

GFWC St. Petersburg Woman's Club



Summer 2025



This will be the last issue for the summer. The next issue will be distributed at the end of August. Hope everyone has a safe and happy summer. See you in the fall!

Best, Carolyn / SPWC Editor

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
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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

Fri, August 15th, 10 am — Board Meeting

Tues, September 9th — Evening Group (6:45 pm)

Fri, September 12, 1 pm — General Meeting /
Hosted by Education CSP. We will be collecting
School Supplies for Woodlawn Elementary School

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

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"

Summer break is here, and it promises to be a hot one! Common sense tells us to wear sunscreen, don't get overheated and stay hydrated, but we don't always do what we should, do we? I hope all of you will stay safe and healthy so you can return to us in September, refreshed and ready to finish off our year in typical SPWC style.

To say I am proud of you all would be an understatement! So many of you have devoted your time, your energy and personal funds to make great things happen for our community. Through your commitment and dedication, our club makes a difference! You truly embody the #LivingtheVolunteerSpirit.

And the fact that we have overcome some pretty serious challenges in these past few months makes me believe there's nothing we can't do! I hope you all believe it, too.

If anyone hasn't set up their login on www.gfwcflorida.org, I urge you to do so asap. I know we have quite a few new members who may not be aware of the GFWC Florida Federation's website. All you need to do is submit your email of record and you will be given access to a wealth of information.

Everyone have a great summer and we'll see you in September (and don't forget to bring your school supplies for our Title 1 school)

"In great things, Unity; In small things, Liberty; In all things, Charity"

Barbara Sundholm, President



Membership

Cynthia Guillama, VP

Committee Members: Roseanna Costa & Marilyn Lanctot & Liz Pacheco

Mentor: April Fraulo

What a wonderful meeting we had last month with over 60 ladies in attendance! The meeting was hosted by our President, Barbara Sundholm. Our guest speaker was from Inspire Equine Therapy in Clearwater which provides adaptative programs for individuals with disabilities-including veterans and the community at large.

Membership selected committee member, Liz Pacheco, for special recognition. Liz consistently volunteers to lend a hand at every meeting. Liz plays an invaluable role as she is the first point of contact representing SPWC at our general meetings. She has a welcoming smile, and her demeanor puts our guests at ease. Membership is grateful for her support and the support of all our committee members! If you enjoy meeting and greeting others, assisting with member recognition, communicating via technology with our new members, consider joining our marvelous team! If you enjoy leadership roles, the assistant position is open.

Our membership continues to increase – **219** currently. **We have 32 new members in 2025** thanks to the efforts of our Board Members, CSPs, Evening Group Co-Chairs, and sustaining members. A special shout-out to members of the Public Relations Committee for the fabulous media coverage of the renovation of our club and our community service initiatives! All your efforts have contributed to the SPWC membership growth!

NEW members have been meeting in the “bride’s room” prior to the general meeting. It’s a chance for everyone to get to know each other in a small group setting. We had 13 new members attend in January; 9 in March; 4 in April and 3 in May. Thank you to our sustaining members, Marilyn Lanctot and Nanci Odom, who attended and welcomed our new and prospective members! Our new members love hearing about the historical significance of the SPWC, and the community outreach provided by our Evening Group and CSPs. The next pre-meeting will take place at NOON, September 12th. Mark your calendars!

Our general meetings do not take place over the summer, but our activities don’t stop. Consider bringing a friend to a summer activity. It’s a nice way to introduce a prospective member to the club in a small setting. The next newsletter and Email blasts will provide information about the continuation of activities.

Welcome New Members

Janine (Lewis) Brown

Sally Marshall

Paige McCready

Sandy Mirabile

Elaine Sullivan

Sarah Evers





Education & Libraries CSP

Joyce Taylor , Chairperson; Barbara Creamer, Assistant

Thank You to all the ladies who generously donated the boxes of cereal for Woodlawn Elementary Summer Program. We were able to deliver 425 boxes of cereal to the school. Also, thanks to Barbara Creamer, Gail Brazzell, Katie Klopfenstein and Stacie Sullivan for packing their cars and helping me to drive the donation to the school. Woodlawn appreciated all.

Cathy Allen, a member of our committee, is leading for Education & Libraries a scholarship fund for the SPWC to present to three senior girls in St. Petersburg High Schools a \$1,000.00 check for college. Cathy will be announcing the details in the coming months. Thank you, Cathy, for a new idea for expanding our CSP helping the community.

Li Watts of the Evening SPWC Group is partnering with Education & Libraries to welcome all new teachers to all the St. Petersburg schools. She is taking the lead and we will be helping to make welcome gifts etc.

THE LIST OF SCHOOL SUPPLIES FOR THE STUDENTS AND TEACHERS FOR WOODLAWN ELEMENTARY IS LISTED BELOW. PLEASE BRING YOUR DONATIONS TO THE SEPTEMBER 12th, 2025 MEETING.

Have a wonderful summer!!!!!!

Needs for Woodlawn Elementary School

Students:

- Red, Blue, Green and Yellow Wide ruled composition books (one color is assigned to each subject)
- Black dry erasers
- Pencil boxes
- Boys' underwear sizes 4T-12
- Girls' socks
- Navy uniform shirts
 - Girls – sizes 6 – 12
 - Boys' sizes 6-12
 - *Sizes 8-10 is the biggest need
- Uniform shorts
 - Girls' sizes 6-8
 - Boys' sizes 8-10
- Pencil pouches
- Bottled water
- Girls' underwear sizes 4T-16

Teachers:

- Clorox wipes
- Facial Tissue
- Hand Sanitizer – pump
- Ziploc bags - all sizes

Once again THANK YOU for all you do! It is greatly appreciated.

Have a wonderful day!

Susan Whitton



Social Events

Liz Pacheco, Chairperson; Arlene Smith, Assistant

Club Calendar

Friday, June 6th, 10:00 a.m. - Hooray! First Friday Board Games are back this month. We will be playing Mexican Train, Rummikub, etc. We play from 10:00 a.m. until approximately noon and then we go out to lunch. 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. Looking forward to seeing you there.

Friday, June 20, 7:00 p.m. - Time for another exciting game of Bunco. For those of you who are unfamiliar with Bunco, it is a very social dice game and easy to learn. Again, if you are a relatively new member, it's a great way to get to know other members, AND there are prizes. Just bring a snack to share and your own beverage. We play from 7:00 p.m. to about 9:00 p.m. Again, just let me know if you plan to attend.

Friday, June 28, 6:00 p.m. - Ladies Night Out - This month we will be returning to Millers Ale House, 7901 M.L.K. Jr. Street North in St Petersburg - a very popular place to go. Please make sure to let me know if you plan to attend so I can notify the restaurant as to how many people to expect. Hope to see you there!

[Schedule for Friday Morning Board Games and Bunco for July and August](#)

Friday Board Games

Friday, July 11, 10:00 am (since the first Friday is July 4th)

Friday, August 1, 10:00 a.m.

Bunco

Friday, July 18, 7:00 p.m.

Friday, August 15, 7:00 p.m.

Watch for email blasts regarding Ladies Night Out for those months because I don't know where we will be going yet.

Liz Pacheco

Social Director

727-481-4821

lizpacheco02031946@gmail.com



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NEXT CLUB DAY MEETING



Friday, September 12, 2025 at 1:00pm
 Hosted by Education CSP

Remember your school supply donations for
 Woodlawn Elementary School

Healthy Horizons

provided by Health and Wellness CSP

Tidy Up Your Home for Better Mental Health

Authored by: Advent Health

Physical clutter can lead to mental clutter: If your home or workspace is messy, it may increase your anxiety (even subconsciously) by overloading your senses. But fortunately, a peaceful, organized space where your family can be clear-minded, productive, creative and content — where you can all truly thrive — is well within reach. It's not just about cleansing your environment of clutter; tidying up your space at work or at home can also help you refocus on the things that make you happy. Being more intentional about your belongings can bring you more joy and inner peace. Here are some ways that being more organized can boost your whole health:

- You can find things more easily, reducing stress
- You can feel more in control of your surroundings
- You can feel positive about your environment
- Your spaces will be cleaner and healthier
- The intentional things around you will spark memories
- You may feel more gratitude for the things in your life
- You can be more productive with your time

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Health and Wellness CSP members recently tidied up our area in the attic and the cabinets in the upstairs room and boy did it boost our morale! Seems like we are all more motivated and feel grateful to all of you who have provided sewing supplies. So, from recent experience, we can attest to the power of "tidying up"! Special thanks to those ladies that participated in the clean-up. See photos on Gallery page.

Annette McComas



# Health & Wellness CSP

Annette McComas, Chairperson; , Assistant, Mary Braisted

*We make and collect charitable donations*

## Health and Wellness June Newsletter

We received a lovely thank you note from Ronald McDonald House for the Easter baskets. Sounds like everyone had a wonderful time.

In May, we filled 36 bags for St. Pete Free Clinic with toiletries for distribution to those in need. Thank you to all that came to sort and stuff with us and to Nancy Cory for delivering.



We also donated and delivered to Ronald McDonald House 7 Knitted teddy bears, 5 Crocheted puppies, 35 Pillowcases, 9 Baby quilts, 3 Fleece baby blankets, 3 Small Lap robes, 2 Quilted Cot covers, a selection of children's books, and hand puppets. We also donated and delivered to Palm Gardens Nursing Home 2 Afghans, 4 neck pillows and 5 lap robes. We've also been busy donating 8 additional soft animals to the Civic Engagement CSP Police Dept project. May was busy!

Our small space in the attic was cleaned up a couple of weeks ago along with our cabinets by a small group of our members. We still have some organizing to do but it is wonderful to see everything that has been donated. See photos on Gallery page

As a club, we have 25 members participating in the Charity Miles app and broke the 5,000-mile mark! We have accumulated over 5,510 miles! Marianne Snyder is still in first place for the month of May, but Gail Brazzell took over 2<sup>nd</sup> place! I'd also like to mention Evelyn Nakelski is making a move on the leading group! Way to go ladies!

For our regularly scheduled Wednesday 1PM meetings we will make a final decision on May 28<sup>th</sup> about how we are going to schedule June and July and let everyone know through an email blast. We will resume regular Wednesday meetings in August at 1PM.

Have a great summer!

Annette McComas



## Correspondence

Cheryl Freeburg

Ladies,

Have a healthy, safe, enjoyable summer. Please remember to keep in touch with me with any news of our members. Cards are always appreciated and a thoughtful way to keep in touch.

My email address 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

We have finished our volunteering at the Mahaffey Theatre. The Bill Edwards Foundation for the Arts sponsored “BAM” and “Class Acts” programs for school children. We had 13 volunteers who put in 190 hours!!! 95 hours get credited to Arts & Culture and 95 to Education and Libraries. We will be looking at the schedule for the fall so if you think you would like to volunteer, please contact either Joyce Taylor or Marianne Snyder.

**Painting in the Park** at the Museum of Fine Arts took place Saturday, May 17<sup>th</sup>. There were 6 of us who volunteered and it was a blast! We each were assigned tasks to make sure the children were able to use their imagination and “create art”.

I hope some of you may have been able to attend the “**votive art**” exhibit during the month of May. It looked like the art was beautiful!

The Tuesday Evening Group, under the Arts & Culture CSP, formed the “**SPWC Art Society 2025**”. It is comprised of 17 women who will each donate \$100 towards a piece of art for our clubhouse. It will be an original artwork by Carrie Jadus. The **painting of our clubhouse** will be gifted to SPWC and displayed on the first floor to the right of the door to the veranda. We will work with the artist to select the view of the clubhouse to be featured, customize the size to fit the location, and it will include framing.

Keep an eye out for more activities to come!!!



# 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:

June 10<sup>th</sup> - “The Wedding People” by Alison Espach

July & August – meetings canceled

September 9<sup>th</sup> - “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](mailto:braisted636@gmail.com)



## Evening News

# Evening News

Tyler Kornatowski & Li Watts, Co-Chairs

Our “Sip into Summer” meeting had a fabulous turn-out and we collected a mountain of donations for the shelter at CASA (Community Action Stops Abuse)! SPWC member and CASA staff member Emily Knight was overwhelmed by our support and CASA sent us a lovely thank you letter.

Ashley Miller mixed up a delicious mojito cocktail and our EG team filled two tables with delicious treats that made the night extra festive.

Our 2<sup>nd</sup> annual Mother’s Day Event honoring Children’s Dream Fund families in April was a huge success thanks to the leadership of Cindy Stokes and Tyler Kornatowski and 30 awesome volunteers who entertained 47 Moms and children.

Maria Rossi designed a delicious Cuban dinner for guests of the Ronald McDonald House and led a talented team of SPWC sous chefs who executed the menu in the kitchen.

We’ve got many exciting events and community volunteer opportunities coming this Fall—please join us!

For more information and/or to get involved, contact Li Watts at [liwwatts@yahoo.com](mailto:liwwatts@yahoo.com) or Tyler Kornatowski at [tylerkpta@comcast.net](mailto:tylerkpta@comcast.net)



In April, the Saint Petersburg Woman’s Club Evening Group along with members of the Club and the Junioresettes hosted our Second Annual Mother’s Day event at the Clubhouse to honor families from The Children’s Dream Fund, a local non-profit dedicated to making dreams come true for children with life-threatening illnesses living throughout West Central Florida.

Fifteen Moms, 32 children, and 30 volunteers participated in the event. While the moms enjoyed cupcakes and conversation, the “Dream Children” and their siblings created giant pink paper flowers, a beautiful Pandora-style friendship bracelet, a customized tote bag and a Mother’s Day card complete with a polaroid photo of the family, all generously donated by members of SPWC.

Participating together in this event honors the remarkable women in our lives and creates an opportunity to experience the joy of joint volunteerism, all while creating beautiful memories.

This Mother’s Day celebration was a heartfelt and customized experience for all.

(See Photo Gallery for pics)

# Recipe of the Month

## Twice-Baked Potatoes

Courtesy of Ree Drummond / Food Network's Pioneer Woman



### INGREDIENTS

2 baking potatoes, washed  
2 slices cooked bacon, crumbled  
½ cup cheddar jack cheese, divided  
½ tsp. seasoned salt  
2 green onions, thinly sliced

½ stick of butter, cubed  
½ cup sour cream  
½ cup whole milk  
¼ tsp. ground black pepper

### DIRECTIONS

Preheat oven to 425 °. Prick each potato with a fork, 3-4 times. Place on a baking sheet and roast for 1 hour 15 minutes, or until tender when pressed. Let rest until cool enough to handle. Reduce the oven temperature to 375 degrees.

Place the butter in a large mixing bowl. Add bacon and sour cream. With a sharp knife, cut each potato in half lengthwise. Scrape out the flesh of the potato and add it to the mixing bowl, being careful not to tear the skin. (Leave a thin layer of potato intact all over the skin so that the filling has some support). Place the potato skins on a baking sheet.

Mash the potatoes into butter, bacon and sour cream. Add ½ of the cheese, milk, seasoned salt, ¾'s of the green onions and black pepper. Mix well to combine.

Fill the potato shells evenly with the mashed potato mixture. Divide the remaining 1 cup of cheese evenly over top of each potato piece. Bake the potatoes once again until golden brown on top and heated through, about 20 minutes. Top evenly with the remaining scallions.

Got a recipe that you are willing to share? Send it to Carolyn at ([grannyc0813@gmail.com](mailto:grannyc0813@gmail.com)) and I will include it in a future issue.



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).



## Daily Operations

Cathy Allen, VP; Diane Dudley, Assistant

The city of St. Petersburg has determined we must have an ADA bathroom. Therefore, our third bathroom has been delayed again to get all our ducks in a row. Hopefully the bathroom will be completed by the time we return in September. Fingers crossed!



## Civic Engagement CSP

Gail Brazzell, Chairperson; Joy Sterling, Assistant

The next Honor flight is scheduled for June 10th, with two more scheduled in the fall on September 16th and October 21st.

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.



## Mahjongg News

We have 11 teachers and have provided lessons to 10 of our members during April and May. We will continue with lessons every month on the second Monday one month and the second Thursday the next month. The next lesson is on **Monday, June 9<sup>th</sup> at 2:00 pm**. If you would like to reserve a spot, **RSVP by June 2<sup>nd</sup>** to [MarianneSnyder233@gmail.com](mailto:MarianneSnyder233@gmail.com)

Due to our increasing participation, we will be purchasing 3 new Mahjongg games as well as 3 tablecloths.



## Publicity

Josephine Spinelli

**Public Relations** is forming a committee to enhance our presence. If you have experience writing, digital marketing, social media, content creation, website management, or graphic design? Your expertise can help us achieve our goals.

Please contact Josephine Spinelli at [jphine2010@hotmail.com](mailto:jphine2010@hotmail.com)

# Photo Gallery

We've had a couple of busy months since our last newsletter! In April, the Evening Group hosted the 2nd Annual Mother's Day event at the Clubhouse to honor families from The Children's Dream Fund. Fifteen Moms, 32 children, and 30 volunteers participated in the event.

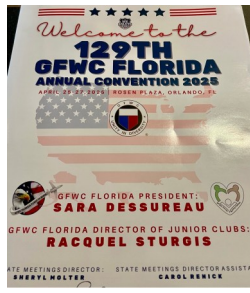


Maria Rossi designed a delicious Cuban dinner for guests of the Ronald McDonald House. She and her chefs brought the heat to the RHMC Kitchen. They prepared the meals and fed 60 people.



# Photo Gallery

Also in April was the GFWC Spring Convention. It was attended by Barbara Sundholm, Cathy Allen and Evelyn Nakelski.



Barbara and Cathy with former GFWC Florida President, Diane Foerster

The May 9th General Meeting was also a busy—and informative one.



President Barbara introduced Molly Longmire from Inspired Acres—a program that offers therapeutic riding and equine programs for individuals with disabilities and veterans.



425 boxes of cereal were collected for the food insecure children at Woodlawn Elementary school. Thank you to all who donated for your continued generosity



# Photo Gallery

Also on May 9th, the Membership Committee recognized Social Director Liz Pacheco for her dedication to the Club.



Membership VP Cynthia Guillama welcomed two new members to the club



On May 17th, the Museum of Fine Arts hosted "Painting in the Park" which was attended by six of our club members.



On May 10th, six members of the SPWC attended the GFWC District 14 Spring Workshop. In attendance were President Barbara Sundholm, Cathy Allen, Beth Timberlake, Cynthia Guillama, Oneita Tinsley and Carolyn DeFreitas. We were pleased to accept a certificate for GFWC Honor Score for outstanding accomplishments earning us 100 points or more.



Tammy Keskey, District 14 VP of Membership

# Photo Gallery



Members of the Health & Wellness CSP cleaned and organized the upstairs room and the attic. Thank you, ladies for your hard work!

## Thought for Summer

"What good is the warmth of summer without the cold of winter to give it sweetness?"

— John Steinbeck



## Club Calendar

**Friday, September 12:** Club Day Meeting at 1 pm.  
Hosted by Education CSP

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 Summer 2025



|                           |                            |                           |                        |
|---------------------------|----------------------------|---------------------------|------------------------|
| June 03—Elisa Reder       | July 07—Oneita Tinsley     | Aug 01—Judy Hunt          | Sep 03—Suzanne Bareham |
| June 04—Abbe Ensminger    | July 11—Isle Kearney       | Aug 03—Susan Cooper       | Sep 04—Liz Coerver     |
| June 17—Lizzie Fitzgerald | July 11—Dorothy Keville    | Aug 03—Nancy Cory         | Sep 10—Cindy White     |
| June 18—Mary Fletcher     | July 11—Joanne Walker      | Aug 05—Michelle Gershon   | Sep 11—Nanci Odom      |
| June 22—Ruta Petraitis    | July 12—Joan Jaicks        | Aug 06—Dianne Johansen    | Sep 13—Ruth Ross       |
| June 24—Lisa Bradley      | July 12—Karen Morris       | Aug 06—Marilyn Lancot     | Sep 14—Emily Lischer   |
| June 24—Mary Ellen McLain | July 13—Eve Overby         | Aug 08—Paige Schmitt      | Sep 15—Rose Ferraro    |
| June 27—Valerie Douty     | July 14—Terri Russo        | Aug 11—Karin Tugendhat    | Sep 18—Stacey Sullivan |
| June 29—Lois McMullin     | July 16—Judy Carrier       | Aug 13—Precella Wallace   | Sep 20—Jennie Jamison  |
| July 01—Mary Bruels       | July 17—Cynthia KuyKendall | Aug 16—Jennifer Masterton | Sep 25—Cheryl Freeburg |
| July 01—Judy Zamanillo    | July 19—Lisa Moore         | Aug 17—Kati Forsythe      | Sep 27—Barbara Sora    |
| July 02—Jennifer Brackney | July 22—Sibyl Freeburg     | Aug 20—Vonnie Bennett     | Sep 28—Linda Traviesa  |
| July 02—Isabel Howard     | July 23—Becky Lettellier   | Aug 21—Jackie Manning     | Sep 30—Andi Barlow     |
| July 02—Lisa Reimer       | July 23—Lauren Uher        | Aug 21—Rita Risco         | Sep 30—Linda Watson    |
| July 02—Dyreese 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!*