

THE 1987 - 2020 NEWZ

April 2020 Newz Edition

IN THIS ISSUE

PRESIDENT'S MESSAGE P.1

SPOTLIGHT P. 3

MEMBERSHIP P. 4

FOCUS P. 6

NOMINATING COMMITTEE P. 7

CHARITABLE ENDEAVORS P. 8

WAYS & MEANS P. 11

SOCIAL P.12

PROGRAMS P.13

CORRESPONDING SECRETARY P.14

CHARITIES P. 15

SPONSORS P. 16

[CLICK HERE TO SEE THE
CALENDAR](#)

A Message from the President

Due to the ongoing uncertainties and safety concerns surrounding COVID-19, we decided to **cancel ALL HWC-related gatherings through April 30, 2020.**

That means the previously scheduled April 14 General Meeting/Luncheon is **cancelled**, and reservations will remain closed on our website.

However, the timely business activities of the club must continue. The Board has decided that the imperative member voting will be conducted via ONE easy-to-use electronic survey that will provide you with the ability to vote on the recommendations for the:

- 1) 2020-2021 Charities that we will support
- AND
- 2) 2020-2021 Board of Directors Slate of Officers

We will notify you via email, when that survey becomes available on the HWC website.

Later in April, we will also notify you when the Annual Member Survey is ready for your input. And, we have decided to delay member voting on the recommended By-Law changes. We hope to be able to share all results with you at the May meeting. We will, however, continue to monitor safety instructions from the government, and in the event, we must cancel the May meeting, we will communicate all results electronically.

So, above all else, stay safe and well. And, please keep in touch with each other. If you have a need, or learn of a member with a need, please let me know. We will do our best to find resources to meet that need. We will get through this and, I believe, we will be stronger thereafter.

Sincere Best Regards, Lee

HWC Q & A

Check back next month for more HWC/HWCC history



SPOTLIGHT: Lynn Wollin

Lynn assumed the position as one of the co-chairs of the Charitable Endeavors committee at the beginning of the HWC 2019-2020 fiscal year. We wanted to learn a little more about her and asked her the following questions:

- ❖ **Where did you grow up?** I grew up in a very small rural community in Minnesota (Eldred, Minnesota). Which is approximately 60 miles north of Fargo, N.D. on the Minnesota side.
- ❖ **Do you have siblings?** 1 brother (12 years older) 1 Sister (11 years older)
- ❖ **What did Mom/Dad do professionally?** My Dad was a farmer and my mother a home designer/remodeler.
- ❖ **Anything unique/interesting you want to share.** Even though I lived in “snow” country, I hated winter sports/activities. I moved away from cold Minnesota and to one of the most beautiful communities-Santa Barbara, CA when I was 19 years old. I lived with my sister and her family until I found a job and apartment.
- ❖ **Tell me where you went to college; what is your degree?** My background includes an M.A. in Human Resources from Rollins College and a B.S./B.A. in Business Management from the University of Central Florida.
- ❖ **Did you marry?** Yes. I met Gordon Browne in California and we got married in 1984 after dating for 8 years.
- ❖ **Do you have children?** No. Our cats are our “fur babies.” We also have several nieces and nephews that have enriched our lives.
- ❖ **Tell us about your career.** I have over 25 years of professional experience in government, retail, corporate and community volunteer endeavors. For 18 years, I worked for 2 non-profit organizations as Human Resource Director: Harbor House and Hospice of the Comforter.
- ❖ **With what charities have you been involved?** I have been actively involved in community activities, including assisting with local community boards. I have provided training for the Orlando Chamber of Commerce Leadership Orlando program, as well as, filling leadership positions in Junior League of Greater Orlando.
- ❖ **When did you move to Central Florida?** We moved here from Santa Barbara, CA in 1978. My then boyfriend, now husband, got a job transfer to the Central Florida area.
- ❖ **When and why did you join Heathrow Women’s Club?** I’ve been a member 3 years. Now that I’m retired and have more time, I’d like to meet other women and continue to find ways that I can use my talents. I believe very strongly in our Mission Statement!
- ❖ **What offices do you/have you held for HWC?** This is my first year as Co-Chair of Charitable Endeavors.
- ❖ **What activities do you like to participate in with HWC?** Projects working with the charities and assisting with any other administrative/fundraising needs.
- ❖ **What do you like best about being a member of HWC?** The mission of HWC, working with the charities we support and getting to meet and socialize with incredible women. I particularly have enjoyed Bunko.

Do you have any hobbies? I enjoy reading, walking/hiking, playing cards/games, party planning/entertaining/home decorating. Since retirement, my husband and I have traveled more frequently. We’ve taken 2 Viking cruises. We’ve been to France, Alaska, and Canada. We also have taken several trips that are closer to home including Boone, Asheville, and Smoky Mountains in Tennessee.

MEMBERSHIP & HOSPITALITY

As of February 2020, our Membership total is 157 (32 are new members)

We encourage all Heathrow Women's Club members to introduce yourselves to our new members at a luncheon, committee meeting, or social event (whenever they resume). Our club can be a bit intimidating and this small gesture will make our new members feel more comfortable and inspire them to get involved. A warm smiling face goes a long way.

Please take a moment to view our new members on the Heathrow Women's Club website under the Membership tab. Here you will find our new members pictures and bio's.

<http://www.heathrowwomensclub.com/new-membership-gallery>

The Membership & Hospitality Committee helps to make new members feel welcome at luncheons and club events, acts as mentors to new members, and assists with hosting two new member socials annually.

The club year runs June 1st to May 31st.

There are two ways to renew/join Heathrow Women's Club:

Online: <http://www.heathrowwomensclub.com/pay-online/membership-dues>

By Mail: Print the online form and mail along with your 2 checks to:

Judy Quattri, HWC Membership & Hospitality Vice President
3329 Oakmont Terrace
Longwood, FL 32779

To see members birthdays and anniversaries visit
<http://www.heathrowwomensclub.com/membership-directory>



Code of Conduct for Members

COLLECT FOR CLUB MEMBERS

"Keep us, oh 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 pretense and meet each other face to face,
without self-pity and without prejudice.

May we never be hasty in judgement and always generous.

Let us take time for all things; and to grow calm, serene, 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 at one.

And may we strive to touch and to know the great, common human heart of us all.

And, oh Lord God, **let us not forget to be kind!**"

By Mary Stewart (1904)

1. Members shall strive to abide by the Club Collect.
2. Members shall be dedicated to charitable fundraising and volunteerism for our chosen charities, benefiting women and children in Seminole County.
3. Members shall actively participate to the best of their ability in club activities, committees, and fundraising endeavors/events.
4. Members shall promote friendship, harmony and good will amongst our members and within our community; therefore, gossip or disparaging words of any kind will not be tolerated.
5. Members shall be hospitable and friendly to guests and new members, warmly welcoming them.
6. The names, addresses, and telephone numbers in the members' directory are to be used for the sole purpose of Heathrow Women's Club business. No member shall be allowed to use these names to solicit business, personal charities, political causes or to make other announcements unrelated to club business.
7. Members shall not solicit during any club business or social activities.
8. Members shall adhere to the luncheon reservation policy and be financially responsible to pay for untimely cancellations.
9. Heathrow Women's Club/Heathrow Women's Club Charities, Inc. is an all-volunteer non-profit organization which is neither political nor religious. As per our Club By-laws, during any club business or social activities, members shall refrain from making political or religious statements.
10. Members shall be "kind" in every word, action, and deed.

(Failure by any member to abide by the Code of Conduct for members shall be subject to immediately having their Club Membership revoked by a quorum vote of the Board of Directors.)

Focus

The Focus Committee assures that the By-Laws and Policies and Procedures are consistent with Club operations, as well as conducts a member survey to aid in the upcoming year's planning.

In April, all members will receive an email with instructions to access our Annual Member Survey. Please be on the lookout for it as your input is very important to the operation of our club. This is a great opportunity to have your voice heard! Should you have no access to email, please contact Ellen Yeaser at eyeaserhwc@aol.com to obtain a printed version. The printed version is only for those with no email access, please!

Due to the cancellation of the April Luncheon, we will postpone the vote on recommended changes to the HWC By-Laws. These predominantly administrative changes were outlined in the March edition of The Newz, giving the membership the required 30-day notice of the changes. They are included again below in case you missed them. You may refer to a complete copy of the By-Laws, prior to these changes, on our website.

Article #4 – Membership

- Changed all references to Membership Vice President to **Membership & Hospitality Vice President**.

Article #5 – Duties of the Officers

- Article 5-3 – Changed Communications Chairperson to **Technical Services Chairperson**.
- Article 5-4 – Changed Membership Chairperson to **Membership & Hospitality Chairperson**
- Article 5-5 – **Removed “and its charities”** from the sentence “The Charitable Endeavors Vice President shall chair a committee to review and suggest charities to be supported by the Heathrow Women’s Club **and its charities.**”
- Article 5-7 – Added that the Recording Secretary will **“post the minutes of all meetings to the shared document site for access by our membership.”**
- Article 5-9 – Added that the Treasurer may be **re-elected for one additional term in succession, ideally, up to a maximum of three years**

Article #6 – Standing Committees – Changed Communications to **Technical Services**

Article #9 – Dues and Finances

- Article #9-1 – Added the word “Annual” to **Annual** dues are payable upon receipt of membership renewal notice in May.
- Article #9-1 – Changed “New Members paying dues between January 1 and March 31 pay full yearly dues to HWC and full yearly dues to HWCC” to **“New members joining in April or May will have a valid membership for the upcoming year.”**

Nominating Committee

The nominating Committee shared the proposed slate of officers for Heathrow Women's Club 2020-2021 in the March NEWZ and at the March 10, 2020 General Meeting. Due to the cancellation of the April luncheon, member voting on the recommendations will be conducted electronically. Write-in candidates for any office will be accepted on the survey. Members of the Nominating Committee include: (Chair) Ginny Castellani, Becki Miller, Patti Neveleff, and Judy Quattry. The proposed slate is provided again in case you missed it.

PROPOSED 2020-2021 HWC BOARD OF DIRECTORS

Position	Member
President	Darlene Entringer
Charitable Endeavors	Alma Rzewnicki Anna Kiss
Programs	Jane Oatway
Membership/Hospitality	Judy Quattry
Ways and Means	Nancy Jones Jossie Rode
Treasurer	Linda Caron
Parliamentarian	To be named by the new President
Recording Secretary	Pam Drew
Corresponding Secretary	Becki Miller
Technical Services	Cynthia Lebowitz
Public Relations	Kerriane Arnold
Social	Mary Beth Ketelhut
Focus	Sheryl Johnson
Advisor	Lee Granger

CHARITABLE ENDEAVORS

The Charitable Endeavors Committee continues to offer volunteer activities for our charities and enjoys a large membership. We are grateful for the interest and participation.

Charity applications for 2020-21 were reviewed by a subcommittee and presented to the entire committee last month. Following an electronic voting process to the 66 CE committee members, the same four charities that we have served this past year were recommended to the Board for the next year. They are SafeHouse of Seminole County, The Boys and Girls Club of Central Florida, Seminole County Friends of Abused Children, Inc. and The Foundation for Seminole County Public Schools. The Board accepted these recommendations and they were presented to members at the luncheon on March 10th. Due to the cancellation of the April luncheon, voting by the membership will be held electronically during April

The committee will be making recommendations to the board regarding the distribution of funds (in percentages) to our 2019-2020 charities at the May luncheon. Their recommendations will be made via committee electronic voting, the week of April 13.

Due to COVID-19, Seminole County Public Schools is seeing an increase in need for food and other essential items for our students. Currently, SCPS has over 1,200 homeless students and 30,000 students in low-income households. These working families are feeling the burden of the economic slowdown. The Foundation exists to enhance education in Seminole County Public Schools. You can help ensure students have the food and resources they need during this difficult time. Follow this link to find out three different ways you can help during this pandemic:
<http://foundationscps.org/foundation-news/covid-19-increasing-essential-needs-for-students/>

We are looking for luggage (new or gently used, 22" or smaller) for foster children entering the system through Seminole County Friends of Abused Children, Inc. If you have luggage to donate, please contact Linda Wright, lwright1228@aol.com to coordinate pick up.

Carol Ann Dove, coordinator for the Boys and Girls Club birthday parties, has reported that she is looking for volunteers to serve during the summer months. If you can help, please look for the sign-up sheet at the May luncheon or contact Carol Ann directly at cadove1@att.net.

Lisa Batcho is coordinating Mother's Day for SafeHouse scheduled for May 9th. Oakmonte Village has volunteered to cater this event and Charitable Endeavors' committee members have generously donated money for Lisa to purchase candy and flowers for the women at the shelter. Thanks also to Alison Potokin, who is helping with this project. We will work with SafeHouse to determine whether and how to support the residents on Mother's Day.

The graduation night for The Foundation for Seminole County Public Schools event for the Take Stock in Children mentoring program has been **cancelled**. The FSCPS plans to take videos of the graduates and will share with us. They conveyed their thanks for our willingness to support this event.

If interested in any of the following, please contact the coordinators listed below:

- Boys and Girls Club birthday parties – Carol Ann Dove
- SafeHouse monthly Clothes Closet – Cyndy Bloch
- SafeHouse Night of Beauty – Peggy Pyle
- Mentoring a child for the Foundation – Lynn Wollin
- General interest in tutoring a child – Leslie Guerra
- Assembling/Distributing back packs at Milwee Middle School – Gayle Gattuso
- Mother's Day appreciation for SafeHouse women – Lisa Batcho

Please contact us at charitableendeavors@heathrowwomensclub.org with questions, concerns, feedback and/or to join our committee.



Why You Should Start Colorectal Screenings Sooner

The American Cancer Society recently announced that colon and rectal cancer screening for adults should begin at age 45 instead of 50, as previously advised. In the U.S., colorectal cancer is the second-leading cause of cancer-related deaths among cancers that affect both men and women, according to the Centers for Disease Control and Prevention.

Colonoscopies are valuable: they not only detect cancer; they can help prevent it from happening at all.

Traditional colonoscopy remains the gold standard simply because it's the methodology used to view the colon, remove polyps if they're there, and to biopsy any suspicious lesions that might be cancer.

Stool testing can look for microscopic amounts of blood or genetic material that might point to cancer, but this testing is more commonly used only if there is a need to reduce the demand for colonoscopy in a community. Those stool test results, however, may indicate the need for a colonoscopy anyway.

If a patient refuses a colonoscopy or had one that was unsuccessful (their physician was unable to adequately see inside the colon due to its anatomy or other factors), a barium enema may be necessary. This is an X-ray test in which a white liquid (barium) is placed into the rectum and colon through the anus to enhance the imaging of the bowel.

How Often Do I Need to Get Screened?

If your initial colonoscopy is normal, and you have no factors that make you high risk, you can likely wait ten years between screenings.

The fine print is that this depends on a normal examination, no new symptoms, and no additional high-risk factors like strong family history, or underlying conditions such as colitis, he said. The majority of people are considered average risk.

Overcoming Colonoscopy Anxiety

Almost 90 percent of colorectal cancers start as a very small benign polyp, he said, and if that is removed during routine colonoscopy, it simply doesn't turn into a cancer.

Colonoscopy does two things: it picks up cancers earlier, therefore the outcome of treatment is better, and most importantly, it actually prevents you from getting cancer. It's enormously beneficial.

And for those worried that this is a big, daunting event: You're in and out of the facility in just a few hours, and it really is incredibly safe.

If you'd like more information about colorectal screenings or want to start the scheduling process, we're glad to be your guide. Please give us a call at Call855-303-DOCS (3627) or visit GetScreenedToday.com.

Ways and Means



Our “Step into Spring Fashion Show” was a whole lot of fun and a successful fundraiser for our charities. We could not have managed this event without the help of many volunteers, starting in August through the clean-up at the event. There were about 50 people who pitched in to assist us.

The event would not have been a success without our celebrity Models, Liza Seale, Amy Lockhart, Tina Calderone, and the Arthur Murray Dancers. We owe a big thank you to Mary Crouse for recruiting and managing the Arthur Murray Dancers/models (and for performing herself!). Having Jossie Rode perform added to the glamor and excitement of the afternoon.

Maureen LaRocca and Cynthia Lebowitz donated the beautiful basket for our March luncheon raffle. We raised \$332 for our fundraising efforts. The basket was won by JoAnn Bloom. If you weren't at the luncheon, there were also additional surprise raffles. We had one basket (donated by Mercedes) left over from the Spring Event and that basket was won by Peggy Pyle. Our guest speakers from Orlando City Soccer and Orlando Pride also donated four club-level tickets to an Orlando Pride game. That raffle was won by Nancy Jones.

If you have a business or would like to promote the business you work for, there are opportunities for annual HWCC sponsorships. You can contact Nancy Jones for more information at waysandmeans@heathrowwomensclub.org.

To see all of the upcoming events visit
www.heathrowwomensclub.com/calendar

SOCIAL

The Social Committee decides what activities are appropriate for HWC and then plans and executes them.

Unfortunately, we had to suspend all of Heathrow Women's Club social activities through April 30 due to the coronavirus. We will let you know when Movie & Dinner, Lunch Bunch and Ladies Night Out will resume gathering.

Group Activities

Subject to possible Cancellation due to COVID-19

Happy Hour Social will be hosted at the home of Debbie Rush & Greg Camp on Friday, May 1st from 6:00pm-9:00pm. All members are invited and may bring a spouse or one adult guest. Guests are asked to bring an appetizer or dessert to share, your choice of beverage and \$2 per person to defray the costs of serving products. ***You may now sign-up for this event at the Heathrow Women's Club website.*** Go to the website and click on Social Events Registration and fill out your contact information and choice of food to bring to Happy Hour Social. Sign-up sheets will also be available at the next luncheon meeting.

Sign-up sheets for new social groups will be available at the next luncheon meeting. We are looking for more members to start a new bunco, book club and mélange social groups.

Please contact Mary Beth Ketelhut if you have any new ideas for a social activity.
socialgroups@heathrowwomensclub.org

HAPPY SOCIALIZING... WITH A PURPOSE!

PROGRAMS

Next Meeting

Tuesday, May 12, 2020 (unless cancelled)

11:00 am Luncheon Registration

11:30 am Business Meeting

12:00 pm Luncheon

Registration Deadline: noon, Thursday, May 7

Program

We will have our four charities in attendance to receive HWCC donation checks. The Business Meeting will review the results of all electronic voting by the membership.

Menu TBD—Buffet

CORRESPONDING

Secretary

REMEMBRANCE DONATIONS

Is there someone you would like to remember, celebrate, or honor in the form of a charitable donation? The Heathrow Women's Club Charities (HWCC) has donation forms that you can easily access on the HWC website at: <http://www.heathrowwomensclub.com/donations>. Just print out the form by clicking on "Please fill out this form" and mail it with your donation payable to Heathrow Women's Club Charities, Inc., P.O. Box 950145, Lake Mary, FL 32795-0145. Your gift, thoughts, and kind generosity will be very much appreciated by the ones whom you are honoring and our charities, that we work so hard for, will benefit greatly as well. No gift is too large or too small.

If you'd like to donate to Christine's Safe Pet Fund in memory of our Past President, Christine Gillen, please contact Patti Neveleff for more information or visit the HWC website at: <http://www.heathrowwomensclub.com/christines-safe-pet-fund> where you can click the donate button and give online.

Most importantly, if you know of a club member that is experiencing health problems, undergoing surgery, or who has a spouse who is experiencing these conditions, please notify me, so that I may send them a note from the club to express our thoughts and support.

If you have any questions, please contact: Becki Miller, Corresponding Secretary; 407-687-5780; rebekahmiller@bellsouth.net

CHARITIES

Please Consider Heathrow Women's Club Charities as your Charity of Choice when making a donation to commemorate a special occasion, show appreciation or offer condolences. The Special Donation Form can be found [here](#) or contact Sally Beisler at 407-333-1910. Mail the form along with your check made payable to: Heathrow Women's Club Charities, Inc., PO Box 950145, Lake Mary, FL 32795. Notification will be sent to the individual you are honoring, and you will be sent an acknowledgement of your donation. This is a wonderful way to show someone that you are thinking of them and to support our local charities listed below.

With the help of our sponsors listed on the following pages, we are able to proudly support the below Seminole County charities that benefit women and children.



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“The most wasted of days
is one without laughter.” —E.E. Cummings

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