

THE 1987 - 2020 NEWZ

March 2020 Newz Edition

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[CLICK HERE TO SEE THE
CALENDAR](#)

A Message from the President

Thank you to our new Diamond level annual sponsor, Oakmonte Village of Lake Mary, and chef Juan Garcia, for demonstrating how to make the perfect Kahlua Tiramisu at our February meeting! The best part was getting to eat it—yummy! Thanks also to Steve Butler for providing the champagne and wine pairing with the dessert.

Mark your calendars and make your reservations, beginning February 25 (when reservations open), for our March 10, 2020 General Meeting and Luncheon. We have a lot of HWC/HWCC business on the agenda:

- 1) Announcement of proposed changes to the HWC By Laws (see Focus Committee section)
- 2) Announcement of proposed charities to support for HWCC fiscal year 2020-2021
- 3) Announcement of proposed HWC/HWCC slate of officers for fiscal year 2020-2021

You'll want to be there to hear what Board members convey about these recommendations. And, we will have a special program with a representative from the Orlando Pride, our local National Women's Soccer League team. The Pride (as in group of lions) is the sister club to the men's Orlando City Soccer Club team whose mascot is a lion. This should be an interesting and informative session and a way for us to support a local women's sports club.

We're excited about our "Step into Spring Fashion" fundraiser on March 8, 2020. We are almost sold out, so go to the website to buy your last-minute tickets. We will have celebrity models, Arthur Murray dancers, Jossie Rode, our member and acclaimed mezzo-soprano opera star, and plenty of yummy food and beverages. I know we all will work together to make this event successful! Thanks, so much to GEICO for renewing as the Title Sponsor for our Fashion Show! We still need your help on sponsorships. Please volunteer your business to become a sponsor or to go out and get us more sponsorships and donations for our charitable giving initiatives!

Make your March General Meeting and Luncheon reservations beginning February 25 through March 5! Make sure you scroll through the pages and hit the SUBMIT button. 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.

Sincere Best Regards, Lee

HWC Q & A

WHY IS IT THAT

HWC/HWCC selects four charities to support each year?

The HWC Policies & Procedures states: "...Generally, a maximum of four charities are supported financially during the club's operating calendar. The monies to be donated should be divided among the charities."

So, that means that the Charitable Endeavors committee has recently recommended 4 charities to sponsor for our fiscal year, that meet our selection criteria, because that seems to be the reasonable amount we can successfully support, financially and through our volunteer efforts. Theoretically, the Charitable Endeavors committee could recommend more or less charities in any given year, depending upon their analysis of the applications received. This has occurred in the past history of the club.

The donation amount that each charity receives varies year to year?

First, determining the amount to donate is a separate process from the selection of the charities. After the annual revenues and expenses are calculated by the Treasurer, following our last fundraising event of the season, she recommends an amount available to donate. She takes into consideration the amount needed to be withheld in the HWCC account to pay expenses over the summer. The Charitable Endeavors committee, separately, votes to determine the apportionment of those available funds, no matter the total amount available to distribute, that will be given to each named charity. The Board then considers the recommended available funds and the recommended apportionment and determines which charities will receive what donation amounts in May.... then we start over raising monies in the subsequent fiscal year.



SPOTLIGHT: Kelleigh Klein

One of our corporate members, Kelleigh Klein, is a recent addition to our club, having joined in 2018. She jumped right in and became involved with the Programs Committee. We wanted to get to know her better, so we asked her to tell us a little bit about herself.

- ✚ **Where did you grow up?** I was born in Muncie, Indiana and grew up in Altamonte Springs, FL.
- ✚ **Do you have siblings?** I have a sister and brother. I am the oldest.
- ✚ **What did Mom/Dad do professionally?** Dad was a guidance counselor at Lake Mary HS and worked for the FBI in the Orlando office. Mom was a music teacher.
- ✚ **Anything unique you want to mention?** I coordinated the volunteer effort for the building of the World's Largest Strawberry Shortcake in 1999. It was 827 square feet (40 cases of whipped topping, 480 flats of berries, 678 half-sheets of shortcake ...)
- ✚ **Where did you go to college?** University of Florida (GO GATORS!!) and received a Bachelor of Science in Exercise and Sports Science.
- ✚ **Are you married?** I'm divorced. I have four grown sons, one daughter in law, and a grandson who is 1 year old.
- ✚ **Where did you work?** I worked at Johnson and Johnson Healthcare setting up corporate wellness programs in Tampa. I also worked in the Florida Legislature as a statewide legislative assistant to the Speaker of the House in Tallahassee, and at Byrd Alzheimer's Institute in Tampa in community affairs and Fundraising. My favorite career is the one I have now as the Executive Director at Oakmonte Village Valencia.
- ✚ **When did you get involved in supporting charities?** I have been involved for years in supporting charities (i.e. Baycare Health System in Tampa, United Food Bank of Plant City, Rotary Club, American Cancer Society, Alzheimer's Association)
- ✚ **When did you move to Central Florida?** In 1974 when my dad was transferred with the FBI Orlando Office.
- ✚ **What do you like best about being a member of HWC?** I love the diversity of the members and the heart of the club to give back to those in need.
- ✚ **What are your hobbies?** I love cooking and wine pairing. Enjoy traveling to wine destinations, and Trip Advisor pizza best restaurants. My sons all live away from home, so I travel to see each of them several times a year.

By: Cley Gomez and Patti Neveleff

MEMBERSHIP & HOSPITALITY

As of January 15, 2020, our Membership total is 156 (31 are new members)!

We encourage all Heathrow Women's Club members to introduce themselves to our new members at a luncheon, committee meeting, or social event. The size of our club can be a bit intimidating and this small jester 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 keeps a record of current and new members, acts as a mentor to new members, and hosts two new member socials annually.

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.)

Focus

One of the responsibilities of the Focus Committee is to assure that the By Laws of our Club are kept up-to-date. The following are the proposed changes to our current HWC By Laws based on changes to the way we do business along with some name changes of a couple of board positions. You may refer to a complete copy of the By Laws, prior to these changes, on our website.

These changes are being communicated to our membership 30 days in advance of the vote to amend the By Laws which will be taken at our April 14, 2020 Luncheon Meeting.

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 is pleased to share the proposed slate of officers for Heathrow Women's Club 2020-2021. This list will be presented at the March luncheon with the election taking place at the April luncheon. At that time nominations from the floor will be accepted. Members of the Nominating Committee include: (Chair) Ginny Castellani, Becki Miller, Patti Neveleff, and Judy Quattry.

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.

Faith Shorthouse, President of the Seminole County Friends of Abused Children and Jim Hill, Director of Development spoke about their program at the February luncheon on Tuesday, February 10th and showed a promotional video made possible by funds from HWCC.

Charity applications for the 2020-21 year were received and are being reviewed by the CE committee. In addition to the four current charities, we received an application from the Foundation for Seminole State College. Scholarship and Stewardship Coordinator, Eliza Rohr, attended the February committee meeting to give information about their needs. Recommendations will be made to the board this month and members will be advised of the recommendations at the March General Meeting/luncheon, with membership voting at the April luncheon meeting.

Upcoming Volunteer Opportunities:

The Foundation for Seminole County Public Schools is seeking volunteers for their graduation night for the Take Stock in Children mentoring program. This event will be held on April 30th. See Lynn and Leslie for details or stop by our table at the luncheons to sign-up.

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

We need volunteers to contribute to the SafeHouse Mother's Day celebration by contributing money to be used to purchase flowers/plants for each of the 20 mothers for delivery on May 9. Oakmonte Village has graciously volunteered to cater a breakfast for the mothers and children that weekend. See Lisa Batcho if you want to contribute to or donate flowers for the Mother's Day celebration at Lisa.Batch@ml.com.

Continuing Volunteer Opportunities:

Please remember to bring non-perishable canned goods and hygiene items for the Seminole County Public Schools Food Pantry at Milwee Middle School. We have adopted this school for the year with the Foundation.

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. Our next committee meeting will be on Monday, March xx at 4:00 pm at the Sawyer Lake Club house.



The Foundation for Seminole County Public Schools Needs 5-10 Volunteers

Date: Thursday, April 30th

Time: 4:00- 6:30 pm (you are also invited to stay for the ceremony)

Location: Longwood Community Building, 200 West Warren Avenue, Longwood, FL.

Would you like to volunteer to help set up the graduation ceremony for the Take Stock in Children program? This is one of the programs we support with our HWCC dollars. They would appreciate 5-10 volunteers to help set up for the event.

This will give you an opportunity to see the impact of the mentoring program. There are 21 students graduating. We should be proud that we had a part in their success.

Please contact Lynn at lwollin@cfl.rr.com if you have a question or want to volunteer.



Do you have any 22" (or smaller) luggage on wheels, in good repair, you no longer need?

Seminole County Friends of Abused Children, Inc. needs luggage for their foster care children. Currently, the kids are using garbage bags to transport all their belongings. They deserve better than that!

If you'd like to donate, please bring your gently used luggage to the March HWC General Meeting/Luncheon or contact Linda Wright at lwright1228@aol.com.



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

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

Our Yard Sale on February 1 brought in nearly \$4,000. The weather was rainy, and the volunteers were amazing! We had plenty of shoppers and great bargains. At the end of the day, any unsold items were donated to the Boys & Girls Club of Central Florida Thrift Store, doubling our charitable effort.

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

Debbie Loperfito and Belinda Visnich donated the basket for our February luncheon raffle. We earned \$300 for our fundraising efforts. The basket was won by new member, Rita Vetter.

If you haven't already purchased your tickets for the Spring Fundraiser, **Step Into Spring Fashions**, you'll have to purchase the few remaining available tickets online at: www.heathrowwomensclub.org for \$75 each, plus a small processing fee. The cut off for ticket sales is March 1—so there is still time.

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 with member Mary Crouse, and a performance by another member, acclaimed Mezzo Soprano, Jossie Rode. A light fare of appetizers, desserts and beverages will be served. Bring your daughter, mother or best friend!

If you cannot attend the Fashion Show and want to donate, **The Circle of Giving** is an ongoing opportunity to donate to our charities. Monetary gifts can be made in remembrance, to celebrate, or for any occasion. For more information about the Circle of Giving, please visit our website or contact Patti Neveleff or Clety Gomez.

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

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: RT.L.V20A.131.C. 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 February, our movie goer members met at AMSTAR to watch “Parasite” followed by a lively dinner discussion at Dexter’s. Our members also gathered at The Vineyard Wine Company for Ladies Night Out enjoying appetizers, drinks and friendship. Many thanks to member Cherie Foust for hosting this evening.

Group Activities

Movie & Dinner will be held on Tuesday, March 17th. 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.

Ladies Night Out will be held on Thursday, March 26th from 5:00 pm-7:00 pm. More information on the venue will be available, along with sign-up sheets, at the next General Meeting/luncheon. ***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.

“Dancing Dream: A Tribute to ABBA” a band will be performing the music of ABBA at the Wayne Densch Theater on Friday, April 24th from 7:30 pm to 9:30 pm. The group ticket price is \$27 per person. We need 10 members and their guests/spouses to secure the group VIP ticket price. We currently have nine people who are planning to attend. Please contact Mary Beth Ketelhut if you are interested in going to the concert.

Sign-up sheets for new social groups will be available at the March luncheon meeting. We are looking for more members to start new bunco, book club and mélange social groups. Please contact Mary Beth Ketelhut if you have any new ideas for a social activity at socialgroups@heathrowwomensclub.org.

HAPPY SOCIALIZING... WITH A PURPOSE!

Mary Beth Ketelhut
617-620-6348

socialgroups@heathrowwomensclub.org

PROGRAMS

Tuesday, March 10, 2020
11:00 am Luncheon Registration
11:30 am Business Meeting
12:00 pm Luncheon

Registration Deadline: noon, Thursday, March 5

Program

We will have a special program with a representative from the Orlando Pride, our local National Women's Soccer League team. The Pride (as in group of lions) is the sister club to the men's Orlando City Soccer Club team whose mascot is a lion. This should be an interesting and informative session and a way for us to support a local women's sports club.



Menu--Buffet

Mixed Greens with Assorted Toppings and Ranch and Balsamic Vinaigrette

Fresh Fruit

Assorted Hot Rolls with Butter

Grilled Salmon - Gluten Free

Chicken Marsala - Gluten Free

Dauphinoise Potato

Fresh Vegetable Medley

Marble Cheesecake with Chocolate and Caramel Sauce and Whipped Cream

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

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



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