

THE 1987 - 2020 NEWZ

January 2020 Newz Edition

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[CLICK HERE TO SEE THE
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A Message from the President

Happy New Year! I hope that your holidays were safe and happy. January begins the second half of our fiscal year and it will be busy! We'll hold two major fundraisers in first quarter— The Yard Sale on February 1 and the Fashion Show on March 8. I know we can count on all of the HWC members to make these events successful fundraising efforts! Plus, we will be making a push to obtain and renew our sponsors—annual, event, and silent auction donations. We need your help; please volunteer to go out and get us some more sponsorships for our charitable giving initiatives! Of course, our "Socializing with a Purpose" continues to create valuable friendships and a lifetime of memories.

On December 2, Patti Neveleff and I were 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 daily on Salem Media's WBZW 1520 AM, *Your Hometown*, weekday afternoons from 3:00 to 5:00. We talked about our charitable endeavors and our fun social activities. We felt like media starz! We had a couple of women call in with questions. You may listen to the podcast at: <https://1520wbzw.com/podcast>. I guess we did not make any major faux pas since we have been invited back in February to talk about our upcoming Fashion Show fundraiser! Many of us were stressed through the holidays. I ran across this article from Dr. Kristin Neff, Associate professor of educational psychology at the University of Texas at Austin and coauthor of *The Mindful Self-Compassion Workbook*, which I think has some helpful insights:

- Treat yourself the way you treat others
- Calm yourself with touch (like self-hugs)
- Allow yourself to say no
- Don't let social media get you down

For more details on her thoughts, go to: <https://self-compassion.org/>

I'm looking forward to decompressing from the holidays and getting focused back on our important work in our community. **Make your January luncheon reservations today!**

Sincere Best Regards, Lee

HWC Q & A

WHY IS IT THAT

- I have trouble with making a reservation online on the HWC website?

Most likely the challenge comes from you not fully scrolling down through the guest section to reach the SUBMIT button. It is usually on the bottom of page two. If you need a primer on how to do it, please call me or Cynthia Lebowitz and we can walk you through it over the phone. Really, it is much more efficient when you get the hang of it and it gives us a more accurate head count for the luncheons. And, you can now sign-up for some social events online too. Just click the Social Events Reservation Tab at the top and enter your information. This will assure you will be able to participate before some events become SOLD OUT.

- A few members talk between themselves during the presentations at our General Meetings/Luncheons. How can we handle this dilemma?

I agree it is frustrating to others and it's rude to our speakers when this happens. I am requesting that members minimize their personal conversations while speakers are at the podium. We are typically an engaged and responsive audience, but personal conversations should be held pre- and -post the program or during the lunch service.



SPOTLIGHT

Joyce Moreno

A long-time member of HWC, Joyce grew up in rural Wisconsin until she was twelve years old, when her family moved to Chicago. Her mother did not work outside the home, and her father was a business owner. Joyce is very close to her only sibling, a sister, who lives in Lake Forest, Illinois.

Growing up in a small town, she attended a country two-room schoolhouse, the same one her mother and grandmother attended. She participated in 4-H, showed a calf at the Wisconsin State Fair, learned square dancing and spent time on her grandfather's dairy farm. At the age of 12 her family moved to Chicago for a job opportunity and she went from that two-room schoolhouse to a block long junior high school. It was quite a change, but it opened her world. She loves Chicago and it will always have a special place in her heart.

While in Chicago, attending the University of Illinois, she met and married her husband Angel. He had just graduated from Loyola University and they were madly in love...fifty-three years later they still are. They went on to have four wonderful children and a busy life, as Angel was transferred often with his company. They lived in Philadelphia, Fort Wayne Indiana, Dallas, Texas, Miami, Florida and finally retired to beautiful Lake Mary. After all those years as a stay at home mom, she decided to go back and finish her degree. She always planned to pursue a medical career. She graduated from Florida International University with a BS in Occupational Therapy and worked for 15 years in the rehabilitation department at Mercy Hospital in Miami. She absolutely loved her career, as it gave her the opportunity to help her patients during some very difficult times in their lives. One of the most rewarding things she did was to put together a stroke support group for patients and their family caregivers. She always felt she learned more from them than they did from her. They were so inspirational.

When they retired to Lake Mary, her husband and she felt it was time to give back to others, as they have been blessed with such a wonderful life. They have been long time supporters of the Boys and Girls Clubs, as Angel worked his way through college working at the Chicago Boys Club. They have seen firsthand what a difference those clubs make in young lives.

One of the main reasons she joined Heathrow Women's Club was to get involved with the charities we support. She has served on the Charitable Endeavors committee since the day she joined and loves what we do for women and children. Of course, she also joined to make new friends. She could not have chosen a better way to do it. She has made so many wonderful friends during the last 8 years.

Written by Patti Neveleff and Clety Gomez

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 December 9, 2019, our Membership total is **149** (24 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 Quattry, 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 for our charities and enjoys a large membership of active volunteers. We are grateful for the interest and participation.

The Secret Santa project was a huge success this year, as always, and exceeded all expectations. Not only did we serve 160 children, but volunteers also helped wrap gifts for The Foundation for Seminole Public School's children this year. In addition, a SafeHouse event was held on December 10th to help children make gifts for their mothers and wrap them. HWC member elves joined in on this event and made it extra special for all. Thanks to everyone who provided gifts as well as helped at these events at the Foundation and SafeHouse.

Jeanne Gold, CEO of SafeHouse of Seminole County, attended the December luncheon and shared information about SafeHouse. To learn more about SafeHouse, go to their website at www.safehouseofseminole.org. Alicia Hodge will attend the January luncheon to give and update about the Boys and Girls Club of West Sanford.

Please remember to bring non-perishable food items and hygiene items for the Foundation for Seminole County Public Schools Food Pantry for Milwee Middle School. We have adopted this school for the year through the Foundation. Thanks to all who continue to bring items to our monthly luncheons. We are making a difference!

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
- Somebody's Hungry – Gayle Gatusso

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, January 13th at 4:00 pm at the Sawyer Lake Park Club house.



Happy New Year: Resolutions for Body, Mind & Spirit

When it comes to New Year's resolutions, our bodies tend to get the focus and the demands. Look better. Exercise more. Lose weight. There's nothing wrong with striving to be healthy, but there's so much more to being well than how we look on the outside. As the holiday season makes way for resolution season, consider these simple, CREATION Health-based ideas that inspire spiritual and emotional growth as well as physical accomplishments. Your mind, body and spirit will thank you.

#1: Set Activity (Not Exercise) Goals

In 2019, find ways to be active that you find enjoyable, rewarding and achievable whether it's joining a kickball league or taking long walks on the beach. That way, activity will be something you want to do rather than something you have to do.

#2: Get More Zzzs

If you've been skimping, pledge to go to bed just a little earlier each night. Or, embrace habits that will prepare you for a more restful sleep, such as limiting screen time before bed, reading a book or practicing deep breathing.

#3: Enrich Your Diet

Eating healthy isn't always about eating less or loading your plate with vegetables you really don't like.

If you're interested in making diet changes but aren't sure where to begin, learn more about Florida Hospital's nutrition services [here](#).

#4: Take a Weekly Media Break

Is constant exposure to news, TV and social media making you ready to blow a fuse? Try implementing a media-free family night one day a week.

#5: Spend Time Outside

Mother Nature can be a powerful healer. That's good news for the millions of Americans who spend almost every day sitting behind a desk.

Ways and Means

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

Our Shop for a Cause event at Walk on Water on December 5, was very successful. A lot of members showed up to shop for families, friends, and themselves! Thanks to all who attended and thanks to member, Kathy Hammerling, for helping arrange this successful event.

Nancy Jones donated the basket for our December luncheon raffle. We earned \$420 for our fundraising efforts! The basket was won by Linda Lambert.

The next big fundraiser will be the Yard Sale (see Calendar section on HWC website for dates). **Please save items for donation in January** and bring extra plastic bags to the January meeting for use at the event.

Buy your tickets at the January luncheon for our Spring Fundraiser-- **Step Into Spring Fashions**. The event will take place on March 8, 2020, at the Westin Hotel in Lake Mary, from 2- 5 p.m. The event will include a runway show, entertainment by Arthur Murray Dancers and a performance by Mezzo Soprano, Jossie Rode. Light fare of appetizers, desserts and beverages will be served. Tickets will be available at the January meeting and available on www.heathrowwomensclub.org for \$75 each. Ask a friend - or two.

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



Women's Club Charities, Inc.

**Step into Spring Fashion
Sunday, March 8, 2020**

**The Westin Hotel,
Orlando North**

2:00 - 5:00 p.m.



**Runway show, celebrity
models, professional
entertainment,
appetizers, desserts,
sangria, coffee, tea
and more!**

Tickets \$75

Proceeds Benefit:

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Seminole County Friends of
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The Foundation for Seminole
County Public Schools

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Heathrow Women's Club Charities is a 501(c)(3) Charitable Organization REGISTRATION #: CH17228 - A copy of the official registration and financial information may be obtained from the division of consumer services by entering our registration # at: bit.ly/2Ga13JC.

Registration does not imply endorsement, approval, or recommendation by the state."

SOCIAL

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

In December members gathered to celebrate the holiday season at Lemon Lily Tea room for “high tea.” Scrumptious scones, savories and sweets were enjoyed by all along with tea. Many members also met in December for a holiday Lunch Bunch at The Legacy Club at Alaqua Lakes clubhouse to exchange gifts and enjoy a delicious meal. Many thanks go to Ginny Castellani for organizing this lovely event for our members.

Upcoming Group Activities

Movie & Dinner will be held on Tuesday, January 21st. If you currently do not receive a monthly email with information on the matinee movie and restaurant selected in advance from Debbie Loperfito please contact Mary Beth Ketelhut to be added to the member group email list.

Ladies Night Out- Will be held on Thursday, January 30th from 5:00pm-7:00pm. More information will be available at the next member meeting. Sign-up sheets will be available at the January luncheon meeting and ***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.

Happy Hour Social will be hosted at the home of Debbie Rush & Greg Camp on Friday, January 24th 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 January luncheon meeting.

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 January luncheon meeting or mailed and received by February 15th to Mary Beth Ketelhut, 1200 Chantry Place, Lake Mary, FL 32746. There is limited availability.

Sign-up sheets for new social groups will be available at the January luncheon meeting. Please contact Mary Beth Ketelhut if you have any new ideas for a social activity at: socialgroups@heathrowwomensclub.org.

PROGRAMS

Tuesday, January 14, 2020
11:00 am Luncheon Registration
11:30 am Business Meeting
12:00 pm Luncheon

Registration Deadline: noon, Thursday, January 9

Susan Constantine, Body Language Expert

Susan Constantine, MPSY, is the world's leading authority on body language as it pertains to leadership and deception detection. She is the author of *The Complete Idiot's Guide to Reading Body Language* and has for the past decade been a go-to source for media outlets analyzing the body language of public figures. The media regularly turns to Constantine for analysis of U.S. and global political leaders, celebrities, and suspects in highly publicized trials. She has appeared in more than 1,000 national and international television programs, print publications, and radio programs. Susan will be sharing some of her techniques with us and her interesting experiences on some very high-profile media cases.

This month's lunch will be a buffet featuring:

Tossed Greens with toppings, balsamic and ranch dressings

Fresh Fruit

Hot Rolls and Butter

Sliced Marinated Sirloin with Red Wine Demi

Grilled Salmon with Dill Champagne Sauce

Herb Roasted Potatoes

Fresh Vegetable Medley

Chocolate Mousse Shooter and Cheesecake with Raspberry sauce

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, celebration or honor in the form of a charitable donation? The Heathrow Women's Club Charities (HWCC) has a donation form that you can access easily on the HWC website. Go to the drop-down box under the "Cause" tab and click on "Donations." Then print out the form found by clicking on "Please fill out this form" and mail it with your donation to the address provided. Or, if you want to donate online via debit/credit card, click on Circle of Giving or Christine's Safe Pet Fund.

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 benefitting greatly as well.

Most importantly, if you know of a club member that is experiencing health problems, undergoing surgery, or who has a family member who is experience these challenges, please notify me at rebekahmiller@bellsouth.net so that I may send them a note from the HWC to express our thoughts and concerns.

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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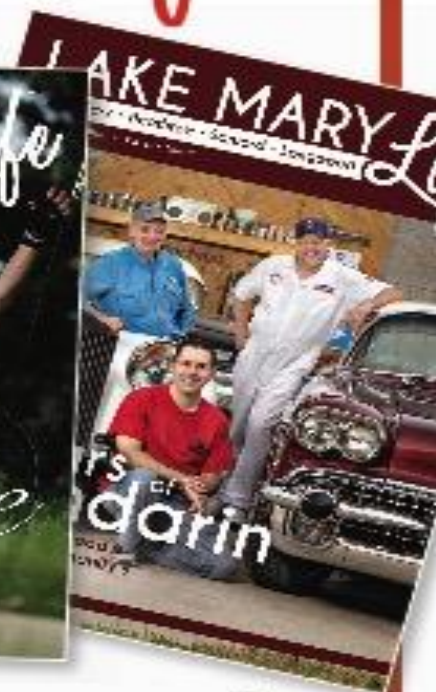
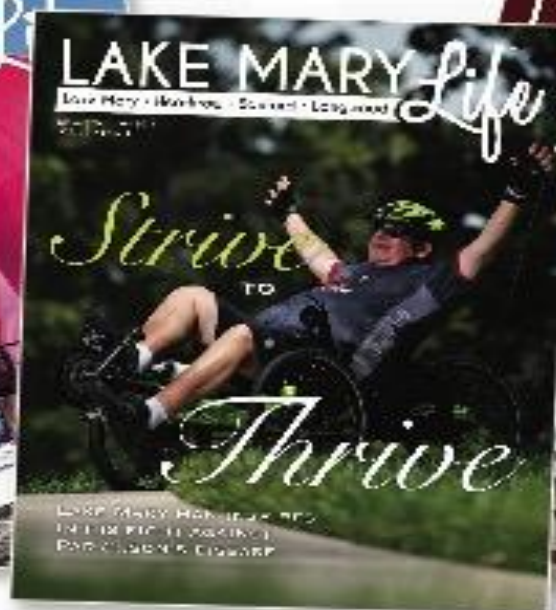
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