

# THE 1987 - 2020 NEWZ

May 2020 Newz Edition

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## 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 May 31, 2020.**

That means the previously scheduled May 12 General Meeting/Luncheon is **cancelled**, and reservations will remain closed on our website. Any planned committee meetings are also cancelled.

### VOTING RESULTS

I am so thankful to all our members for continuing to support HWC during this challenging period of social distancing. You have been so responsive to participating in our various surveys to provide guidance and make decisions as our club fiscal year ends. Here are some of the results:

- 1) Distribution of Funds to Charities for Fiscal Year 2019-2020:

The Charitable Endeavors committee voted and made a recommendation to split the donation 4 ways with each of our charities to receive 25% of the available funds. The HWC and HWCC Boards followed their guidance. The HWCC Board made \$50,000 available for giving this year, which is akin to our average donation amount over the last 17 years. As is customary, the Board retained a small funding cushion in the bank account to allow for contingencies which they deemed especially important during these uncertain times. Since we cannot have our May General Meeting/luncheon to present the donation checks, we will be mailing the checks to the charities during May as they all can use the support right now!

2) Selection of Charities to support for Fiscal Year 2020-2021 and Ratification of Fiscal Year 2020-2021 Officer Slate

97 Members (62% response rate) electronically voted between April 6 and 12. The results are as follows:

a) Fiscal Year 2020-2021 Charities to support:

- Boys & Girls Club of Central Florida West Sanford Branch
- The Foundation for Seminole County Public Schools
- SafeHouse of Seminole County
- Seminole County Friends of Abused Children

These Charities will be notified by calls and mail/email of their continued support by HWCC.

b) FY2020-2021 slate of officers was supported at 100%

We hope to install the new officers at our June 8 transition Board meeting. If that is not physically possible, we will do it virtually so that they can be organizing for the club during the summer. Congratulations to the new Board members and thanks in advance for all your dedicated service!

## **MEMBERSHIP RENEWAL**

The upcoming fall and winter seasons may be “different” from our traditional seasons. With your support and continued involvement, we will be creative and innovative TOGETHER! Please renew your annual membership! We need YOU in order to sustain both our “socializing with a purpose” AND our ability to provide financial support to our four charities. For 33 years, we have grown and evolved our club - we look forward to continuing WORKING TOGETHER using our collective unique skills and talents in an ever-changing environment. The **Membership Application** for our next club fiscal year, 2020-2021, is now available on the Heathrow Women’s Club website under the Membership Tab and the “Becoming a Member” sub-tab. Dues remain the same amount.

## **ANNUAL SURVEY**

On April 24, we notified you that the **Annual Member Survey** is ready for your input. It will be open until May 8 and I strongly encourage you to participate and make your voice heard to guide planning for future club activities. And, there will be prizes for participation—see the Focus section of this NEWZ.

We have decided to delay member voting on the recommended By-Law changes. The changes are mostly procedural to reflect the current operation of the club and can wait until our next physical meeting.

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



Channi Sodhi, a member since 2017, is very active in the community and is bringing that same enthusiasm to the HWC.

1. **Where did you grow up?** I was born in India. My family moved to Kenya, East Africa and then Toronto, Canada.
2. **Do you have siblings?** Two sisters and a younger brother.
3. **What did Mom/Dad do professionally?** My father was a Civil Engineer, and my Mother was a stay at home mom. My father was a hardworking man as well as a great singer. He passed away four years ago. My Mother enjoys a full life with her four children and eleven grandchildren.
4. **Where did you go to college?** Daytona Beach Community College for an A.A. Degree and **UCF** for a B.A Degree in Accounting.
5. **Are you married?** Yes. My husband, Paul Sodhi is a Pharmacist
6. **Do you have children?** Yes. We have two girls and two boys. Their ages range from 15 to 26.
7. **What work do you do?** I co-own a 200-apartment complex in Daytona Beach. I was the Property Manager for 15 years. I am now the co-owner and director of Client Services for Sunshine Pharmacy of Sanford.
8. **When did you get involved in supporting charities?** At an early age, growing up, my parents supported the Red Cross. I support United Sikhs, Special Needs Ability Program, Pet Rescue by Judy, Ladies 327 Supper Club, Red Cross, and all the charities with Rotary Club of Lake Mary and Heathrow Women’s Club.
9. **When did you move to Central Florida?** In January 1992 we got married and moved to Daytona Beach.
10. **When did you join HWC?** We moved to Heathrow in 2011. Always wanted to join the club and be involved in the community. I am on the Ways and Means committee and love to help as needed.
11. **What do you like best about being a member of HWC?** I am honored and privileged to be a part of such a group of sophisticated women.

# MEMBERSHIP & HOSPITALITY

As of April 2020, our Membership total is 157 (32 are new members). Please take a moment to view our new members on our website <http://www.heathrowwomensclub.com/new-membership-gallery>

The Heathrow Women's Club fiscal year runs June 1st to May 31st. We are now accepting applications for membership for FY2020-2021. Dues remain the same amount. Please renew before July 15 to assure that your contact information is included in the published Membership Directory. 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

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

Here is some inspiration as we continue to social distance:

In keeping with the words from the HWC Collect "let us not forget to be kind," below are 5 ways to be Kind to yourself during the coronavirus:

**Organize.** View this extra time at home as an opportunity to finally declutter. Clean out the closets and reorganize the drawers. How about all the photos trapped on your devices? Get them on a computer and sorted into folders. Use this time to clear your house and mind - and smile, laugh, and cry at the memories that come up as you go through your home.

**Get outside.** Take a hike, go fishing, breathe in the fresh air, enjoy our world. The grandness of our world, combined with its attention to detail, has a way of making everything else seem like it will all be ok.

**Stay calm.** Meditate and take deep breaths, anything to practice some mindfulness, and reduce anxiety. Take this time to rest and restore your mind, body, and soul. Oh yeah, Netflix and chill, and don't feel guilty about it.

**Read.** Go through your bookshelf and open a book that you keep meaning to start but haven't gotten around to it. Gather a pile of books that you need to pass on to others because if you are honest with yourself, you'll never actually read them.

**Feel your emotions.** If the trip you have been saving for is canceled, it's ok to be disappointed. If social distancing gets you down, it's ok to be lonely. Feel the sadness. Cry and yell for a minute. Then intentionally find joy and be grateful for all that you have. Have faith that we will get through this. And then pass it on, because faith and joy are just as contagious as fear and panic.

Good, Kathryn, (2020, April 14) *15 Ideas to Practice Kindness During The Coronavirus / COVID-19. Inspire kindness.*

<https://inspirekindness.com/blog/practicing-kindness-during-the-coronavirus>



## 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

Focus Committee - The Focus Committee assures that the By-laws and Policy and Procedures are consistent with club operations, as well as, conducts an annual member survey to aid in the upcoming year's planning.

Good News! The HWC/HWCC Annual Membership Survey is available on the HWC website. If you haven't already completed it, please refer to the email you received that contains the instructions and password. If you misplaced the email, please contact Ellen Yeaser at [eyeaserhwc@aol.com](mailto:eyeaserhwc@aol.com). It's not too late to be entered in a drawing for a \$25 Gift Card to Outback Steak House (also good at Carrabba's, Bone Fish Grill or Flemings) if you complete and submit no later than Friday, May 8! This is the perfect opportunity to make your voice heard and your input is invaluable to your Board for planning for the upcoming year!

The HWC Policies & Procedures document has been updated on the website. You can find the document under the Membership tab - By-laws and Policies & Procedures 2019-20. This document not only details many of the operations of the club but gives members an easy way to find pertinent information about many of the necessary procedures to get the most out of your membership.

Since the outbreak of COVID-19, we've been unable to hold our monthly Luncheon Meetings. As a result, the vote on the changes to the HWC By-Laws which were outlined in the March and April editions of the NEWZ has been delayed. These changes are predominantly administrative in nature and have little impact on the way our club conducts business. We will publish these changes again in the Summer Edition of the NEWZ and plan to take a vote in September.

Finally, I want to congratulate Sheryl Johnson who has been elected your Focus Chairwoman for 2020-2021. Sheryl previously served on the board in various positions and is well-positioned to take on this leadership role in the coming 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 was conducted electronically. The slate was supported 100% and there were no write-in candidates for any office. Our thanks go to the members of the Nominating Committee which include: (Chair) Ginny Castellani, Becki Miller, Patti Neveleff, and Judy Quattry. Congratulations to the new officers!

## 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.

The emergence of the coronavirus, however, has shut down all our volunteer activities and committee meetings at least through the month of May. The Charitable Endeavors Committee members voted electronically on how recommend the funds be distributed to our charities in May. Also, the HWC membership voted electronically during April on the four charities that have been recommended for the 2020-21 year. They are SafeHouse of Seminole County, The Boys and Girls Club of Central Florida, West Sanford Branch, Seminole County Friends of Abused Children, Inc. and The Foundation for Seminole County Public Schools. The HWC and HWCC Boards reviewed and support the member voting.

The Foundation for Seminole County Public Schools canceled their graduation ceremony for their students that was to be held on April 30<sup>th</sup>. At the time of this writing, this has not been rescheduled. Thanks to those members who volunteered to help. We expect that there will be a virtual ceremony and we will share the video when available.

We will continue to solicit 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](mailto:lwright1228@aol.com) to coordinate pick up. Due to current circumstances, we will extend this initiative.

Carol Ann Dove, coordinator for the Boys and Girls Club birthday parties, is looking for volunteers to serve during the summer months. If you can help, please contact Carol Ann directly at [cadove1@att.net](mailto:cadove1@att.net). We do plan to make up those birthday parties that we will have missed in March, April and May for the children being served by the BGC and may need additional volunteers. Hopefully we can do this sometime this summer!

The Mother's Day event that was to be held in May for SafeHouse residents has been postponed. SafeHouse management believes that it will be best to postpone the Mother's Day brunch until June, or when things are less uncertain and challenging. No date has yet been set.



Lisa Batcho, coordinator, and Alison Potokin, assistant coordinator, will keep in touch with SafeHouse and Oakmonte Village, who is still interested in catering the event.

CE Co-Chairs reached out to our charities asking for needs that they might have, due to the COVID-19 pandemic. The Foundation for Seminole County Public Schools and the Boys and Girls Club, West Sanford Branch have asked HWC for additional support during the pandemic. Two separate email blasts were sent to the HWC membership regarding the individual ways to help these charities.

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
- Friends of Abused Children luggage donations—Linda Wright

Please contact us at [charitableendeavors@heathrowwomensclub.org](mailto:charitableendeavors@heathrowwomensclub.org) with questions, concerns, feedback and/or to join our committee. The planned May committee meeting has been cancelled. We will reach out to you via email in the coming months as needs arise.

We wish everyone good health, a safe environment to shelter and an abundance of patience and kindness towards self and others during these challenging times.

With gratitude to you all,

Submitted by Leslie Guerra and Lynn Wollin  
Co-chairs, Charitable Endeavors 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](http://GetScreenedToday.com).

# Ways and Means

Our fundraising events will start in the fall when meetings resume. Raffle ticket sales at luncheons will be the first opportunity. Thanks to the sales of raffle tickets in 2019-2020, we contributed over \$2,000 to our selected charities. In addition, any time of the year members can donate to the Circle of Giving or Christine's Safe Pet Fund. Electronic donations to both funds can be made on the HWC website. 100% of those donations go to the charitable giving fund.

Be sure to fill out the [Annual Survey](#) this year and let us know your suggestions for future fundraisers. Your suggestions are valued.

If you have a business or would like to promote it, there are opportunities for annual sponsorships. You may contact Nancy Jones for more information.

As we go through this virus prevention period together, we have opportunities to support the locally owned businesses we enjoy all year – some of which are friends and sponsors. Don't hesitate to let vendors know that you are part of the Heathrow Women's Club and you want to see their continued success.

To see all of the upcoming events visit  
[www.heathrowwomensclub.com/calendar](http://www.heathrowwomensclub.com/calendar)

# SOCIAL

The Social Committee decides what social 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 **May 31** due to the coronavirus. We will let you know when **Movie & Dinner, Lunch Bunch and Ladies Night Out** will resume gathering.**

Out of an abundance of caution, we have **postponed Happy Hour Social** currently scheduled on Friday, **May 1st** and want to thank Debbie Rush and Greg Camp for offering to host this event at their home. We will let you know when this event gets rescheduled.

We all look forward happier times when we will be able to gather together with our Heathrow Women's Club friends and socialize WITH A PURPOSE! In the interim, many of our social groups are meeting virtually to continue the connections.

If you have any questions, please do not hesitate to contact Mary Beth Ketelhut.  
[socialgroups@heathrowwomensclub.org](mailto:socialgroups@heathrowwomensclub.org)

HAPPY SOCIALIZING... WITH A PURPOSE!

# PROGRAMS

Unfortunately, we had to cancel our final program luncheon for the season (April), but we hope you enjoyed the other programs that were offered throughout the 2019/2020 year. We hope that we may be able to have Amy Sweezey, our April speaker who had to be cancelled, with us next year.

**Our planned luncheon on Tuesday, May 12, 2020 is also cancelled.**

Hopefully, our General Meetings/Luncheons can resume in September 2020. Your input on the **Annual Survey** will provide guidance for our programs next year.

If you have any suggestions for program ideas for the 2020/2021 year, please let me know. Or, better yet, join us on the Programs Committee!

Jane Oatway, Programs Chairperson

## 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](mailto: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 Living is the official publication for the Heathrow Community. Please contact [kaylie.oppedisano@n2pub.com](mailto:kaylie.oppedisano@n2pub.com) for information on Heathrow Living magazine.