

THE 1987 - 2020 NEWZ

September 2020 Newz Edition

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A Message from the President

Hello Ladies of Heathrow Women's Club! As you can imagine, taking the president's helm during these unprecedented times is filled with both CHALLENGES and OPPORTUNITIES! A sincere "Thank You" to our members who have renewed and to those who are new to our club! Your continued support of HWC and your dedication to our mission of "Socializing with a Purpose" is awesome.

In visiting with many of you over the summer months, I learned that you have created numerous ways of staying connected with each other. There are the online chats, virtual book clubs, patio or driveway social distancing gatherings, even a drive-by birthday celebration ... and the list goes on. As a group, we will continue to explore innovative ways to expand our relationships with each other and support our charities.

Have you joined the HWC Facebook page? This tool gives us a great platform to share information, make comments, and even "go live" (where there is a presenter or presenters and the group online can type comments). Please consider joining – we can have lots of fun together! What about the HWC Instagram site? It's another online communication tool for all of us to stay connected. We will be using online group chat tools too – Zoom and Google Meet. Please let me know if you need assistance in accessing these great tools (president@heathrowwomensclub.org or 407-221-7175).

Your 2020-21 Board of Directors is a fantastic team of dedicated women who will serve our club with creativity, innovation and imagination. Their individual committees have begun to meet online to create activities for the new season. Thank you to Ellen Yeaser who has taken on the responsibility as editor of The NEWZ. Also, thank you to Cynthia Lebowitz who, as head of Technical Services, oversees our electronic communications, including The NEWZ distribution. Do you have skills with technology? Cynthia would appreciate additional support in this area! Any active member (paid dues) can participate on any HWC committee – PLEASE consider sharing your skills, talents, energy and ideas on one or more committees!

Stay safe – stay healthy! And stay connected with your Heathrow Women's Club as we enter our new season with renewed vigor and endless innovation. Looking forward to a great new year together!

Darlene Entringer, President

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

President@heathrowwomensclub.org

407-221-7175

HWC Past President's Council – NEW!

On, August 11, eight members of the newly formed HWC Past President's Council (PPC) held a virtual meeting. The Past President's Council membership is composed of active past HWC presidents, plus the current HWC President. This year's members include:

- Ginny Castellani
- Pat Darrah
- Carol Ann Dove
- Darlene Entringer (current Board President)
- Lindsay Freeman
- Clety Gomez
- Lee Granger (current Board Advisor and PPC coordinator)
- Patti Neveleff (current Board Parliamentarian)
- Peggy Pyle
- Judie Rosenbluth
- Ellen Yeaser

The group's Mission Statement: To offer their experience and expertise, the Past President's Council is an ad hoc voluntary group of past-presidents who are current members of the Heathrow Women's Club. Hosted by the current club President and Board of Directors Advisor, they will join together as needed to share their ideas and provide feedback.

"It is such a blessing to have the benefit of all this knowledge and experience available as we navigate HWC through un-charted waters during this year of Covid-19," said Darlene Entringer. During the online meeting, the group provided input on member engagement, mentorships, frequency of large fundraisers, and member recognition.

Lee Granger, Advisor
Heathrow Women's Club/Heathrow Women's Club Charities, Inc.
leegranger849@yahoo.com
407-782-2508



SPOTLIGHT: Miriam

In this issue, we would like to spotlight Miriam Weston, a long-time member of HWC. Miriam was born in Montgomery, Alabama; she grew up with her parents and older brother. Her father was the president of Alabama A&M College and her mother taught Greek, Latin, German and French. Miriam went to Oberlin College, Ohio to study music but majored in English with a minor in Psychology because she was told it would be extremely hard making a living with music. She received her master's degree in Clinical Psychology from Columbia University. There she met her husband at a friend's Christmas Eve party. They were married a year and a half years later and settled in New York City then moving to New Rochelle. They have two children, a daughter who is a nun and a brilliant artist and a son who is a partner in a NYC law firm.

While her husband was busy with his different endeavors, she worked at North Side Center for Child Development. She later was recruited by the James Weldon Johnston Clinic for Mental Health and worked part-time. To her surprise, her husband came home one day and announced he wanted to become a minister. He became an ordained Priest in the Episcopal Church.

Miriam completed her PhD at age 32. However, she was constantly training in the latest theories and techniques of her field because she believed "If I am seeing patients, they deserve for me to be the best that I can be." She spent the rest of her career working part-time in the clinic and dedicating time to her private practice.

In 1994, she and her husband visited friends in Florida, and they liked it so much they decided to retire here. Miriam carries on her tradition of volunteerism through her many charitable endeavors including Heathrow Women's Club, starting a small choir at the Boys and Girls Club, and assisting the Chaplain at AdventHealth. Keeping with her love of music, she is member of the Friends of Orlando Philharmonic Orchestra.

Clety Gomez & Patti Neveleff

MEMBERSHIP & HOSPITALITY

Although our 2020-2021 year may be “Different” from our traditional year of “Socializing with a Purpose”, with the support and continued involvement, we will work towards finding creative and innovative ways to be together and more importantly continue to financially support our Charities. “Opportunities to find deeper powers within ourselves come when life seems most challenging. – Joseph Campbell, Author

As of August 11, 2020, we have a total of 81 HWC members.

If you have already renewed your membership, Thank You!

If you have not renewed, the membership application is available on the HWC website under tab Membership, sub-tab “Becoming a Member”.

<http://www.heathrowwomensclub.com/become-member>

The application can be completed on-line with a credit card payment or can be printed and mailed with two checks to the address on the application.

If you have any questions concerning Membership, please feel free to reach out to me.

Sincerely,

Judy Quattri, Membership & Hospitality Chair
Heathrow Women's Club/Heathrow Women's Club Charities, Inc.
membership@heathrowwomensclub.org
407-797-7333



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

No report this month.

2020-2021 HWC Board of Directors

Position	Member
President	Darlene Entringer
Charitable Endeavors Programs	Anna Kiss
Membership/Hospitality Ways and Means	Jane Oatway
Treasurer	Judy Quattry
Parliamentarian	Nancy Jones
Recording Secretary	Linda Caron
Corresponding Secretary	Patti Neveleff
Technical Services	Pam Drew
Public Relations	Becki Miller
Social	Cynthia Lebowitz
Focus	Kerriane Arnold
Advisor	Mary Beth Ketelhut
	Sheryl Johnson
	Lee Granger

CHARITABLE ENDEAVORS

Over the years, our club has supported the annual Back to School drive with boxes of donations including notebooks, pencils, crayons, etc. This year, based on different needs in a different time, we determined it would be most advantageous to make an early cash donation to each of our designated charities so they could best support area children as they return to the classroom or learn at home. Our members generously donated \$1500 to this drive. Donations were sent to our Treasurer, Linda Caron by personal check, the Zelle online banking tool, or credit card.

The HWC Board of Directors voted to send \$500 to each of our four charities:

- 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

We are exploring additional fun and interactive ways to support these charities as we continue to remain in our homes or social distance when we are out and about! As always, thanks to our members for their continuous and amazing support.

Anna Kiss, Charitable Endeavors Chair
Heathrow Women's Club/Heathrow Women's Club Charities, Inc.
Akiss072757@gmail.com
407=782-8637

Public Relations

Founded in 1987, on August 17th, the Heathrow Women's Club celebrated its 33rd Anniversary. Our Club has a long history of "Socializing with a Purpose" and supporting many worthy causes in our local community. As you can imagine, documenting our activities and events is an important aspect of keeping alive the rich history of our organization.

I'm pleased to announce that Ellen Yeaser, a long-time member and past president of our Club has volunteered to serve as Historian and will keep the Club's memorabilia to use at our various anniversary celebrations, as a resource to our members and as an educational tool to new members who are interested in our Club's roots.

During these difficult times, many of us are spending more time at home and doing some house cleaning to pass the time. Should you come across any Club memorabilia or materials that may be of interest, please contact Ellen (eyeaserhwc@aol.com or 407-491-8302) and she will arrange to get the materials from you and preserve them as part of our archives.

Kerrienne Arnold, Public Relations Chair
Heathrow Women's Club/Heathrow Women's Club, Inc.
PR@heathrowwomensclub.org



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

Last year we had an excellent year fundraising thanks to all your efforts. And we had a lot of fun as well!

This year will be a remarkable year. It may not be our highest year for fundraising, but we think it will be remarkable because we will find new ways to support our charities and spotlight our vendors while protecting the health and safety of our Heathrow Women's Club Members.

Here are a few things we are looking at for 2020-2021:

- We will continue our support of Circle of Giving and Donations through our website. Gifts to Circle of Giving and Donations go directly to the charitable giving funds (unless specifically earmarked for a particular cause).
- We will have an online monthly raffle basket drawing until we can safely meet again. (let me know if you want to sign up for a month – September is covered)
- We are looking into the feasibility of a HWC online Poshmark Store – let me know if you have any expertise.
- We are looking into in-person events next Spring
 - We are looking into virtual events and online auctions

Please send your ideas for fundraising during this challenging time - and if you want to volunteer to be part of any event!

Just as a reminder, Heathrow Women's Club members can become sponsors. If you are interested, email Nancy Jones. Here are some of the perks:

- An ad in the monthly newsletter – with a link to your website
- An ad in all event programs
- Social media shout-outs
- Company name on display on the table at each luncheon
- And more, depending on your level of sponsorship

Your continued support of our fundraising efforts is important to the club, so **be sure to renew your membership** and your commitment to each other and to our community.

Nancy Jones, Ways & Means Chair
Heathrow Women's Club/Heathrow Women's Club Charities, Inc.
nancjones@cfl.rr.com
407-461-6555

SOCIAL

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

Unfortunately, we had to suspend all the Heathrow Women's Club in person social activities after March 16th due to the coronavirus. Some of our social groups have continued to meet online via Zoom, Facebook and Google.

Our Social Committee held a virtual Zoom meeting on Wednesday, August 19th to discuss and plan social activities for the upcoming Heathrow Women's Club season. We had a lively discussion to explore ways to socialize under the current pandemic conditions. Watch for a full report in the October edition of the Newz. If you are a member not serving on the Social Committee but have a suggestion for an activity, please contact Mary Beth Ketelhut.

We all look forward to happier times when we will be able to gather together with our Heathrow Women's Club friends and socialize WITH A PURPOSE!

Mary Beth Ketelhut, Social Chair
Heathrow Women's Club/Heathrow Women's Charities, Inc.
socialgroups@heathrowwomensclub.org
617-620-6348

PROGRAMS

As our club determines how best to meet together - whether it is online or socially distanced at the Heathrow Country Club in the future - the Program Committee will create supporting presentations. This may include information shared by the spokespersons from our four charities, area community resource officers, health and well-being experts, etc. We will keep you apprised as our meeting schedule evolves.

Jane Oatway, Programs Chair
Heathrow Women's Club/Heathrow Women's Club Charities, Inc.
joatway@cfl.rr.com
407-314-6520

CORRESPONDING

Secretary

REMEMBRANCE DONATIONS

Now, more than ever, your financial donations are extremely important to our Club's ability to provide the necessary funds to support women and children in need in our local community. Please think of Heathrow Women's Club Charities **FIRST** if you would like to remember, celebrate, or honor someone 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.

Becki Miller, Corresponding Secretary
Heathrow Women's Club/Heathrow Women's Club Charities, Inc.
Beckimiller8@gmail.com
407-687-5780

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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