

THE 1987 - 2019 NEWZ

October 2019 Newz Edition

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A Message from the President

Thank you all so much for supporting me through our first General Meeting luncheon of this season. I have received much positive feedback which I've shared with your Board. We are just starting our year off and I am very excited about our prospects for continued member engagement and ongoing support of our charities. One example includes the great time many of us had walking in the Friends Helping Friends 5k Run/Walk on September 21st. It was sponsored by Walk on Water and benefited SafeHouse of Seminole, one of our selected charities. HWCC was a Gold sponsor so several of our members hosted an information table in hopes of attracting new members. Our club logo was featured on the t-shirts given to the participants.

In this NEWZ edition you will find information on how you can join/participate in social groups and support our fundraising efforts. One of our major events is our 4th Annual Golf Tournament fundraiser on Monday, November 11. Please consider volunteering to play, seek out sponsors, or assist during the day of the tournament. The Ways & Means section in this newsletter will provide detailed information. Also, check out the Social update as many of our social activities will kick off in October.

OCTOBER 8 GENERAL MEETING & LUNCHEON

- Our luncheon program will be presented by a speaker from our HWCC sponsor **AdventHealth**. See the Programs section below to learn more about this timely and informative presentation.
- Our business meeting will include the usual updates.
- Pick up your Secret Santa ornaments
- Raffle basket fundraiser
- Somebody's Hungry donations to support Milwee Middle School

WHY IS IT THAT WE....

This month, I'm addressing a few questions that are a bit weightier than those for last month. But, please continue to send me your questions (mundane, significant, humorous, inspirational). Eventually, I plan to address them all!

- Recite the Collect before each meeting?

Reciting the Collect before each meeting is a tradition started back when our club was formed. It was written in 1904 as a prayer for the day by Mary Stewart, a high school principal in Longmont, Colorado, and a member of early women's clubs. She said, "I called it a 'Collect for Club Women' because I felt that women working together, with wide interests in large ends, which was a new thing under the sun and that, perhaps they had need for a special petition and meditation of their own." It is now used at the beginning of many meetings of women's clubs held in the U.S., Canada, and Great Britain. It is non-denominational and when I hear it at the beginning of our HWC meetings, it helps get me centered and focused for our luncheon activities and on supporting our club's mission.

- Have small print in the Membership Directories, again?

Our Membership Chair worked with the printer on the layout. We wanted to have them to distribute at our first luncheon. Our printer was closed a couple of days due to the storm and our Membership Co-chair did not see a sample until Friday. In order to print on Monday, we had to approve it on Friday. We talked and thought they looked good, so we gave the go-ahead to print. Although I did receive a few concerns about the print size, I am not going to recommend a re-print as was done last year. However, for those with concerns, we will make a supplement page with new member information that can be inserted into the larger Directory from last year. And, remember you can always find the most updated membership roster on our website. Email Judy Quattry at MembershipHWC@gmail.com for the password. We sincerely apologize for any issues this may have created.

- Conduct an annual member survey?

HWC conducts an annual electronic survey of the membership in the Spring to obtain feedback from the members on our activities, their willingness to support our future efforts and ideas to keep the club interesting and growing. In the Spring of 2019, 62 of ~150 members (41 %) completed the survey. Those results were used by the committees in their discussions about what programs and activities would be planned for the 2019-2020 year. So, it is important that you complete the survey we will conduct next Spring. We need your input and direction!

I am looking forward to joining you at our upcoming events as we "Socialize with a Purpose!"

Lee Granger

President

Heathrow Women's Club/Heathrow Women's Club Charities, Inc.

president@heathrowwomensclub.org

SPOTLIGHT

Rachael Guernsey



Spotlight: Rachael Guernsey

Rachael, a member of HWC since 2013, is a native Floridian, born and raised in Hollywood, Florida. She has three sisters and two stepbrothers. Her mother was a nurse. Her father, a retired police sergeant, served 30 years with the Hollywood Police Department.

Rachael graduated from Florida Atlantic University in Boca Raton, Florida with a bachelor's degree in Business Administration, majoring in Marketing and minoring in Healthcare Administration. She worked during college as a server/bartender taking off only to go to school and study. Upon graduation, she decided to go back to school for Nursing. After completing the prerequisite courses, and being accepted into the Nursing program, she decided that nursing was not for her. She then went on to explore the healthcare field from a business perspective and took a job as a receptionist at an assisted living facility. Within six months, she was promoted to an Office Manager role within the company. Two years later, she was promoted to the Executive Director position.

She married her high school sweetheart in 2012, after having dated him eleven years. They bought their first home in Plantation, Florida. Not long after relocating to Central Florida in 2013, she accepted a position as The Executive Director at Oakmonte Village in Lake Mary, Florida.

Rachael's husband is a firefighter for the City of Ft. Lauderdale and commutes back and forth a few times a week. They have two daughters, Taylor age five and Carly age three. In their time off, they enjoy going to Walt Disney World. One of their favorite things is eating and drinking their way around the world at Epcot's Food and Wine Festival. They look forward to traveling more as the girls get older.

Rachael became a member of HWC to get involved in the community through social and charitable activities. She has enjoyed being able to coordinate and host events at Oakmonte Village which have benefited HWC and its charities. In her opinion, the best part of the club are the monthly luncheons, when she gets to enjoy a meal with other members. Even though she is not personally involved in each activity or event, she loves to hear what everyone is doing, and she looks forward to being more active in the club in the future.

Submitted by Rosemary Robinson

SAVE the DATES

BIRTHDAYS

Oct 6 Lynn Edwards
Oct 12 Leslie Glogau
Oct 13 Annette Paone
Oct 16 Mercy Joyce
Oct 18 Martha Halcrow
Oct 20 JoAnn Bloom
Oct 23 Judith Quattry
Oct 24 Amy Perlstein
Oct 27 Pamela Lyle
Oct 31 Peggy Pyle

ANNIVERSARIES

Oct 6 Inge and Gar Deese
Oct 16 Linda and Dennis Belz
Oct 24 Claris and Bernie Koglin
Oct 26 Lynn and Ken Edwards

EVENTS

Oct 14	Night of Beauty at SafeHouse
Nov 11	4 th Annual Golf Tournament Fundraiser
Jan 31	Drop off for Yard Sale
Feb 1	Yard Sale Fundraiser
Mar 8	Fashion Show Fundraiser

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

MEMBERSHIP & HOSPITALITY

***As of September 10th, 2019, the total membership is 133 (11 new members)
Welcome New Members we look forward to knowing you better!***

Membership & Hospitality is responsible for keeping a record of all our current and new members. The committee is made up of members that are familiar with the goals and ideals of The Heathrow Women's Club. As in the past, a Mentor program is in place to help new members navigate the many opportunities for social and charitable events that The Heathrow Women's Club provides. A Mentor is assigned to each new member so that guidance can be provided on an individual basis. Mentors have a big responsibility as they become the face of our club to new members. This interaction can include, but is not limited to, bringing new members to meetings, sitting with new members at the luncheon and introducing them to other members who may have similar interests. If you would like to participate as a Mentor or would like additional information, please email membershipHWC@gmail.com

We are looking forward to another great year of "Socializing with a Purpose". If you have not renewed your membership, please take a moment to renew. If you have a friend who may be interested in joining please have them contact Judy Quattry (contact information below).

There are two ways to renew your membership or become a new member:

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
3329 Oakmont Terrace
Longwood, FL 32779

Remember, you must be a current member to participate in HWC social and committee activities.

Sincerely,
Judy Quattry
Vice President, Membership & Hospitality 2019-2020
407-797-7333
membershipHWC@gmail.com
Heathrow Women's Club
Heathrow Women's Club Charities, Inc.

membership@heathrowwomensclub.org



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 had an active presence at the first luncheon on September 10th with a table offering many items, including volunteer opportunities for the Boys and Girls Club birthday parties, the Walk on Water 5K and a general sign-up sheet for interest in mentoring and/or tutoring youth involved in our charities. We also distributed handouts with a summary of our charities and volunteer opportunities for each one. Jean Vansmith, Executive Director for the Foundation for Seminole County Public Schools, spoke at the luncheon and shared that Milwee Middle School will be the happy recipient of our monthly Somebody's Hungry donations to their food pantry and also offered information about other ways we might get involved - such as helping the school to assemble and distribute back packs at the school on Friday afternoons. Gayle Gattuso, coordinator of this project, will learn more and let the membership know soon. Mentoring is also an option with this organization.

The Boys and Girls Club is having their annual Faces of the Future breakfast and 75th year anniversary celebration on Friday, October 4th, from 7:30 a.m. to 9:00 a.m. at the Lake Mary Events Center, 260 N. Country Club Road in Lake Mary. If able to join us, please contact Leslie Guerra. We hope to have a couple of tables at the event. It is free, but donations will be appreciated.

If interested in volunteering for 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 (multiple charities) - Leslie Guerra
- Assembling/Distributing back packs at Milwee Middle School - Gayle Gattuso

Please contact us at charitableendeavors@heathrowomensclub.org with questions, concerns, feedback and/or to join our committee. Our next committee meeting will be on Monday, October 14th at 4 pm at the Sawyer Lake Park Club house.

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



Supporting a Friend with Breast Cancer

Receiving a shocking breast cancer diagnosis disrupts a woman's life in countless ways, but it shouldn't change her friendships.

Here are five ways practical ways you can help.

Listen

While your friend is reeling from her news, her mind will be torn in dozens of directions. Let her freely express her fears and concerns — and simply listen. Resist the urge to fill the silences and to offer unsolicited advice.

Offer Specific Help

The classic response to people in a crisis is, "Let me know if you need anything." But the truth is, in most cases, that open-ended statement isn't helpful at all since it's likely your friend will feel awkward calling you out of the blue for a favor. Instead, try offering to help with specific tasks:

- Buying groceries
- Cleaning the house
- Picking up prescriptions
- Managing a CaringBridge or similar page to share updates

Give Her Thoughtful Gifts, Cards

Little gifts or notes go a long way toward brightening someone's day. An example of some thoughtful things are:

- Amazon gift cards so she can shop from home
- Colorful, fun socks
- Cute water bottles
- Drawings from a child
- Journal
- Scarves, hat

Visit and Include Her in Activities

Make plans to visit to cheer your friend up at home to give her something to look forward to. Make sure to check with her first, though.

When you're with your loved one, don't focus the conversations only around cancer, so keep inviting her to any events or activities you ordinarily go to together.

Learn more about AdventHealth's whole-person approach to [breast cancer care](#) and support.

Ways and Means

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

Our first **Raffle Basket** of the year, donated by Linda Lambert and Janet Tucker, brought in **\$375** for our charities! Congratulations to Alison Potokin (Debbie Loperfito's daughter) who purchased the winning ticket!

The Ways & Means Committee is hard at work planning our upcoming Golf Tournament, Monday, November 11, at Heathrow Country Club as well as a number of other fundraising events! Thanks to your help, the proceeds of this and other events benefit our charities.

Key Member Info:

- First, it will be such a fun event, so please sign up to play or volunteer. And, cross your fingers for good weather!
- The tournament will be a scramble, shot gun start at 12:00 noon for men and women of all skill levels
- The fee is \$500 per foursome or \$150 for individual players which includes, golf, cart, box lunch, buffet dinner, goodie bag, raffle prizes and more! We will pair individuals into foursomes.
- The Tournament is a great opportunity for businesses and individuals to sponsor a hole for just \$100. Mercedes-Benz of North Orlando is our Hole-In-One sponsor for the event, and there are plenty of opportunities for sponsors still available.
- Don't play golf but would like to make a contribution to the Tournament?
 - Hole #18 will be our "Hole of Fame" where we will display signage from all individual members of our club who contribute \$100 to HWCC.
 - Holes may also be purchased in honor or in memoriam of a member, friend or family member.
 - This is a perfect opportunity to publicly show your support to our charities and the efforts of our organization. Contact [Nancy Jones](#) to secure your sign and/or sign-up your foursome or individual golfers.

- **If you are planning on signing up at a luncheon - the October luncheon will be the last available opportunity, as the November luncheon is one day after the tournament.**

If you know anyone who would like to play or sponsor at the event, please contact Nancy Jones at GolfTournament@HeathrowWomensClub.Org and we will contact them, direct them to online registration or send all the necessary forms to them. Or, you can direct any sponsors/players to bit.ly/HWCGolf.

MARK YOUR CALENDAR NOW FOR THESE UPCOMING EVENTS:

Wednesday, October 21 - Ways & Means Committee Meeting - 5:00 pm at Sawyer Lake Park Clubhouse

Wednesday, November 7 - Meeting for Golf Tournament Volunteers - 3:30 - 5:30 pm at Sawyer Lake Park Clubhouse

Monday, November 11 - 4th Annual HWCC Golf Tournament, Heathrow Country Club

Saturday, February 1 - Annual Yard Sale - 10:00 a.m. Sawyer Lake Park Clubhouse

Sunday, March 8 - Fashion Show - 2:00 p.m. Westin Hotel Lake Mary

If you are interested in taking part in any of our fundraisers, please contact [Nancy Jones](#) or [Carolyn Boland](#). We also welcome any questions and will follow Lee Granger's example and answer them in the NEWZ. We appreciate your participation and the donation of your time and talent to those in need in our community.

Regards, [Nancy Jones](#) 407-461-6555 and [Carolyn Boland](#), 904-605-2163. Ways & Means Co-chairs



4TH ANNUAL GOLF TOURNAMENT
 Heathrow Country Club | 1200 Bridgewater Drive, Heathrow, FL 32746
 Monday, November 11, 2019
 Check-in 11 am, Shot-Gun Scramble 12 pm

- 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 Public Schools

Hole in One Sponsor – Mercedes Benz of North Orlando



Email GolfTournament@HeathrowWomensClub.org

Or check out bit.ly/HWCGolf for sponsorship opportunities

Individual Player \$150 | Foursomes \$500
 Includes Range Balls, Box Lunch, Buffet Dinner, Prizes, Raffle, Goody Bag and More!
Register at: bit.ly/HWCGolf

Make Checks Payable to: HWCC

Mail Sponsorship Form, Check or CC Form to:

HWCC c/o HWC Golf Tournament

PO Box 950145 | Lake Mary, FL 32795

For additional information or questions, please email:

GolfTournament@HeathrowWomensClub.org

HeathrowWomensClub.com

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/2Gal3JC.
 "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.

Our Social committee met on September 12th and discussed adding a few new social activities for the 2019-20 season in addition to our current activities. More information will follow in the upcoming months.

Many members stopped by Social table at our opening luncheon meeting on Tuesday, September 10th. Ladies were busy signing up for social activities in September and October. Members who were not able to attend the September meeting will have an opportunity to view and discuss the various activities at our next luncheon meeting in October.

In September movie goer members enjoyed meeting at AMSTAR Cinema to watch "The Goldfinch" followed by a lively dinner discussion. Also, in September we had a great turn out for Ladies Night Out at Stonewood Grill & Bar. Great fun was enjoyed by all!

Group Activities

Happy Hour Social will be hosted at the home of Debbie Rush & Greg Camp on Friday, October 25th 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. If you have not signed up and are interested in attending, please contact Mary Beth Ketelhut.

Ladies Night Out will be held on Thursday, October 24th from 5:00pm-7:00pm. We will have more information at the October luncheon and sign-up sheets will be available.

Movie & Dinner will be held on Tuesday, October 15th. The selected movie and a description will be available at the October meeting with sign-up sheets.

Sign-up sheets for new social groups will be available at the October luncheon meeting. The Social Committee is seeking member to organize and lead Lunch Bunch, a group of members that meet for lunch at a different restaurant on the third Friday each month. This activity is open to all members.

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, October 8, 2019

11:00 Luncheon Registration

11:30 Business Meeting

12:00 Luncheon

Registration Deadline: noon, Friday, October 4.

October Program:

This month's presentation is **"The Top 10 Tips for Aging Well"**, an interactive presentation with audience participation which promises to include the game of **Jeopardy!**

Leading the discussion and serving as "game show host" is Judy Clark, Licensed Clinical Social Worker who works in the Maturing Minds Program for AdventHealth.

She will discuss the benefits of making changes to improve our outlook and wellness, suggesting important tips on prevention including recommendations regarding active physical and brain fitness, to make an investment in addressing your quality of life, for now or in the future.

The Club is open to all women in Central Florida (neither residency in Heathrow nor membership in the Country Club is required to join the Heathrow Women's Club). Advanced registration for lunch is required and can be completed at our website: www.heathrowwomensclub.com.

Joan Oatway
Programs, Chair
ProgramsHWC@gmail.com

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.

Did you know that 65% of domestic violence victims will delay or refuse to leave an abusive home out of fear of leaving their pets behind?

Did you know that up to 85% of women entering domestic violence shelters reported that their partner had threatened, injured, or killed their pet?

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!

For more information, or how to make a donation to this ongoing fund, please contact me at Pattinev@hotmail.com.

Thanking you in advance for your generosity,
Patti Neveleff

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, heathrowwomensclub.com. Go to the drop-down box under "Causes" 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. 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.

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, 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

Becki Miller
Corresponding Secretary
CSecy@heathrowwomensclub.org

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.



SPONSORS


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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Cheers to Friends & Living Well

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

For Villas & Independent Living: **Call: 407-732-5800**

For Assisted Living & Memory Care: **Call: 407-444-0122**



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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.