

# THE 1987 - 2016 NEWZ

Summer 2016 Newz Edition

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## *A Message from the President*

Greetings and Happy Summer! I hope you are well and having a great July and August.

We have so many things to look forward to as we move into our 29<sup>th</sup> year of "Socializing with a Purpose." Your new board and committees are working diligently to plan a great year ahead. I encourage you to consider getting involved this summer by joining one of our committees. We're always looking for additional help and I know you each have a unique talent that could help further our mission to "Make a Difference!"

There are many women and children in Seminole County who are counting on our success this year. I am looking forward to supporting the four great charitable organizations you voted on at our April luncheon: Bags of Hope Central Florida; Boys & Girls Club of Central Florida, West Sanford Branch; SafeHouse of Seminole and Seminole County Friends of Abused Children.

We already have a couple dates for you to mark on your calendars. Our HWCC 2<sup>nd</sup> Annual Golf Tournament is scheduled for Monday, November 14<sup>th</sup> and our Annual Spring Fundraiser will be Friday, April 7<sup>th</sup>. We're already kicking off the year selling Macy's Shop for a Cause passes. You can contact Ellen Yeaser to purchase your pass today for the August 26<sup>th</sup>-28<sup>th</sup> shopping dates. Please make sure to read the update from our Ways & Means Committee for more details.

If you haven't already done so, we hope you are planning to renew your club membership. For the first time, you can complete your membership application online. If you prefer, you can still mail your application to our Membership Committee Chair Kristan Priem. We would like to receive all applications for renewing members as soon as possible. Remember, you must be a current member in good standing to participate in committee and social activities over the summer.

I feel very fortunate to represent our club as President for the upcoming year. I promise to do my best to carry on the rich history and tradition that has been built over the past 28 years. I'm also looking forward to working together as a club to continue to move forward and increase our impact within our community. Please know that I welcome your feedback and appreciate your support as we move forward into what I hope will be another great year!

Wishing you a safe and enjoyable summer!



Lindsay Freeman  
President 2016-2017  
Heathrow Women's Club, Inc.  
Heathrow Women's Club Charities Inc.

# SPOTLIGHT

## *Karen Ahmes*

I first met Karen Ahmes a few months ago at a Dine Around dinner at The Vineyard Café. Although we did not have much time to converse directly, I came away with the impression that she was a genuine New Yorker. When we met for lunch, in the same venue for this Spotlight interview, I realized that she came by the New York perspective naturally, having spent her early years in the BBQs. She grew up as the only child of a father, who was a "Marcus Welby" house-call making doctor, and a mother who assisted him. Karen's outgoing, forthright, and positive attitude has helped her through many personal challenges, the first of which came when her mother passed away when Karen was just 16 years old. But, she went on with her life and obtained a degree in Elementary Education from The State University of New York at New Paltz. One summer, she met her soon to be husband, Herbert, when she worked as a camp counselor. She did not go into teaching, but instead used her talents as a social worker providing assistance to elderly patients in the hospital system.



1976 turned out to be a fateful year. Karen's daughter was born! But, as Karen and Herbert were traveling back from a trip to Montreal, they got into a terrible accident which left her husband a quadriplegic. The following years were very difficult, but Karen persevered, taking care of both her daughter and husband. As she describes these events to me, she uses a figure of speech, "P.S.," to make her point or emphasize an outcome. Her husband's health caused them to need to move to a warmer climate, and they chose Hawaii. They spent ten years there in Honolulu as Karen cared for her family, which now included a son. Although Herbert was wheelchair bound, they were able to get around and go out for dinners and entertainment. By 1990, they had had enough island life and moved to Lake Mary, building a house in Wingfield North. Due to complications, her husband passed away in 1997. But, nothing could keep Karen down. She began taking private ballroom dancing lessons and began competing locally and regionally. Her favorite dances are the waltz, tango, and foxtrot. She wears lovely gowns, has many friends, and remains active on the "dance circuit."

Karen sold her Wingfield North house and moved to Buckingham Estates. Both children graduated from Lake Mary High School and went on to college. Karen met and was married to a man that was a high school teacher. Unfortunately, he passed away after just five years. Then, on the way to a dance in Orange City in 2006, Karen was in another accident which left her right hand severely damaged. She did not let that slow her down and learned to write with her left hand and continues to dance. She started going to Silver Sneakers at the YMCA and became certified as an instructor. Now she conducts two classes a week there and for a while also taught strength and cardio at the Lake Mary Senior Center. Additionally, she regularly sees a personal trainer herself.

Karen's daughter lives in Winter Springs and has a daughter and a son. Karen sees them very often and is involved in their lives. In fact, Karen will be singing in the Millennium Middle School parent's production of "Rent!" Karen has traveled to Europe and goes back to New York where she enjoys visiting friends and Broadway shows. Her son now lives nearby in Jacksonville and is a paramedic, studying to become a nurse. She has a full life, has survived many challenges, and is open to meeting a man who would warm her heart and make her laugh.

Karen frequented Einstein's Bagels on Lake Mary Blvd. and met Clety Gomez there a few years ago. Clety encouraged her to join HWC. She participates in the Single Women's Dine Around and she is planning to become active on the Social Committee in the coming year. And, P.S., I can't wait to see what fun things are in store for us socially with Karen's involvement!

BY LEE GRANGER

# Look Who's Celebrating

## BIRTHDAYS

July 1	Rachael Guernsey
July 3	Nancy McKay
July 6	Linda Wish
July 7	Shirley Andrews
July 9	Christina Culbertson
July 11	Joyce Richardson
July 12	Darlene Entringer
July 12	Gayle Jones
July 13	Jolian Callier
July 14	Holly Tyler
July 16	Marie McGreevy-Dayton
July 18	Andi McNally
July 22	Diane Hunter
July 30	Karen Christian
July 30	Vivian Whitchurch
August 1	Ann Burnham
August 2	Eleanor Ziegler
August 3	Carol Ann Dove
August 3	Christine Gillen
August 7	Jane Oatway
August 9	Lisa Batcho
August 9	Peggy Capouano
August 13	Donna Bartlett
August 14	SallyBeisler
August 16	Linda Caron
August 21	Sherri Argirion
August 21	Jeanie Redmond
August 23	Sheryl Johnson
August 24	Mary Jane Crouse
August 28	Lindsay Freeman
August 28	Ann Russo
August 29	Carol King

## ANNIVERSARIES

July 2	Joyce and Angel Moreno
July 2	Paula and Joe Rubin
July 5	Lynn and Craig Daniel
July 6	Joan Keogh and Jim Lynch
July 9	Lynda and Bud Hedinger
July 17	Rosalyn and Burt Sellers
July 21	Brenda and Leonard McClure
July 27	Sally and Mark Andy
July 28	Marie and Ron Coln
July 29	Susie and Michael Dissinger
July 31	Donna and Paul Bartlett
July 31	Karen and Howard Watson
August 1	Helen and Michael Morin
August 1	Ingrid and Greg Watson
August 3	Sheila and Gary Bigel
August 5	Lindsay and Isaac Freeman
August 10	Mercy and Thomas Joyce
August 10	Paula and Harvey Roth
August 11	Ann and Rick Burnham
August 15	Diana Fyfe and John Petrusky
August 15	Christine and Jon Gillen
August 19	Martha and Bob Halcrow
August 21	Peggy and Albert Capouano
August 23	Shirley and Wallace Andrews
August 24	Barbara and Joe Maiz
August 25	Frieda and Robert Dambrauskas
August 25	Nancy and Michael McKay

## EVENTS

July 23	Mimosas & Muffins Fundraiser all day at Jesse's Girl Boutique
July 18	Ways & Means Committee Meeting at 9:00am at Sawyer Lake Park
August 1	Charitable Endeavors Committee Meeting and School Supply Drive at 10:00am at Sawyer Lake Park
August 26-28	Macy's Shop for a Cause all weekend at Macy's nationwide
September 29	Wine Tasting to Benefit Seminole County Friends of Abused Children at Mercedes-Benz of N. Orlando
November 14	2nd Annual Golf Tournament at the Heathrow Country Club

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

# MEMBERSHIP

The Membership Committee keeps a record of all of our current and new members.

Please don't forget to fill out your membership application and pay your dues for the 2016-2017 club season. You can fill out your application and pay your dues online by visiting <http://heathrowwomensclub.com/pay-online/membership-dues> or by filling it out below and emailing it to [MembershipHWC@gmail.com](mailto:MembershipHWC@gmail.com).

You may also U.S. mail your application with your check to:

Kristan Priem, Membership Vice President  
1570 Westover Loop  
Heathrow, FL 32746

Note: If you email your membership form to [membershiphwc@gmail.com](mailto:membershiphwc@gmail.com), you will still need to U.S. mail your dues to Kristan Priem, Membership Vice President.

## Membership Dues

The membership dues for the Heathrow Women's Club are \$100.00 per year. Dues are paid in two checks as follows:

- \$25.00 payable to Heathrow Women's Club
- \$75.00 payable to Heathrow Women's Club Charities, Inc. (tax deductible)



Kristan Priem  
[MembershipHWC@gmail.com](mailto:MembershipHWC@gmail.com)



## Membership 2016-2017

*"It is the MISSION of the Heathrow Women's Club to contribute to the health and welfare of women and children in Seminole County, financially and with the time and talent of our members. We encourage "Socializing with a Purpose" to promote friendship, harmony and goodwill amongst our members and within our community. These interactions will further the kind of relationships that will allow us to fulfill our mission."*

### COMMITTEE DESCRIPTIONS

**Charitable Endeavors:** responsible for coordinating volunteer activities and distributing funds raised by the club to our selected charities.

**Communications:** responsible for the club's website, newsletter and social media (Facebook). Computer training is available to anyone interested in being on this committee.

**Finance:** responsible for staffing the registration table at our luncheon.

**Focus:** responsible for conducting our annual satisfaction survey as well as keeping updated records of job descriptions for the Executive Board and Standing Committee Chairs. The committee also maintains the club bylaws, and the policies and procedures.

**Hospitality:** responsible for welcoming new members and familiarize them with club and our activities. This 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. This committee also hosts two "new member get-togethers" a year.

**Program:** responsible for developing program ideas and securing speakers as well as developing the menus for our monthly luncheon meetings. Since programs and speakers must be finalized during the

summer months, the committee will begin meeting prior to the end of the previous fiscal year.

**Public Relations:** responsible for promoting the club's activities via community based electronic signage and print materials. This includes writing and sending press releases and photographing club events. Other tasks that fall under Public Relations include but are not limited to: writing articles for the Heathrow Living Magazine and member Spotlight articles.

**Social:** responsible for organizing social activities and events for HWC members and when appropriate for their adult guests as well. Some activities include: Bridge, Bunco, Dine Around, Book Club, Progressive Dinner, Happy Hour Social and much, much more.

**Telephone:** responsible for making telephone calls to HWC members to obtain reservations for the monthly luncheon meeting. In addition, the committee will make phone calls as necessary to dispense additional information.

**Ways & Means:** responsible for planning and implementing the fundraising efforts of the club, including Club Sponsorships. Members are encouraged to participate in a variety of activities throughout the year; i.e. Annual Golf Tournament, Bake Sale, Yard Sale, Purse Auction, Major Spring Benefit and more.

### **The charitable organizations currently supported by the Heathrow Women's Club are:**

- > **Bags Of Hope Central Florida** – Feeding children in need: body, mind and spirit.
- > **Boys & Girls Club West Sanford Branch** – Builds character through everyday leadership and guidance in behavior and attitude to young children of all nationalities, races and creeds.
- > **SafeHouse of Seminole** - Dedicated to ending the cycle of domestic violence in Seminole County.
- > **Seminole County Friends of Abused Children** - Promotes and assists efforts to provide for the needs of abused and neglected children in Seminole County.



Women's Club, Inc.

HWC membership dues are \$100 (from September to May) and should be paid in the form of two separate checks as follows:

\$25.00, payable to Heathrow Women's Club

\$75.00 (tax deductible), payable to Heathrow Women's Club Charities, Inc.

**Membership is Non-Transferable and Dues are Non-Refundable**

Please mail your checks today to: Kristan Priem, Membership Vice President  
1570 Westover Loop  
Heathrow, FL 32746

**The Club's success is dependent upon the member's active participation. By submitting your application for membership you are agreeing to become an active member of the club, which includes participating in club activities, committees and fundraising.**

Please complete your membership information for the current year. The information you submit will be included in our membership directory which is available in print and on our website. The online directory is password protected. Club communication, including our newsletter, will be sent to the email address you submit in your membership information. Any changes to your information during the year should be submitted to the membership chair. **PLEASE PRINT CLEARLY and fill in each blank space.**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip Code \_\_\_\_\_  
Neighborhood (Heathrow Community / Other) \_\_\_\_\_  
Phone: Home: \_\_\_\_\_ Cell: \_\_\_\_\_ Office: \_\_\_\_\_  
E-Mail: \_\_\_\_\_

Your Birthday (Month/Day): \_\_\_\_\_ Husband's name: \_\_\_\_\_

Wedding Anniversary: \_\_\_\_\_

**PLEASE REVIEW THE COMMITTEE(S) DESCRIPTIONS ON THE FRONT PAGE AND INDICATE ON WHICH COMMITTEE (S) YOU WOULD LIKE TO SERVE.**

Committee(s) on which I would like to serve: \_\_\_\_\_

Have you previously been a member of HWC? Yes \_\_\_ No \_\_\_ If yes, when \_\_\_\_\_

How did you learn about HWC? \_\_\_\_\_

Are you interested in serving on the Board / Chairing a Committee in the future? Yes \_\_\_ No \_\_\_

**ALL LUNCHEON RESERVATIONS ARE MADE ON LINE THROUGH THE HWC WEBSITE.**

If you have a special need in making reservations check here \_\_\_\_\_.



# WAYS & MEANS

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

Greetings from Ways & Means!

As the summer heats up, so does the planning for our 2016-2017 Fund Raiser Events! The Ways & Means Committee will meet on the 3<sup>rd</sup> Monday most months. In order to accommodate everyone's schedule, we will meet some months at 9:00 am and others at 4:00 pm. All planning meetings will be held at Sawyer Lake Park in Heathrow.

Our first event, is the annual "Macy's Shop for a Cause" with a new twist! This year, Shopping Passes will be honored on three days - from Friday, August 26 - Sunday, August 28. All you do is purchase a \$5.00 Shopping Pass from Ellen Yeaser and then shop on the days of the event to receive your 25% discount off almost everything in the store. HWCC gets to keep all the monies raised from the sale of these passes and the passes are good at any Macy's nationwide, but not on Macy's.com.

Heathrow Women's Club Charities will again have a table set up at Macy's at Seminole Town Center, so bring your passes and shop, shop, shop!

All proceeds from the Macy's event as well as all our other Fund Raiser activities benefit our selected charities including:

- Bags of Hope Central Florida
- Boys & Girls Club of Central Florida, W. Sanford Branch
- SafeHouse of Seminole
- Seminole County Friends of Abused Children

## **Be Sure to Save the Date for our 2016-17 Fund Raiser Events!**

**Monday, November 14** - HWCC 2<sup>nd</sup> Annual Golf Tournament, Heathrow Country Club

**Tuesday, December 13** - Annual Bake Sale at the December Luncheon Meeting

**Friday, April 7** - Major Fundraising Event at the Lake Mary Event Center

Before you know it, our 2<sup>nd</sup> Annual Golf Tournament at Heathrow Country Club will be here! If you took part in any way last year, you know what a fun and successful event it was! Plans are to keep our pricing the same as last year at \$125 to play including cart, box lunch, buffet dinner, silent auction, raffles and much, much more! Hole sponsorships will again be available for \$100 with Hole #18 designated once again as the "Hole of Fame" where members can show their support of our club's charitable endeavors! Watch upcoming editions of The Newz for full details.

The best way to make the most out of your Heathrow Women's Club membership is to become active on a committee and what better committee than the one that raises the much needed funds for our selected charities. If you are interested in becoming involved in Ways & Means please contact Linda Richardson or Ellen Yeaser. We appreciate your participation and the donation of your time and talent to those in need in our community.

Enjoy your summer, keep safe and we hope to see you at our Ways & Means Planning meetings this summer!

Warm Regards,

Linda Richardson (407-832-7356) and Ellen Yeaser (407-491-8302)

Co-Chairs, Ways & Means

[WaysandMeansHWC@gmail.com](mailto:WaysandMeansHWC@gmail.com)

# CHARITABLE *Endeavors*

Charitable Endeavors reviews all potential charities to be supported by Heathrow Women's Club and Heathrow Women's Club Charities, Inc. CE also arranges local volunteer opportunities and donations.

The Heathrow Women's Club will be supporting four charities in the coming 2016-2017 Year. These include "Bags of Hope Central Florida", "Boys & Girls Club of Central Florida, West Sanford Branch", "SafeHouse of Seminole", and "Seminole County Friends of Abused Children". Our first meeting will be held August 1, at 10:00am at Sawyer Lake Park and all those who have signed up to be on our Committee will be notified of the date and the items to be discussed. Our main focus is signing up members to volunteer for the various programs we conduct for each charity. In August there is always a request for school supplies for Seminole County Friends of Abused Children and Rhonda Santolin will be informing you of the orientation dates for volunteers in the Bags of Hope Kids Club. We look forward to meeting with all our wonderful volunteers in August and appreciate your willingness to serve. We will also have a school supply drive at the August 1 meeting, see below for list of school supplies!



- Crayons (24 Count)
- Washable Markers
- Glue Sticks
- Pencil Cap Erasers
- Lead Pencils (Yellow #2)
- Blunt Scissors
- Rounded Scissors
- Highlighters (Yellow/multi Colored)
- Pink Block Erasers
- Dry Erase White Board Markers
- Wide Ruled Notebook Paper (200 Count)
- College Ruled Notebook Paper (For High School Students)
- Pocket Folders (Asst. Colors)
- Brad Folders (Asst. Colors)
- Brad Folders (Asst. Colors)
- Composition Notebook (Black And White Marble Cover)
- Ball Point Pens, Medium Point (Black/blue/red)
- Colored Pencils
- Spiral Notebook - Wide And College Ruled
- Elmer's Glue Bottle
- Hand Held Pencil Sharpener
- Sharpie Fine Line Marker (Black)
- Plastic Ruler (12 Inch Std. And Metric)
- Protractor
- Compass
- Pencil Holders (Zip Bag Or Small Plastic Container)
- Hand Sanitizers
- 1" Binders

Peggy Pyle and Rosemary Robinson  
Co-Chairs Charitable Endeavors  
[CharitableEndeavorsHWC@gmail.com](mailto:CharitableEndeavorsHWC@gmail.com)



# Mimosas & Muffins

## Fundraiser

Support of Seminole County  
Friends of Abused Children

Saturday, July 23rd

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Jesse's Girl

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# 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 Sheryl Johnson at 407-284-9788. 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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# Shining our light

## on the Heathrow Women's Club.



**LAKE MARY** *Life*  
 Lake Mary • Heathrow • Sanford • Longwood  
 July/August 2015 | Vol. 13 • Issue 4

Together Again...  
 for the *First* Time

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The entire staff of  
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A SOCIAL PUBLICATION EXCLUSIVELY FOR THE RESIDENTS OF HEATHROW



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.