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SPWC Happenings

GFWC St. Petersburg Woman's Club

September 2025



Hosted by the Education & Libraries CSP



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**Friday, September 12th
@ 1:00 pm**

**School Supply Collection for
Woodlawn Elementary**

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 ~~ Ashley Miller
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

- 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
- Mahjongg**—every Monday and Thursday from 2-4 pm (depending upon availability)
- Health & Wellness**—resumes every Wednesday from 1-3 pm
- First Friday Morning Games**—10:00 am followed by lunch (depending upon availability)
- Bridge**—twice monthly on Fridays at 1 pm (depending upon availability)
- Bunco**—3rd Friday each month at 7pm
- Ladies' Night Out**—last Friday of the Month



Message from the President

"Overcoming Challenges, Rebuilding Community"

Welcome back from our summer break! In spite of the heat and the rain, I hope you all had a good summer and are ready to jump back into our Club activities. September through December are very busy months and we're going to need a lot of help!

At the start of our business meetings, we always read our Club Collect - that little laminated card on every table and on the inside cover of our directory. The word Collect is defined as a short prayer comprising of an invocation, petition and conclusion. Although our Collect was not written specifically for Women's clubs, its premise aligns perfectly with what our clubs are about. But not everyone is familiar with the back story, so

I thought it would be interesting to educate ourselves.

History of the Collect For Clubwomen

"The Collect For Clubwomen was written in 1904 by Mary Stewart in Longmont, Colorado. She is reported to have been a member of the Longmont Fortnightly Club, which was a member of the General Federation of Women's Clubs and which later, became the Longmont Colorado Business and Professional Women's Club. Ms. Stewart was at that time beginning her first job as principal of the local high school. Various accounts by Ms. Stewart indicate the Collect was written as a personal prayer for the day and without any specific organization in mind. She felt that "women working together with wide interest for large ends was a new thing under the sun and that, perhaps they had need for a special petition and meditation of their own."

The first printing of the Collect was in an obscure paragraph in the Delineator, a popular woman's magazine published by Butterick, a company that also printed sewing patterns. In 1909, Paul Elder and Company of San Francisco printed it as a wall card. In 1924, Armstrong Stationary Company of Cincinnati also printed it on wall cards. Early copies were signed with the pen name, "Mary Stuart".

The General Federation of Women's Clubs was the first organization to officially adopt the Collect. It was later adopted by the Federation of Business and Professional Women and became widely used by many other organizations in the United States and other countries. Senator Tobey of New Hampshire read it into the printed records of the Congress of the United States at the closing session in 1949.

Mary Stewart held a number of teaching positions in Colorado and Montana. In 1927 her alma mater, the University of Colorado, presented her with an honorary degree to recognize her distinguished work in education, social and civic service. From 1921 to 1942 she worked with the US in the Department of Labor and later as assistant director of education in the Office of Indian Affairs. She continued writing for newspapers and magazines. She was active in the fight for women's suffrage and remained active in women's organizations until her death in Cincinnati, Ohio in 1943."

COLLECT FOR CLUB WOMEN OF AMERICA

Keep us, O God, from pettiness; let us be large in thought, in word, in deed.

Let us be done with fault-finding and leave off self-seeking.

May we put away all pretenses and meet each other face to face without self-pity and without prejudice.

May we never be hasty in judgment and may we always be generous.

Let us take time for all things; make us grow calm, serene, and gentle.

Teach us to put into action our better impulses, straightforward and unafraid.

Grant that we may realize it is the little things that create differences, that in the big things of life we are as one.

And may we strive to touch and to know the great common human heart of us all, and O Lord God, let us not forget to be kind.

Mary Stewart

Barbara Sundholm, President



Membership

Cynthia Guillama, VP; Cathy Parks, Assistant

Committee Members: Roseanna Costa & Marilyn Lanctot & Liz Pacheco

Mentor: April Fraulo

Welcome Back! I hope everyone has had an enjoyable summer! Although we have not had any club day meetings it has certainly been a busy summer for many of our members. We now have **224** members with **37** of them being **NEW!** Many of our new members have participated in the summer activities and we've been able to get to know them a little better.

With membership in the General Federation of Women's Clubs- 60,000 members in all 50 states and 14 countries- and the General Federation of Florida, there are opportunities for personal development, fostering connections and strengthening our community.

At SPWC there is truly something for everyone, with 5 community service project areas you can volunteer where you find your passion: *Arts and Culture; Civic Engagement; Education and Libraries; Environment; Health and Wellness.* We truly embody "Living the Volunteer Spirit". Please think about how you can be of service to the club. Our "Volunteer Commitment" form is sent to all new members. This form will also be available at each of our general meetings, and I'm sure you will find something you would like to do!

Let's Connect! Our first general meeting after our summer break will be on **Friday, September 12th at 1:00.** Don't forget you are also **welcome to attend the new / prospective member meeting at 12:00.** You are welcome **to attend as many times as you wish** and have an opportunity to get to know some of the new members. There will also be "NEW MEMBER" seating available at each general meeting.

DUES for 2026 are \$75. and will be due before the end of the year. Checks can be made out to SPWC (note dues on memo line) or you can pay by credit card through our website. However, **if you would like your name in the directory they must be PAID by DECEMBER 1st.** Dues MUST be given to me personally, a member of the membership committee or placed in the membership mailbox in the library.

If you know anyone who you think might be interested in joining our club, please feel free to let me know and I will be happy to contact them by phone and/or email. I will send them our latest newsletter, magazine articles about our club, Tuesday Evening Committee information, book club news, a new member application and a link to our website.

COMING SOON.....NEW MEMBER MINGLES!!



Correspondence

Cheryl Freeburg

Welcome back ladies. Looking forward to seeing everyone and catching up on all your concerns for your friends. Please remember to inform me to send Thinking of You , Get Well and Sympathy cards.

Mobile number for text is 803-448-6700 or email cfreeburg@tampabay.rr.com



Education & Libraries CSP

Joyce Taylor , Chairperson; Barbara Creamer, Assistant

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.**

Welcome Back! I hope you all had a wonderful Summer. At the General Meeting on September 12th, please remember to bring your school supplies for Woodlawn. All will be appreciated. Drivers are still needed to drop off the donations after General Meeting to Woodlawn at 3:30 p.m. If you can help, please contact me at 727-510-6678.

Cathy Allen, Lead for the SPWC Spirit Scholarship has completed all required paperwork for the Pinellas Education Foundation. The scholarships will be presented in 2026.

Li Watts, Lead for the New Teachers Initiative, and her committee have delivered welcome gifts to the St. Petersburg teachers. Great job Li!

The Speaker for the September General Meeting will be Angie Gibney. Angie is the Executive Director at Brookwood. She is a leader in Health Services.

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, September 5th, 10:00 a.m. - It's that time again for our Friday Morning Board Games. Mexican Train seems to be everyone's favorite. However, we are open to Rummikub as well. We play from 10:00 a.m. to approximately noon, and then we go to lunch. We decide where we're going to go on that date. It's a group decision. You just have to let me know if you plan to attend. It's a lot of fun and we look forward to seeing you there.

Friday, September 19th, 7:00 p.m. - it's Bunco time - this is a fun sociable dice game. If you have never played, it's very easy to learn, and it's a great way to meet and get to know other members, and there are fabulous prizes! And it's free! All you have to do is bring a snack to share and your own beverage. Just let me know if you plan to attend so I can have the correct number of tables and chairs set up.

Thursday, September 25th, 6:00 p.m. - Ladies Night Out - Yes, it's Thursday this month instead of Friday because we are going back to Miller's Ale House on Martin Luther King. They have a special prime rib dinner on Thursdays. They have a 12 oz prime rib dinner for \$19.99 with one side and a 16 oz prime rib dinner for \$25.99 with two sides. Of course, you don't have to order the prime rib, but some members have requested that we go there for the prime rib dinner special, and I aim to please. WE WILL AGAIN BE LIMITING ATTENDANCE TO 16 MEMBERS. SO DON'T PROCRASTINATE.

Unfortunately, I will be out of town the whole month of September so I won't be attending any of the above events. However, my lovely able-bodied assistant, Arlene Smith, will be in charge of all the social activities during the month of September so be nice to her. This month you will be letting her know if you are planning on attending any of the above activities. Thank you.

Arlene Smith
Assistant Social Director
614-579-6043



Book Club News

Mary Braisted

After taking the summer off, the Book Club will be meeting up again on **September 9th**. The book for discussion is "The God of the Woods" by Liz Moore.

For our **October 14th** meeting, we will be discussing two books, "It Ends With Us" and "It Starts With Us" both by Colleen Hoover. **As this is a series, "It Ends With Us" should be read first.** This is the first time that we will be discussing two books at our meeting. It should be a very interesting discussion.

Both meetings will be held at the club at 10:30 am and we will go to lunch afterward.

If anyone has questions about the book club, email braisted636@gmail.com.



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

Healthy Horizons

provided by Health and Wellness CSP

Why Women Struggle with Sleep—Especially in the Summer

by Dr. Stacey Simms

If you're finding it harder to sleep, especially with the summer heat, you're not alone. Women face unique sleep challenges—largely due to hormone fluctuations, different circadian rhythms, and even how we respond to temperature. But with the right strategies, you can improve your sleep, feel better, and perform at your best.

Poor sleep can impact almost every aspect of your health, wellbeing, and performance—from your focus and mood to your workout performance and hormonal health, as well as injury risk (just 5–6 hours of sleep can translate to a 200% higher injury risk over a season). It's clearly important to do all you can to address this, so let's explore a few female-specific tips for improving sleep:

Summer Sleep Tips: Cool & Calm Your Body

- Set your bedroom to 65°F (18°C) if possible. If you don't have AC:
 - Use fans to create air movement
 - Keep curtains closed during the day to block heat
 - Freeze your pillowcase or a hot water bottle (used cold)
 - Put your feet in cool water before bed (to “dump” heat and bring your core temperature down)
 - Have cold/icy tart cherry juice 20-30min before bed to help drop your core temperature, and the melatonin in the tart cherry juice will enhance the melatonin peak for sleep onset.
 - Wear light, breathable fabrics—natural fibers like cotton or bamboo work best

Other Sleep Hygiene Tips That Matter (Year-Round)

Ensure you eat enough during the day, as we see that low energy availability (LEA) creates hypoglycemic awakenings overnight

- Block out light (try blackout curtains or a sleep mask)
- Keep noise low with earplugs or white noise
- Finish eating at least two hours before going to bed
- Wind down with a consistent pre-bed routine—dim lights, ditch screens, read a calming book (not on a screen!)

Natural Sleep Boosters: These are a few of my favorite ways to set myself up for a good night's sleep:

- Tart cherry juice (Montmorency): As mentioned above, it's naturally rich in melatonin. I drink it cold ~30 minutes before bed.
- L-theanine is a non-protein amino acid that works to increase GABA in the brain to enhance parasympathetic activity
- Try incorporating some adaptogens to help with stress relief, such as Ashwagandha, which can help to lower cortisol and support temperature regulation, and Rhodiola Rosea, which can help to balance mood and energy.

Magnesium (from food or supplements) can also be great for relaxation and supporting deeper sleep. Try incorporating more magnesium-rich food sources into your diet, such as leafy greens, nuts and seeds, whole grains, lentils, avocados, bananas, and dark chocolate. The best types of magnesium supplements for sleep are magnesium L-threonate (it's best at crossing the blood-brain barrier) and magnesium glycinate.

If you are someone who has significant issues with sleep, you may want to try Cognitive Behavioral Therapy for Insomnia (CBT-I). It is a well-researched and implemented technique using multiple strategies to improve overall sleep behaviors and sleep quality.

Remember: Sleep is the foundation for your health, well-being, performance, and recovery—and although it can feel tough, especially in the summer—with the right strategies and approach, you can sleep and feel better.

Full article available at [https://www.drstacysims.com/newsletters/articles/posts/why-women-struggle-with-sleep?](https://www.drstacysims.com/newsletters/articles/posts/why-women-struggle-with-sleep?skip_click_tracking=true)
[skip_click_tracking=true](https://www.drstacysims.com/newsletters/articles/posts/why-women-struggle-with-sleep?skip_click_tracking=true)



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).



Health & Wellness CSP

Annette McComas, Chairperson; , Assistant, Mary Braisted

We make and collect charitable donations

We have had a busy summer! On July 9th we hosted guest speaker, Julie Swiggart, Executive Director of Alpha House of Pinellas. She gave an informative presentation about the non-profit Residential Program that offers a safe and educational environment for new moms and their babies. Their goal is to transform a family of two from a displaced situation to a world of self-sufficiency. We had over 25 members in attendance. The Health and Wellness CSP is planning a "mom and baby" donation drive at the January General Meeting. Items Alpha House needs are diapers size 1-4T, baby wipes, Enfamil baby formula, gently used clothes size 2T-14, adult and baby shampoo, body wash and deodorant. We will also add the children to our Christmas Stocking and Easter Basket community service projects, and we are currently making quilts for each of the mothers in the program. For more information on Alpha House, there is a brochure on the bulletin board upstairs or contact Arlene Smith.



Over the summer, we donated and delivered knitted teddy bears, toys, pillowcases and baby quilts to Ronald McDonald House and 50+ place-mats to Meals on Wheels. We continue to create and collect items for multiple charities. We will auction 2 gorgeous quilts at our September General meeting (one pictured here) to help with needed supplies and materials for our continuing community service projects.



As a club, we have 25 members participating in the Charity Miles app and have accumulated over 8,281 team miles for charity. If you would like to join our club team, go to Charitymiles.org or download the free app with this QR code.



Health and Wellness CSP will begin our regularly scheduled weekly Wednesday meetings in September. The first meeting will be lunch at the Grand Hacienda on **September 3rd at 12:30 p.m.** If you plan to attend, please RSVP to Annette McComas (727) 348-9602. On **September 4th** we are planning a day trip to the Quilted Twins in Dade City. If you are interested in joining us, please contact Annette. **On September 10th** we begin meeting weekly at the clubhouse from 1-3 pm.

Thank you for your continued support for the health and wellness of our local community,
Annette McComas, Health and Wellness Committee Chair

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"



Evening News

Evening News

Tyler Kornatowski & Li Watts, Co-Chairs

We're looking forward to gathering at the Clubhouse again for our first meeting of the season on Tuesday September 9 with the theme: "Welcome Back!" Over the summer, a mighty group of Evening Group volunteers has been hard at work on the "New Teacher Initiative" – please read the article in this newsletter that describes the initiative in detail. The next phase of the initiative includes the opportunity for members to "Adopt a Teacher" at our September 9th meeting. Future Evening Group volunteer efforts in our community for the 2025-2026 season will include celebrating **New Teachers** with a reception and gift basket presentation, preparing dinner for the homeless at **Mission Dei**, helping young women select formal dresses at **Salvation Army Belle of the Ball** boutique, and a scavenger hunt fundraiser for **CASA**. Our **Book Club** meets monthly on the third Tuesday and will discuss The God of the Woods @6:30pm on September 16. We have many more volunteer and social events to be announced so stay tuned! The Evening Group meets monthly on the 2nd Tuesday from September – May with volunteer and social activities continuing throughout the summer months. Our next meeting will be at the Clubhouse on October 14. We gather @ 6:30pm to socialize then begin our meeting @7:00pm. **All are Welcome!**

For more information and/or to get involved, contact:

Tyler Kornatowski tylerkpta@comcast.net or Li Watts. liwwatts@yahoo.com



New Teacher Initiative

(Education & Library CSP and Evening Group)

We are so excited to share a new program we have been working on during the summer and we can't wait to get all of you involved! Our "New Teacher Initiative" is aimed at welcoming teachers who are new to The Sunshine City. The program provides outreach to 65 teachers in 22 public schools located in St. Petersburg and has three main elements:

Welcome Gift Bag

Each teacher new to St. Petersburg Schools received a personalized welcome gift bag from the St. Petersburg Woman's Club. The bags were delivered on August 19th to the teachers' schools and included a St. Pete coffee mug filled with a mini flower bouquet and several other small gift items meant to be a ray of sunshine as they start their school year. Also included in the bags was a welcome card featuring a brief survey for the teachers to complete. The survey essentially creates a wish-list of items each teacher would like for their classroom or personal use to make their day enjoyable.

Shop For A Teacher

Once we have received the completed surveys in late August, we will put together "Shop For A Teacher" sheets for each teacher, which will be available at the September 9 Evening Group and September 12 General Meetings. Similar to the Christmas stocking / Silver Santa program we put together for the holidays, SPWC members will be able to select a sheet and shop for that teacher based on their specific wish list. We will then collect the items and assemble them into personalized gift baskets.

Teacher Reception and Open House

On Tuesday, October 21, we will host a Teacher Reception and Open House at the clubhouse from 4:00 p.m. to 6:00 p.m. when teachers can stop by and socialize over snacks and drinks and pick up their gift baskets. Please save the date for this event! We would love to have as many members in attendance as possible. For most teachers, this will be their first introduction to the club and hopefully some choose to join the SPWC. For those teachers who are unable to attend, we plan to deliver their baskets after the event.

This program would not be made possible without the hard work of our summer working group, the generous grant from the St. Petersburg Woman's Club and everyone who elects to shop for a teacher. If you have questions about the New Teacher Initiative, please reach out to Li Watts.

Thank you for making our new teachers feel welcome to St. Pete!

Joyce Taylor, Chairperson Education and Libraries CSP

Li Watts & Tyler Kornatowski, Co-Chairs Evening Group



Arts & Culture CSP

Marianne Snyder, Chairperson; Mary Fletcher, Assistant

I hope you all enjoyed your summer and are ready for some additional activities this autumn!

We are going to **The James Museum of Western & Wildlife Art** on **Friday, September 26th**. We will have lunch at noon at the Canyon Café which is located inside the museum. We will then have a docent led tour at 1:30 that starts at the special exhibit **"Perseverance: A Woman's Journey West"**. This exhibition offers a rare look at the American West through the often-overlooked eyes of a pioneer woman. Inspired by the 1840's journal of Keturah Belknap (1820-1913), artist Heide Presse created a collection of vibrant oil paintings and graphite drawings that brings Belknap's story to life, from her family's homestead in Iowa to their journey along the Oregon Trail. After visiting this special exhibit we will continue to explore other parts of the museum. Cost for entrance is \$20 for adults / \$15 for seniors. It is located at 150 Central Ave. in St. Pete. **RSVP BEFORE Wednesday, September 17th ONLY to MarianneSnyder233@gmail.com**

Other possible activities this fall include a tour of City Hall and the Morean Arts Center. Keep an eye out for more activities to come!!!

It's not too early to be thinking about our **Arts Competition in January**. It takes place at our general meeting on Friday, January 9th. One of our categories is crafts such as ceramics, clay, beadwork, knitting, crocheting, embroidery, quilting and many more! Another is arts such as painting, drawing, etc. Our last category is photography – go through some of your photos and see which ones you may wish to print for the competition! More information will be coming but if you have questions now, please contact MarianneSnyder233@gmail.com

Mahjongg News

Mah Jongg is available on both Mondays & Thursdays from 2 pm to 4 pm. We have provided lessons for 5 months from April to August. Eight instructors have taught 13 times to 17 of our members. 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 **Thursday, September 11th at 2:00**. We will also provide lessons on Monday, October 13th and Thursday, November 13th. If you are interested in a lesson or a review, please contact Marianne Snyder at this address: MarianneSnyder233@gmail.com

Thought of the Month

"You can't always have a good day.
But you can always face a bad day
with a good attitude."

— Unknown



IMPORTANT - MEMBERS TO VOTE ON BYLAWS REVISION AT THE ANNUAL MEETING ON OCTOBER 10, 2025

The SPWC Board of Directors has voted to submit to SPWC Members a proposed revision to the SPWC Bylaws. The proposed revised Bylaws clarify SPWC practices and procedures, expand the Board of Directors, and establish two-year terms of office for all Directors to be elected in November 2025 and thereafter.

The Proposed Bylaws are set forth below, for your review in preparation for the October 10, 2025, vote. Any questions or comments should be directed to the Bylaws Committee Chairperson, Judy Hunt at judy-hunt@outlook.com.

GFWC ST. PETERSBURG WOMAN'S CLUB, INC. BY-LAWS

Amended October 11, 2025

Article I – Name & Purpose

Section 1. Name

The name of this club is the GFWC St. Petersburg Woman's Club, Inc. ("SPWC" or "the Club").

Section 2. Purpose

SPWC is a member of the General Federation of Women's Clubs ("GFWC") and of the General Federation of Women's Clubs Florida ("GFWC-FL"), is a non-profit Florida corporation, and is organized and operated exclusively for charitable and educational purposes within the meaning of Section 501(c)(3) of the Internal Revenue Code. The Club's calendar year shall run January 1st through December 31st.

Section 3. Club Mission

The Club Mission is community service, [civic participation, educational programs, and preservation of the historic Clubhouse](#) located at 40 Snell Isle Boulevard NE, Saint Petersburg, Florida, 33704.

Section 4. Club Policies

The SPWC Board of Directors ("the Board") is responsible for the policies and routine business of the Club.

Article II – Membership

Section 1. Membership Application and Acceptance

All persons seeking membership in SPWC shall submit to the Vice President of Membership an application and payment of the annual dues established in the Club Standing Rules ("Club Rules"). The Vice President of Membership may either approve the application or submit it to the Board of Directors ("the Board") for consideration. Membership shall not be denied on the basis of religion, race, or nationality.

Section 2. Membership Obligations

To retain membership status, unless exempted by the Board, all SPWC members shall timely pay annual dues as specified in the Club Rules, comply with all other Club Rules, and actively support the Club Mission. The Club's annual dues are to be established by the Board and shall be included in the Club Rules.

Section 3. Membership Privileges

Members may elect SPWC Directors, attend and bring guests to General Meetings free of charge, and participate in Club committees, activities, and social gatherings. All members will be listed in the Club Directory, receive free copies of the Directory and of the Club Newsletter, and enjoy full membership in SPWC, GFWC-FL, and GFWC.

Section 4. Resignation from Membership

A member wishing to resign from SPWC in good standing shall notify the Vice President of Membership. All members who have resigned in good standing will, upon request, receive the Club Newsletter for one year after resignation via email distribution.

Section 5. Termination of Membership/Membership Privileges

SPWC members who fail to pay annual dues by January 1st may be dropped from membership. At each January Board Meeting, the Vice President of Membership shall submit to the Board the list of unpaid members and the Board shall decide whether listed members will be dropped from membership.

Section 6. Reinstatement

A member wishing to be reinstated within one year of being dropped may pay the required dues and rejoin if approved by the Board.

Article III – Meetings

Section 1. General Meetings.

SPWC shall hold General Meetings for the entire membership monthly from September through May.

Section 2. Board Meetings.

A) The Board shall meet monthly from August through May. The Board may conduct its meetings in accordance with rules generally applicable to small boards of directors, including: a) directors may raise issues that are not on the agenda, b) motions need not be seconded, c) informal discussion of a subject is permitted while no motion is pending, and, d) the President may participate in discussions, make motions, and vote.

B) All Directors shall submit an oral or written report to the Board at monthly board meetings. All board proceedings shall be strictly confidential.

C) Members may attend and observe all Board meetings but may not participate in discussion unless requested to do so by any Director. Members may address the Board by submitting in advance a request to the President, who shall place the issue to be discussed on the agenda for the next board meeting.

Section 3. Annual Meeting.

SPWC shall have an Annual Meeting in November, to receive the President's annual report and to conduct elections in odd-numbered years.

Section 4. Quorums.

At General Meetings the quorum is the number of persons present. Seven shall constitute a quorum of the Board of Directors and three shall constitute a quorum of the Executive Committee.

Article IV - Board of Directors

Section 1. Formation of the Board of Directors

The Board may have up to 25 Directors. Directors must be members of the Club in good standing. The Board is made up of biennially elected Officers, General Directors, and Community Service Program ("CSP") Chairpersons. Officers are responsible for actively carrying out the Club's day-to-day business. General Directors are responsible for specified Club functions. CSP Chairpersons are responsible for ensuring that the Club's missions of community service, civic participation, and education are satisfied. There are no term limits for Directors

B) Directors shall be installed at the General Meeting in December and shall assume their duties at the close of that meeting. In the case of a Director's absence from the installation, the President shall install the Director at the next meeting of the Board.

Section 2. Duties of the Board of Directors

A) Directors have a duty to attend meetings of the Board. Each Director may select an assistant and, in the case of a Director's excused absence, an assistant may present a report at a Board meeting and may participate in Board discussions. An assistant may not vote on Board motions.

B) Directors have a duty to present expenditures over their individual spending budgets to the Board for approval.

C) Directors are responsible for upholding fiduciary duties prescribed by Florida statutory and common law, including the duties of care, loyalty, and obedience. The duty of care requires Directors to carry out their duties and responsibilities in good faith, ensuring prudent use of all Club assets, including the Club's facilities and its goodwill. The duty of loyalty requires Directors to act with undivided loyalty to the Club without conflicts of interest or self-dealing. The duty of obedience requires Directors to be faithful to the Club's mission and to comply with the Club's By-laws and Rules and with pertinent federal, state, and local statutes and regulations.

D) Whenever a Director has a financial or personal interest in any matter coming before the Board, the affected person shall fully disclose the nature of the interest and withdraw from discussion, lobbying, and voting on the matter. Any transaction or vote involving a potential conflict of interest shall be approved only when a majority of disinterested Directors determine that it is in the best interest of the Club to do so. The minutes of meetings at which such votes are taken shall record such disclosure, abstention, and rationale for approval.

Section 3 Board Vacancies and Removals

A) A permanent vacancy in the office of the President shall be filled until the next election by the Board through nomination and election from among past and/or present members of the Board. In case of a temporary absence of the President, the Vice Presidents, in the order set forth in Article IV Section 4, shall perform the duties of the President, and, when so acting, shall have all of the powers of, and be subject to all of the restrictions upon the President.

B) Permanent non-President vacancies on the Board may be filled until the next election from the general membership through nomination and election by the Board. In case of an extended but temporary absence of a non-President Director, the President shall assign the Director's duties to another Director.

C) For good cause (including any Director's failure to attend three meetings of the Board without being excused by the President after demonstrating good cause for their absences), a Director may be removed from the Board by the Board before her term of office ends, providing, after notice to the Director whose removal is under consideration, the majority of the Directors present at the relevant Board Meeting vote for such removal, or, the membership at a General Meeting votes for such removal by a two-thirds vote of those members in attendance.

Section 4. Officers

A) Club Officers are the President, Vice President of Membership, Vice President of Finance, Vice President of Fundraising, Vice President of Daily Operations, Vice President of Programs, Recording Secretary, Corresponding Secretary, General Treasurer, and Bookings Treasurer.

B) The President shall preside at all General Meetings of the Club, meetings of the Board, and meetings of the Executive Committee. She shall execute, reassign, or delegate all tasks necessary to the smooth operation of the Club, including, but not limited to: a) preparing an annual report of the club's activities to be presented at the November general meeting, b) establishing an annual calendar, c) reporting as necessary to GFWC and GFWC-FL, d) attending GFWC and GFWC-FL meetings, e) coordinating donations to the Club and from the Club as needed, and e) recruiting persons to fill Board vacancies.

C) The Vice President of Membership shall maintain a roster of members, collect annual dues, develop programs to recruit and retain members, execute the duties assigned to her in these bylaws, and perform any other duties as required by the President or the Board.

D) The Vice President of Finance shall have primary responsibility for financial and accounting matters. She shall: a) be Chairperson of the Standing Finance Committee, b) reconcile monthly and yearly transactions, c) prepare balance sheets, profit and loss statements and budget-to-actual reports, d) submit monthly financial reports to the Board, e) file the Club's annual report with Florida, f) accumulate information for the Club's accountant and ensure that the annual tax return is timely filed, and g) perform any other duties as required by the President or the Board.

E) The Vice President of Fundraising shall develop and execute fundraising events and campaigns and perform any other duties as required by the President or the Board.

F) The Vice President of Daily Operations shall: a) manage and maintain the upkeep and operation of the Clubhouse and its grounds, b) coordinate bookings at the Clubhouse, c) oversee services provided by independent contractors, and d) perform any other duties as required by the President or the Board.

G) The Vice President of Programs shall: a) assist the President in establishing the annual calendar, b) inform each CSP Chairperson regarding their individual spending budgets and the need for them to accurately document all donations and expenses, c) advise the CSP Chairpersons concerning their duties and responsibilities, and d) provide CSP Chairpersons with assistance upon request. She shall maintain close contact with all meeting hosts to ensure that they have planned and are prepared to conduct their meetings and shall keep the President informed regarding meeting plans. She shall: a) assist the President in planning both the Club's Annual Meeting in November and the Installation of the incoming Board in December, b) develop programs for General Meetings not assigned to a CSP Chairperson, and c) perform any other duties as required by the President or the Board.

H) The Recording Secretary shall keep the records of all meetings of the Club, the Executive Committee, and the Board of Directors, and perform any other duties as required by the President or the Board.

I) The Corresponding Secretary shall conduct all correspondence of the Club including sending messages of condolence and cheer, and perform any other duties as required by the President or the Board.

J) The General Treasurer shall: a) collect, receive, and deposit all funds belonging to the Club, b) pay all bills and make all disbursements from the funds of the Club, c) enter data into the financial accounting automated system, and, d) perform any other duties as required by the President or the Board. All funds raised through club functions and committee activities, and all monetary donations, shall be delivered to the General Treasurer as part of the general treasury of the Club and used in support of the Club's Mission.

K) The Bookings Treasurer shall: a) collect, receive, and deposit all funds relating to Bookings, b) pay sales tax and make all disbursements from the Bookings funds, c) enter data into the financial accounting automated system, and d) perform any other duties as required by the President or the Board.

Section 5. General Directors

General Directors are: a) the Newsletter/Directory Director, b) the Publicity/Social Media Director, c) the Social Director, and d) the Evening Committee Director, and are the Chairpersons of the SPWC Standing Committees described in Article V, Sections 4 through 7. General Directors shall oversee their Committees, shall provide reports of Committee actions at Board Meetings, and, perform any other duties as required by the President or the Board.

Section 6. CSP Chairpersons

CSP Chairpersons shall correspond with those Community Service Programs biennially designated by the Board. In August of even-numbered years, the Board shall select SPWC CSP programs from those Programs identified by the GFWC. Each CSP Chairperson shall manage the subject matter of her position, with the advice and assistance of the Vice-President of Programs, and perform any other duties as required by the President or the Board.

Article V - Committees

Section 1. Standing and Ad Hoc Committees

- A) A standing committee is a permanent committee. The Club shall maintain a standing Executive Committee, Finance Committee, Newsletter/Directory Committee, Publicity/Social Media Committee, Social Committee, and Evening Committee.
- B) An ad hoc committee is a temporary committee. The President may form an ad hoc committee as she deems necessary and appoint a chairperson to carry out designated responsibilities on behalf of the Club. Any Director may form an ad hoc committee to assist her in executing her particular responsibilities, act as the committee's chairperson, and dissolve the committee when it has served its purpose.
- C) A committee may consist of one person except that the President shall be an ex-officio member of every committee except the Nominating Committee.

Section 2. Standing Executive Committee

- A) The Executive Committee shall be composed of the President, Vice President of Membership, Vice President of Finance, Vice President of Fundraising, Vice President of Daily Operations, Vice President of Programs, and Recording Secretary. The President shall serve as chairperson of the Executive Committee.
- B) Between board meetings, the Executive Committee may address emergencies and pressing needs of importance. The Executive Committee shall meet at the call of the President or at the request of three members of the Committee. The meeting may be held by telephone conference call or by an electronic face-to-face method.
- C) The Executive Committee may exercise all powers of the Board in the management and affairs of the Club except such Committee shall not have the authority to amend the Certificate of Incorporation or these Bylaws. At the earliest possible time, the President shall advise the Board of all actions and decisions of the Executive Committee and, insofar as possible, the Board may overrule any action or decision of the Executive Committee.

Section 3. Standing Finance Committee

- A) The Finance Committee shall oversee the Club's finances. The Finance Committee shall be composed of the President, Vice-President of Finance, Vice-President of Daily Operations, Bookings Treasurer, and General Treasurer. The Vice-President of Finance shall serve as chairperson of the Finance Committee.
- B) Each year, prior to the January Board meeting, the Finance Committee shall prepare and present to the Board a budget for the year, which shall include Directors' individual spending budgets. The proposed budget shall be presented to the Board for approval or modification at the January Board Meeting.
- C) In October and April, the Finance Committee shall examine club records for accuracy and submit a report of the examination to the Board.
- D) The Finance Committee shall develop and oversee budgeting for major repairs and improvements to the Clubhouse, shall secure Board approval for such projects, and shall assist the Vice-President of Daily Operations in completing such repairs and improvements, as needed.
- E) An outside accountant shall prepare the Club's annual tax returns and have access to all club financial records as necessary.

Section 4. Standing Newsletter/Directory Committee

- A) Monthly, from August through June, except January, the Newsletter/Directory Committee shall produce a newsletter describing club activities, goals, and achievements and shall distribute it to all Club members via methods established by the Board.
- B) For January distribution, the Newsletter/Directory Committee shall produce an annual directory that contains information as directed by the Board.

Section 5. Standing Publicity/Social Media Committee

The Publicity/Social Media Committee shall promote and publicize the Club in traditional and social media, submit articles to local publications, and submit contributions to all GFWC affiliates' newsletters.

Section 6. Standing Social Committee

The Social Committee shall plan and coordinate social functions to foster goodwill and enjoyment for Club members, for the purpose of developing a sense of community spirit and loyalty.

Section 7. Standing Evening Committee

- A) The Evening Committee shall meet monthly during evening hours to accommodate members who cannot, or prefer not to, participate in club projects during regular business hours. Committee members shall agree to regularly attend the monthly meetings and to participate in Committee projects. The Committee chairperson shall maintain a roster of Committee members and share it with the Club President and the Vice President of Membership. Any SPWC member may attend any or all meetings of the Evening Committee.
- B) The Evening Committee shall execute projects in service of the Club Mission within the Club's overall structure for community service, civic participation, educational programs, and preservation of the historic Clubhouse, and shall coordinate and cooperate with ongoing programs and projects of all Directors.

Article VI – Nominating Committee and Elections

Section 1. Nominating Committee

A) A Nominating Committee shall be formed each odd-numbered year to select candidates to serve on the following two years' Board and to conduct elections at the upcoming Annual Meeting. The Committee shall consist of a Chairperson (either a Director or a member), two current Directors, and two persons selected from the general membership. The President may not serve on the Nominating Committee.

B) All members of the Nominating Committee must have been sufficiently involved in Club functions and activities to have an adequate understanding of the duties and responsibilities of the candidates that they select, specifically by having: a) served on the Club's Board of Directors, b) served as an assistant to a Club Director, c) served on a Club Committee, d) actively supported or participated in Club projects designed to raise funds, enhance membership, or maintain the Clubhouse, or, e) actively supported or participated in Club projects designed to serve the Club or the St Petersburg community.

C) In odd-numbered years, prior to the April meeting of the Board of Directors, the President shall direct all other Directors to submit the name of a qualified nominee for the position of Chairperson of the Nominating Committee. Directors must secure the proposed nominees' permission prior to submitting names to the Board. At the April Board meeting, the Board shall elect the Chairperson from among those qualified nominees.

D) The Chairperson of the Nominating Committee shall then form the Nominating Committee and present her selection of committee members to the Board for approval at the May board meeting, describing the proposed committee members' qualifications. If the Board fails to approve any proposed committee member, the Chairperson and/or any Director other than the President may nominate a replacement nominee.

Section 2. Director Nominations

The Nominating Committee shall recruit at least one candidate to fill each Director position during the next two Club years. A nominee for President must have previously served as a member of the Board of Directors. All other nominees may be selected from the Club's general membership. The Nominating Committee must ensure that their candidates: a) are Club members in good standing, b) have agreed to attend Board meetings, or to have an assistant attend a board meeting in their absence, except in the case of an emergency, c) understand that Directors are fiduciaries obliged to adopt sound and ethical club policies and financial management, and d) have the skill and willingness to fully execute the particular duties and responsibilities described in Article IV of these bylaws.

If the Nominating Committee is unable to secure a willing and qualified nominee for a position, that position will remain vacant until filled by the Board or until the next election. The Nominating Committee shall present its proposed slate of Directors at the November Annual Meeting. Additional nominations may be made from the floor with the previous consent of the nominee. At that time, said nominee shall have a list of her qualifications to present to the Committee if requested.

Section 3. Elections

Election of Directors shall be by secret ballot unless there is only one nominee for a position, in which case a voice or hard vote may be taken. The Nominating Committee shall collect and total any ballots. The Chairperson of the Nominating Committee shall immediately announce winners of the election. The Committee is dissolved after each biennial election is completed.

Article VII – Standing Club Rules

Section 1. Implementation and Publication of Standing Club Rules

Policies that govern Club operations shall be established by the Board and set forth in Standing Club Rules, which shall be published in the Club's annual Directory. The Rules shall establish the annual membership dues and meeting schedules.

Section 2. Amendments of Standing Club Rules

The Rules may be amended by the Board at any time. Any amendment shall be published in the Club's monthly newsletter.

Section 3. Annual Review of Standing Club Rules

Annually, at the May board meeting, the President shall form an ad hoc Rules Committee and advise Directors to submit to this committee any proposed changes or additions to the Rules. In August, the committee shall provide the Board a compilation of all suggested changes and improvements and submit for approval the committee's recommended amendments and additions, if any.

Article VIII – Parliamentarian Authority

All Meetings of this Club shall be conducted in accordance with these By-Laws and Roberts Rules of Order, Newly Revised, 11th ed. Pp.487-88, governing the "procedure in Small Boards," in that order.

Article IX – Amendments

A) All proposed amendments and revisions to the Bylaws must be approved by the Board.

B) Bylaws may be amended or revised by a two-third vote of the members present and voting at any General Meeting provided that thirty (30) days previous notice has been given to the membership, or, without previous notice, by unanimous vote of the entire membership present.

C) The Bylaws or the Articles of Incorporation may not be amended in such a manner as to cause the Club to be in conflict with Florida law or with Section 501(c)(3) of the Internal Revenue Code.

Article X – Dissolution

In the event this Organization shall be dissolved for any reason, the Board of Directors shall, after paying or making provision for the payment of all of the liabilities of the Club, transfer all of the assets of the corporation to GFWC-FL. No part of the income, earnings, or assets of the corporation shall inure to the benefit of any member or be distributed to any member.

GFWC St. Petersburg Woman's Club, Inc.

By _____ this _____ day of _____, 2025

Barbara Sundholm, President

I, Roseanna Costa, Recording Secretary of the GFWC St. Petersburg Woman's Club, Inc., attest that these Bylaws were adopted by the voting membership of the organization as required by the Bylaws.

By _____ this _____ day of _____, 2025

Roseanna Costa, Recording Secretary



Fundraising

Ashley Miller, VP

Save the date: March 7th, 2026 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.



Civic Engagement CSP

Gail Brazzell, Chairperson; Joy Sterling, Assistant

CIVIC ENGAGEMENT CSP invites all SPWC MEMBERS to meet at 1pm on **Monday, September 8th** - to write cards to be given to Veterans on the September 16th Honor Flight.

The next Honor flights are scheduled for September 16th and October 21st.

For more HONOR FLIGHT information, carpool...contact Cynthia Guillaume or Roseanna Costa.

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.



Club Calendar

Friday, September 12: Club Day Meeting at 1 pm.
Hosted by Education CSP
Collection of school supplies for Title I School

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 September 2025



Happy Birthday!

| | | | |
|------------------------|---------------------------|--------------------------|--------------------------|
| Sep 03—Suzanne Bareham | Oct 04—Gaia Banovich | Nov 11—Annette McComas | Dec 05—Antoinette Corey |
| Sep 04—Liz Coerver | Oct 05—Joanie Rubenstein | Nov 13—Brenda Tate | Dec 06—Julie Hall |
| Sep 10—Cindy White | Oct 06—Susan Kleine | Nov 13—Esther Tonn | Dec 06—Tara Kipp |
| Sep 11—Nanci Odum | Oct 07—Barbara Gruters | Nov 14—Dawn Reid | Dec 07—Lisa Zamanillo |
| Sep 13—Ruth Ross | Oct 07—Li Watts | Nov 16—Jeanne Nissenbaum | Dec 08—Maria Rossi |
| Sep 14—Emily Lischer | Oct 08—Josephine Spinelli | Nov 17—Jean Mathurin | Dec 11—Aziza Hood |
| Sep 15—Rose Ferraro | Oct 08—Mary Walton | Nov 18—Jeanne Bohnet | Dec 12—Suzanne Chesser |
| Sep 18—Stacey Sullivan | Oct 09—Janice Fleming | Nov 20—Cynthia Guillama | Dec 14—Katharine Magrann |
| Sep 20—Jennie Jamison | Oct 09—Lynda Jollay | Nov 21—Marleen Collins | Dec 14—Carole Pope |
| Sep 25—Cheryl Freeburg | Oct 11—Joyce Taylor | Nov 21—Holly Tutun | Dec 18—Ann Cannon |
| Sep 27—Barbara Sora | Oct 20—Suzi Cooper | Nov 23—Elizabeth Hammer | Dec 18—Laurie Marks |
| Sep 28—Linda Traviesa | Oct 21—Pamela Breen | Nov 24—Norma Allen | Dec 18—Dorothy Shuman |
| Sep 30—Andi Barlow | Oct 21—Patricia Jordan | Nov 25—Tyler Kornatowski | Dec 19—Judy Lee |
| Sep 30—Linda Watson | Oct 24—Gina Daro | Nov 26—Emily Knight | Dec 24—Carol Howard |
| Oct 01—Nancy Ruane | Oct 25—Grace Harrison | Nov 28—Martha Stein | Dec 25—Carol Tillis |
| Oct 02—Jan Brinkley | Oct 26—Evelyn Nakelski | Nov 29—Jill Whelpley | Dec 29—Louise Choate |
| Oct 02—Lucille Clark | Oct 29—Kerry Ramsberger | Nov 30—Barbara Montanari | Dec 29—Petra Urban |
| Oct 02—Claudia Griffin | Oct 31—Mary Spinelli | Dec 01—Maureen Burns | Dec 30—Teresa Hartley |
| Oct 02—Jeanne Sanchez | Nov 05—Joyce Sterling | Dec 03—Cindy Stokes | Dec 31—Deborah Burke |