

THE 1987 - 2020 NEWZ

February 2020 Newz Edition

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[CLICK HERE TO SEE THE
CALENDAR](#)

A Message from the President

Mark your calendars and make your reservations now for our February 11 General Meeting and Luncheon. Back by popular demand, a chef from Oakmonte Village will be demonstrating how to make a tasty dessert, then we get to eat the treat, which will be accompanied with a paired wine!!! Yummy!

We'll hold two major fundraisers in the first quarter—The Yard Sale on February 1 and the Fashion Show on March 8. I know we all will work together to make these events successful! Plus, we will be making a push to obtain and renew our sponsors—annual, event, and silent auction donations. Thanks, so much to GEICO for already renewing as the Title Sponsor for our Step into Spring Fashion Show! But we still need your help; please volunteer to go out and get us more sponsorships and donations for our charitable giving initiatives!

Patti Neveleff and I have been invited back as guests on Mary Flynn's (she was our guest speaker in November and shared her experiences as a Hallmark greeting card writer) live radio talk show that airs on Salem Media's WBZW 1520 AM, *Your Hometown*, weekday afternoons from 3:00 to 5:00. We will be on her program on Thursday, February 13. So, please call in and ask us some interesting, but easy, questions. (407) 774-8255 We'll be talking about our upcoming Fashion Show and how it will be a perfect Valentine's Day Gift. You may listen to the last podcast at: <https://1520wbzw.com/podcast>.

We recently received 5 applications from charitable organizations to become the charities we support during the upcoming fiscal year. The Charitable Endeavors committee is following the selection process which you may review on our website at: <http://www.heathrowwomensclub.com/policies-procedures>. They will make recommendations to the Board in February and to the members in March. The members will vote on which charities to support in fiscal 2020-2021 at the April General Meeting and Luncheon.

Make your February General Meeting and Luncheon reservations beginning January 28th! If you require any assistance in making the reservation, please call Patti Neveleff at (407) 463-0223 as she is filling in while Clety Gomez is on vacation. To ensure your reservation has been recorded you MUST receive a confirmation in your email, otherwise you are NOT registered.

Sincere Best Regards, Lee

HWC Q & A

WHY IS IT THAT

HWC/HWCC seeks both sponsorships and donations? What is the difference?

HWC/HWCC uses sponsorships and donations to help raise funds for our charities. Monetary sponsorships can be made on an annual basis or be for a "Title" Sponsor at one of our major events. We also have "in-kind" sponsorships like local magazines which give us "free" publicity. The Ways and Means committee is in the process of reviewing and revising our sponsorship opportunities to better communicate what the sponsors receive from HWC/HWCC in return for their funding or in-kind sponsorships. We have to be able to easily explain our sponsorship offerings and deliver on the promised sponsor benefits. And, if we can raise more funds through annual sponsorships, it will relieve some pressure on our fundraising events.

Donations from outside HWC/HWCC are almost always sought in conjunction with one of our major fundraisers. These donations are usually gift cards and/or merchandise which we package into baskets for our silent auctions at these events. We need help getting these donations for our Step into Spring Fashion Show. The effort is being organized by our Ways & Means co-chairs. So, if you know of a local individual or business we can approach, please contact the co-chairs at fashionshow@heathrowwomensclub.org.

Remembrance donations may be made to remember, celebrate, or honor someone. Please see the Corresponding Secretary's article, later in this newsletter, for a full explanation and instructions on donating service.



SPOTLIGHT: Leslie Guerra

The current co-chair of Charitable Endeavors, Leslie Guerra, just joined HWC in November of 2018 and has jumped right in. We wanted to share some of Leslie's story with you.

- **Where did you grow up?** Junction City, Kansas – a military town of about 20,000 people in the middle of Kansas (Although my family was not in the military).
- **Do you have siblings?** I am the third of four females – 7 years difference between the oldest and the youngest. All three live in Junction City as well as my Mom, who is almost 94. I am the only one who lives away from the area now.
- **What did your parents do professionally?** My dad was a realtor, but also very civic minded – he was involved with the county and city commissions. When I was in high school, he was the mayor. He was still active in the community when he died 8 years ago at the age of 85. My mother has a degree in education but didn't work outside the home while we were growing up. She later became a substitute teacher at age 60 and worked for about 10 years after that.
- **Where did you go to college?** I have a bachelor's degree in social work from Kansas State University and a master's degree in clinical social work from University of Kansas.
- **Are you married?** I was single until I was 43. I met Larry at the age of 41 (via online dating service). In January, we celebrated our 19th wedding anniversary. Larry is a mechanical engineer.
- **Do you have children?** Larry has a daughter, Jessica, who is 31. She lives in Salina, Kansas, with her husband, Daniel and their three-year old daughter, Reese. Jessica also has an adopted daughter, Stacy, who is grown, and Daniel has two sons by previous unions, ages 20 and 11. I quickly went from no children – to being a grandmother to four!
- **Where did you work?** I worked for four years for the Department of Social and Rehabilitation Services in Manhattan, KS after earning my bachelor's degree. I investigated child abuse and neglect cases and worked with foster families and children to reunite them with their parents. After earning my master's degree, I became a therapist and worked in community mental health centers for over 30 years – in Manhattan, KS and then Kansas City, where most of my career took place. I did psychotherapy with children, families and adults, eventually specializing in people with PTSD and Borderline Personality Disorder. During the last several years of my employment, I became a supervisor for an outpatient crisis department working with people with immediate mental health and social needs and also with chronic mental illnesses. I decided to retire when my husband sold his business, a couple of years ago.
- **When did you get involved in supporting charities?** I have been a volunteer, on and off, over the past 30 years. In the past, I have been involved with Big Brothers/Big Sisters and Head Start.
- **When did you move to Central Florida?** We moved here in August of 2018 due to a career opportunity for Larry who is working with a startup company in the area. In the span of a few weeks, we bought a home in Sanford and sold our home in Kansas City. For this Kansas girl, who has never lived outside the state, it has been quite an adventure. Larry's father was in the air force and his family was used to moving around a lot.
- **Why did you join the Heathrow Women's Club?** I met Carolyn Boland in November 2018 and she invited me to attend a luncheon. I joined right away. Being new to Central Florida, and having no family or friends here, I was hungry for connections and to meet other women, as well as to continue serving in some way.
- **What activities are you involved in?** I have participated in the Birthday Parties for the Boys and Girls Club as well as the Clothes Closet at SafeHouse. I have attended dinner out with the ladies and the movie/dinner, as well.
- **What do you like best about being a member of HWC?** The opportunities to meet some wonderful women and to also learn more about the community, as well as the ability to volunteer for some very worthy charities.
- **What are your hobbies?** I am now in two book clubs and did this for many years when we lived in Kansas. I am an avid runner/walker who likes to keep moving in general. I have been accused of being a yoga addict and do resemble this label a bit. I attend three different yoga studios in the area. I have very close friends back in Kansas and am developing new friendships here as well. We made our first European trip to Italy last year and hope to do more traveling outside the US.

By: Clety Gomez and Patti Neveleff

MEMBERSHIP & HOSPITALITY

The Membership & Hospitality Committee keeps a record of all our current and new members and hosts two New Member Socials annually. These events allow new members to become acquainted with the Membership & Hospitality committee and members of our Board and learn about the many social and fundraising activities in which they can participate.

We encourage all Heathrow Women's Club members to introduce yourselves to our new members at a luncheon, committee meeting, or social events. 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>

As of January 15, 2020, our Membership total is **152** (27 are new members)!

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.)

CHARITABLE ENDEAVORS

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

Alicia Hodge with The Boys and Girls Club, West Sanford Branch spoke at the January General Meeting/Luncheon to provide an update on their program and volunteer opportunities. Member Tya Smith also spoke to thank us for our years of service to them.

Charity applications for the 2020-21 year were due on January 15th and we received 5 of them (4 current, plus one possible new). The CE committee will be reviewing them and will make recommendations to the Board in February. The membership will vote on the recommendations in April.

Please remember to bring non-perishable food and hygiene items for the Foundation for Seminole County Public Schools Food Pantry at Milwee Middle School. We have adopted this school for the year through the Foundation. As of early January, their pantry was bare. But members made generous donations at the January General Meeting/luncheon!

If you are interested in participating 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. Our next committee meeting will be on Monday, February 10th at 3:30 pm at the Sawyer Lake Park Clubhouse.

Submitted by Leslie Guerra and Lynn Wollin
Co-chairs, Charitable Endeavors Committee



How to Read and Understand Your Blood Pressure Results

Your Ideal Blood Pressure: Your blood pressure is an important indicator of your overall health, and high blood pressure is an early warning sign of risk for serious heart disease. That's why it should be measured at least once a year at a well visit, or more often if you have a history of high blood pressure. Your physician will let you know where your blood pressure falls within these five ranges:

- Normal: Below 120/80
- Elevated: 120–129/less than 80
- Stage 1 High Blood Pressure: 130–139/80–89
- Stage 2 High Blood Pressure: 140 and above/90 and above
- Hypertension Crisis: Higher than 180/higher than 120

What The Numbers Mean: Your blood pressure measures two different functions of your heart and arteries: The first number (120, etc.) is your systolic blood pressure. This measures how hard your blood pushes against your veins when the heart beats. The second number (80, etc.) is the diastolic blood pressure. It measures the pressure in blood vessels when the heart rests between beats. Together, these numbers give your doctor a clear picture of your heart health.

Steps to better manage your heart health

Exercise Regularly: Daily exercise — even something as simple as walking around the block or taking the stairs instead of the elevator — can go a long way to boost your heart health.

Eat a Heart-Healthy Diet: A plant-based diet should be at the top of everyone's list for the new year, no matter your blood pressure. A diet that focuses on fruits, vegetables and lean protein, and cuts back on saturated fat, sodium and caffeine can help your heart stay strong and healthy.

Limit Alcohol Intake: Regular, heavy drinking can cause long-term damage to your heart. Save alcohol for special occasions.

Make Relaxation a Priority: The daily stress of work, household responsibilities and other chores can take a toll on our heart health. Chronic stress can release too much cortisol in your body, which weakens your immune system and heart muscles.

Visit AdventHealthCardiovascularInstitute.com to learn more info and make an appointment to discuss how you can take control of your own heart health.

Ways and Means

The Ways & Means Committee selects, plans, and executes all of the fundraising events for Heathrow Women's Club Charities, Inc.

Carolyn Boland and Carol Ann Dove donated the basket for our January luncheon raffle. We earned \$320 for our fundraising efforts. The basket was won by Lynn Edwards.

Depending on when you open this newsletter, our successful Yard Sale (February 1) may be behind us. We'll be providing a fundraising update for this event at an upcoming meeting. A big thanks goes out to all of our volunteers. We couldn't do what we do without the help of the wonderful members who help Heathrow Women's Club make a difference in our community.

If you haven't already purchased your tickets for the Spring Fundraiser, **Step Into Spring Fashions**, you'll have another opportunity at the February luncheon. This will be the last physical time you can buy tickets. We will have them available at the Yard Sale, as well. And, of course, you can purchase tickets on www.heathrowwomensclub.org for \$75 each, plus a small processing fee. If purchased online, tickets will be mailed to you.

As a reminder, the event will take place on March 8, 2020, at the Westin Hotel in Lake Mary, from 2:00 pm – 5:00 p.m. The event will include a runway show (White House/Black Market and Chico's), entertainment by Arthur Murray Dancers and a performance by Mezzo Soprano, Jossie Rode. Light fare of appetizers, desserts and beverages will be served. Bring your daughter, mother or best friend!

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

GEICO

And



Women's Club Charities, Inc.

Present

Step Into Spring Fashion

Sunday, March 8, 2020

2:00 ~ 5:00 p.m.

The Westin Lake Mary,
Orlando North

Tickets: \$75

Includes a runway show (Chico's & White House/Black Market) with celebrity models, entertainment by Arthur Murray Dancers and a performance by Mezzo Soprano, Jossie Rode. Light fare of appetizers and desserts, sangria and other beverages.

All proceeds benefit:

Boys & Girls Club of Central FL, W. Sanford Branch | SafeHouse of Seminole | Seminole County Friends of Abused Children | The Foundation for Seminole County Public Schools

**For additional information or questions, please contact
FashionShow@heathrowwomensclub.org**

Tickets available at www.heathrowwomensclub.org

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SOCIAL

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

In January many of our members, guests and spouses enjoyed Happy Hour Social at the home of Debbie Rush and Greg Camp. Tom Yeaser entertained us with music. The food provided by our members was bountiful and delicious. A good time was had by all. Many thanks, to Debbie, Greg and Tom for making this a special evening. Our movie goer members met at AMSTAR to watch "Knives Out" followed by a lively dinner discussion at Dexter's. After not meeting for two months due to the Thanksgiving and Christmas holidays, our members were happy to meet again in January for appetizers, drinks and lively conversation at Ladies Night Out at Carrabba's Italian Grill.

Group Activities

Movie & Dinner will be held on Tuesday, February 18th. If you currently do not receive a monthly email with information on the matinee movie and restaurant selected in advance from Debbie Loperfido please contact Mary Beth Ketelhut to be added to the member group email list.

Game Night Bunco- Game night of bunco will be held on Wednesday, February 19th at 6pm at Sawyer Lake Park Clubhouse. Members may invite a spouse or guest. Dinner will be provided at a cost of \$20 per person. Members are responsible for bringing their own beverages. Cash or checks to Heathrow Women's Club must be received in advance at the February General Meeting & Luncheon or mailed and received by February 15th to Mary Beth Ketelhut, 1200 Chantry Place, Lake Mary, FL 32746. There is limited availability.

Ladies Night Out- Will be held on Thursday, February 27th from 5:00pm-7:00pm. More information will be available at the next member meeting. Sign-up sheets will be available at the February General Meeting & Luncheon and ***you may now sign-up for this event on the Heathrow Women's Club website.*** Go to the website and click on Social Events Registration and fill out your contact information.

Sign-up sheets for new social groups will be available at the February meeting. Please contact Mary Beth Ketelhut if you have any new ideas for a social activity.

HAPPY SOCIALIZING... WITH A PURPOSE!

Mary Beth Ketelhut
617-620-6348
socialgroups@heathrowwomensclub.org

PROGRAMS

Tuesday, February 11, 2020
11:00 am Luncheon Registration
11:30 am Business Meeting
12:00 pm Luncheon

Registration Deadline: noon, Thursday, February 6

Chef Juan Garcia from Oakmonte Village Cooking Demonstration, with wine pairing from Tim's Wine Shop

The February program will be one that you will not want to miss! Back by popular demand, our program will feature Chef Juan, from our wonderful sponsor Oakmonte Village, demonstrating how to make a fabulous Kahlua Tiramisu! And, Steve Butler, owner of Tim's Wine Market of the Lake Mary/Sandford franchise, will be with us to speak about wine and he will pair wine to go with your Tiramisu dessert from Oakmonte Village. So, this will be a program to please the palate!

The rest of this month's palate-pleasing plated lunch will feature:

Mixed Greens with Cranberries, Candied Pecans, Goat Cheese and Sherry Vinaigrette

Hot Rolls and Whipped Butter

Sliced Marinated Sirloin with Red Wine Demi

or

Grilled Salmon Picatta

Potatoes Dauphinoise

Fresh Vegetable Medley

Christine's Safe Pet Fund

Christine's Safe Pet Fund is an ongoing fund that has been established in memory of our Past President, and friend, Christine Gillen. Christine's Safe Pet Fund will enable more domestic violence victims to leave abusive households without leaving their pets behind and at risk. Christine's Fund will celebrate the human animal bond and how family pets can provide comfort, reassurance, and healing to Seminole County women and children survivors.

100% of the monies raised will be used for vaccinations, shots, medications, food, and pet housing deposits. Christine's Safe Pet Fund will help to remove barriers to safety and allow survivors with pets to seek safety together thus saving more lives! Christine's Safe Pet Fund is administered through Safehouse of Seminole County to assist survivors of violence and their pets to get to a safe place.

For more information, or how to make a donation to this ongoing fund, please contact me patttinev@hotmail.com or Donate directly on the HWC website at:

https://secure.squarespace.com/checkout/donate?donatePageId=5d701059400007000135fd56&ss_cid=83951019-e981-4b01-a374-7cd925b87920&ss_cvisit=1576542556280&ss_cvr=bf065bd9-d0d5-4a40-8f9e-2dd9369d6b30%7C1543862247298%7C1576336821376%7C157

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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Heathrow Women's Club Charities is pleased to present our current Sponsors. We are grateful for their support and we invite you to show your appreciation by patronizing their business whenever possible.



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A beautiful senior living campus in Lake Mary. The Valencia consists of freestanding villas and apartments. The Cordova offers Assisted Living and Memory Care, and The Siena, focuses on Memory Care to lend that helping hand to the senior who needs it.



www.OakmonteVillage.com

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Heathrow Living is the official publication for the Heathrow Community. Please contact kaylie.oppedisano@n2pub.com for information on Heathrow Living magazine.