for Regeneration), who shared her upcoming initiatives, including tree planting along Pinellas Trail and beach clean-up.



L to R: Cynthia Guillama, Arlene Smith, Barbara Sundholm, Cathy Allen, Joan Heelan, Joy Sterling, Gail Brazzell, Joyce Taylor, & Laura Connelly attended the Honor Flight for veterans on April 15th.



Several members attended the Museum of Fine Arts "Art in Bloom" live demonstration by renowned ikebana specialist Jeanne Houlton, who showcased the delicate art of Japanese flower arrangements. MFA Chief Curator Dr. Stanton Thomas shared insights into the connection between ikebana and their exhibition Kimono: The Triumph of Japanese Dress.



The month was rounded off with the Annual Easter egg and basket filling for various needs in the community. Twenty-four members filled 500 eggs with jellybeans (100 to Brookwood, 100 to RMH and 300 to Sallie House). Also filled were 40 Easter baskets for Ronald McDonald House and 50 Easter buckets for Sallie House. Thank you for all who participated their time and goodies for this worthwhile cause.



Club Calendar

Friday, May 9: Club Day Meeting at 1 pm. Hosted by Your President

Every Monday & Thursday 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 May 2025



May 02—Pam Bergeron	June 03—Elisa Reder	July 07—Oneita Tinsley	Aug 01—Judy Hunt
May 02—Susan Fraser	June 04—Abbe Ensminger	July 11—Isle Kearney	Aug 03—Susan Cooper
May 02—Katie Klopfenstein	June 17—Lizzie Fitzgerald	July 11—Dorothy Keville	Aug 03—Nancy Cory
May 05—Carol Bonanno	June 18—Mary Fletcher	July 11—Joanne Walker	Aug 05—Michelle Gershon
May 07—Donna Guillaume	June 22—Ruta Petraitis	July 12—Joan Jaicks	Aug 06—Dianne Johansen
May 10—Donna Joe Leake	June 24—Lisa Bradley	July 12—Karen Morris	Aug 06—Marilyn Lanctot
May 11—Linda Morgan	June 24—Mary Ellen McLain	July 13—Eve Overby	Aug 08—Paige Schmitt
May 14—Rosemarie Valeriano	June 27—Valerie Douty	July 14—Terri Russo	Aug 11—Karin Tugendhat
May 15—Mary Braisted	June 29—Lois McMullin	July 16—Judy Carrier	Aug 13—Precella Wallace
May 18—Barbara Creamer	July 01—Mary Bruels	July 17—Cynthia KuyKendall	Aug 16—Jennifer Masterton
May 09—Margie Baish	July 01—Judy Zamanillo	July 19—Lisa Moore	Aug 17—Kati Forsythe
May 19—Amy Skasko	July 02—Jennifer Brackney	July 22—Sibyl Freeburg	Aug 20—Vonnie Bennett
May 22—Donna Dugan	July 02—Isabel Howard	July 23—Becky Lettellier	Aug 21—Jackie Manning
May 24—Nancy Campbell	July 02—Lisa Reimer	July 23—Lauren Uher	Aug 21—Rita Risco
May 31—Cathy Allen	July 02—Dyreesa Sweeney	July 24—Mary Ann Dann	Aug 25—Linda Cassola
	July 03—Terry Hoft	July 27—Marcia Barasia	Aug 26—Carolyn Zella
	July 04—Sarah Osterholt	July 28—Melanie Thoenes	Aug 31—Cathy Mitchell
	July 07—Shannon Bailey	July 31—Nancy Westphal	Aug 31—Trudie Urish

Happy Birthday!