

# GFWC WOMAN'S CLUB OF INVERNESS

## NEWSLETTER



We Rise  
By Lifting  
Others

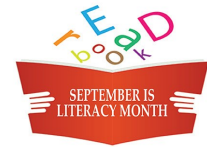


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*The best way to find yourself is to lose yourself in  
the service of others ~Mahatma Gandhi*



### Our Presidents' Message



Welcome Back!

Wow! What a phenomenal group of women we have as members of our club! We were able to accomplish so much for our community during this year of isolation. Kudos to all! In order to maintain this level of involvement for us, we have brainstormed, researched, polled, met and discussed many new ways to share our talents and our time with fellow members. Our goal is to offer a variety of ways for all, or some, to meet and possibly get to know each other a little better or opportunities to invite possible new members to participate. We have high expectations for a variety of fund raisers. We will continue to support our local agencies in whatever way we can. We always have to include food !! While supporting each other we need to look forward to finding new friends to join our endeavors. Each of us could find at least one friend to bring to our fold! Our doors are open and we're planning to spread them wide this year. Although we're planning for the future we still have to take each day one at a time. Here's hoping for an exciting new year....together?

*Love, Respect, and Kindness*  
**Sandy Boyette & Sandra Koonce**



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### ATTENTION!

#### Newsletter Editor Reminder:

The next issue of the newsletter will be published for **Oct., Nov., Dec.** Please have all notes and Photos to me **NO LATER than Oct 1st.** It is most helpful if **photos are provided in JPEG format and Text is provided in Word.** If text is provide in PDF format, I have to retype it as I do not have the needed software to edit it.

### Upcoming Calendar Events



#### SEPTEMBER 2021

- 10 - Board Meeting** – 10 a.m.
- 12 - Open House at Family Resource Center**
- 13 - Opening Meeting** – 1 p.m.  
*Bring: Magazines: Jigsaw Puzzles, Crossword Puzzles, etc. for area shut-ins*
- Draw for Secret Sisters**
- 15 - Book Club** – 1:00 p.m.
- 18 - Third Thursday Dinner Out**  
at an Inverness Restaurant
- 21 - Open House for Potential Members** - 1-3 p.m.
- 28 - Craft Day** - 11 a.m.  
*Optional Lunch together afterwards*

#### OCTOBER 2021

- 3 - 30 - Alzheimer's Virtual Challenge**
- 8 - Board Meeting** – 10 a.m.
- 11 - Regular Meeting** – 1 p.m.  
*Bring: any item (s) on the Therapy Box list under President's Project for abused children who come to Jessie's Place Family Resource Center Children's Christmas Project (choose names of children for Christmas gifts)*
- 13 - Book Club** – 1 p.m.
- 21 - Third Thursday Dinner Out**  
at an Inverness Restaurant
- 23 - Take-out Dinner FunDraiser** 4-6 p.m. \$15, advance ticket sales, deadline for purchase Oct. 18
- 26 - Field Trip and Lunch Bunch**– 10 a.m.





## ATTENTION!



*Ladies,*

Our goal this year is to raise money, welcome new members, and plan activities for small groups so we can better get to know each other. Here is what is **PLANNED**. Of course with the present situation everything is open to change.

Our monthly activities will include our regular meeting, Book club the Wednesday following our meetings, every third Thursday evening will be dining out at a to be announced location (chairman needed), every fourth Tuesday will be a small group meeting for an activity to revolve around a craft learning opportunity or trip to some planned location, ie: wine tour, antique shop, flower shop tour...followed by **LUNCH** of course!

Our new yearbook will keep us updated as to what items we will be collecting. This could be magazines (for September), shoes, food items and of course items for Jessie's Place, our President's project again for this year.

We have planned for an open house for potential new members on September 21. Each member will be encouraged to invite at least **ONE** person to attend. Our membership is declining and we all need to work at building our membership. That's why we created a variety of activities to hopefully grab the interests of our membership.

Our fund raisers are again the main stay of our club. This year's projects include a take out dinner in October, our annual Garage Sale in November, a fun filled 50's dance in February, and most likely another take out dinner in April ( we really would like an entertaining evening at the clubhouse but times may not allow it).

We are repeating our caroling and gifts for the Resource Center in December. We also need to keep in mind all of our District Meetings and various Conventions that have been planned. This still leaves room for fun and games at the clubhouse or some other activity as might arise.

Last , but probably most important, we have planned on meeting at our clubhouse. This **MAY** have to change but you will be notified. The situation may prohibit some of the things we have planned but having the "get 'er done" attitude that we have, fun will be had by all!

## ATTENTION!

### Opening Meeting

## ATTENTION!

We look forward to being together again at our opening meeting on Monday, Sept. 13.

However, due to the escalation of COVID once again and the fact that we still have members who are not vaccinated, **ALL** who attend **WILL BE REQUIRED** to wear masks.

The microphone will be used for anyone who speaks and that will be the only time the masks will be removed. The microphone will be wiped down after each individual speaks into it.

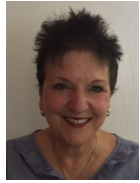
Please understand and help us through this continuing crisis.



*With Love Respect and Kindness,  
Sandy Boyette & Sandra Koonce*



# President's Project



**PRESIDENT'S PROJECT CHAIRMAN**  
**Marion Gundling**



## GFWC PRESIDENT'S PROJECT

### Caring Connections – Where You Might Want to Serve

Marion Gundling is making us aware of a possible new program that we might be able to do with only a commitment of a phone call a day to an area shut-in. Please read about it below.

#### Caring Connections

Caring Connections is a free, opt-in, daily wellness check telephone service. Every day a telephone call will be placed to a participant at a regularly scheduled time. These calls will take place as close to possible in the one-hour time block pre-selected by the participant. If the participant does not answer their first call to return the message within an hour, they will be tried one more time. If those calls go unanswered, an additional call will be made to notify an alternative person who is elected by the participant during program enrollment. This could be an adult child, a neighbor, or another loved one. The alternate who has a key for the participant's house will then be encouraged to check on the adult participant. The alternate will call 911 if medial help is needed. If we still can't reach the participant, we will call the Sheriff's Department non-emergency number and they will make a wellness check.

This program only provides a daily phone wellness check. Participants can call 211 for information as to who to call for other services provided by the community.

We are looking for volunteers to help with this very worthwhile project. Please understand that volunteers are only asked to make a daily phone call. They are not responsible for anything else!!

This project is vey worthwhile and can be a huge impact in serving our community. Please contact Marion Gundling if you are willing to help (954-663-6089).

We got great insight into what Jessie's Place is all about at our March Zoom meeting, when Melissa Bowermaster, Director of Jessie's Place, told us about the programs offered there. She explained how they handle our local children (587 local in one year!!) who have experienced sexual abuse -- and took us on a virtual tour of the facility. She also explained how the items we are giving to fill the therapy boxes are used.

*With Love, Respect and Kindness for all,*  
*Marion*



# Treasurer's Notes

**TREASURER NOTES**  
**Bonnie Jessee**



### Treasurer's Report:

Greetings! Just when we thought we were coming out of the woods, the trail ahead looks a bit longer. The financial books were audited in July by Agnes Kearns and Mildred Martin and I thank them for their graciousness in figuring out how best for us to get it done as well as their math and accounting skills. So, 2020-21 is closed out and we made it through the covid-year still with our heads and finances above water! Through all our hard work and persistence, we should be pretty proud of us!

I'm happy to report our status as of August 25, 2021, and we're doing okay. Today we have \$6,422.00 in our main account and \$2,023.45 in our building account (though \$1,050.00 of that amount is specially designated for scholarship(s) **as we did not award one in 2020 so held the funds in abeyance until awards are made in 2022).**

**Weight Watchers is back to business and is bringing in much-needed revenue for building rental.** Rentals are on the rise generally and all the work we did on improving the appearance of the building may be helping. Terri-Lynn continues to add to our coffers.

We will be working on the budget in the near future and looking at some fun (and hopefully profitable) projects for the coming year.

Looking forward to a reunion year... under whatever conditions we have to adhere, it'll still be so good to see everyone, to smile and laugh together!

Much love, respect and kindness to all!

Bonnie Jessee, Treasurer



## WEBSITES

**Sue Allen**

**Check out what is new!**

**Webstore: <https://InvWomansClub.terrilynn.com>**

**Here they are:**

**GFWC Inverness Club: [www.gfwcinvfl.org](http://www.gfwcinvfl.org)**

**GFWC FL State: [www.gfwcflorida.org](http://www.gfwcflorida.org)**

**GFWC Washington: [www.gfwc.org](http://www.gfwc.org)**



# Membership

# GFWC Signature Ongoing Program



**GFWC WOMAN'S CLUB OF INVERNESS FL**  
**2nd Vice President Chairman - Donna Anlo**  
**MEMBERSHIP**



Dear Members,

It's time to gather again and get started on a new year of service!

We hope to see you all on Monday, September 13th, for our start up regular meeting. Details will be coming soon.

Also, please mark your calendars for the open house on September 21st, from 1PM - 3PM. This is important as it's time to recruit new members to our club to help us better serve our community. A flyer is coming to you with those details. See in the newsletter below.

See you soon,

With Love, Respect and Kindness,

*Donna*

# MEMBERSHIPDRIVE ✓



**GFWC SIGNATURE PROJECT:**  
**Domestic Violence and Sexual Assault Awareness and Prevention.**



**Domestic Violence: Don't Wait Nine Seconds to Break the Silence**

The GFWC Signature Project Standing Committee seeks to make the community more aware of Domestic Violence within our community and identify ways in which the Club can help local Shelters and educate the public. The Project covers not only Domestic Violence, but also Child Abuse and Elder Abuse issues. It addresses Teen Dating Violence and related issues. Each April, we plant a pinwheel garden in honor of Child Abuse Awareness and Prevention month. **The primary focus of this committee this year will be Jessie's Place, which cares for children affected by Domestic Violence.**

**GFWC Success for Survivors Scholarship.** As a national leader in the fight to end domestic violence, GFWC will award \$2,500 to help survivors of intimate partner violence obtain a post-secondary education through the GFWC Success for Survivors Scholarship. The scholarship deadline is January 31 of each year. Promoting the GFWC Success for Survivors Scholarship is a key component to helping us change lives, and we can't do it alone. Spread the word. Visit [www.GFWC.org/Scholarship](http://www.GFWC.org/Scholarship) to download the press release and other marketing materials. For more information contact the GFWC Programs Department at 202-347-3168 or [Programs@GFWC.org](mailto:Programs@GFWC.org).

**We are Proud Supporters of Jessie's Place (Citrus County Children's Advocacy Center), Citrus County Citrus Abuse Shelter Association which is the local refuge for domestic violence victims.**



## OUR CLUBHOUSE



## IWC CLUB HOUSE AVAILABLE FOR RENTAL

### *Just to let you know ...*

Despite the restrictions of Covid during the first part of the year, the IWC building rentals have marched (limped) along. January thru May was pretty slow – 1 in January, 2 in February, 2 in March, 3 in April and 1 in May. However, starting the beginning of June, Weight Watchers resumed meeting every Tuesday afternoon and Friday Morning – a HUGE boost for our June, July and August income. They, however, have had diminished attendance with this latest Delta variance and will now be cutting back to meeting every Friday only starting in September. Hopefully they can hold on.

In June, July and August we've had a total of 7 baby showers, 2 birthdays, 2 memorials and 1 baptism giving us over \$3,000 for the year so far. Upcoming are 4 baby showers, 2 bridal showers, 1 yoga retreat and a memorial for Georgia Baum on September 3.

Most of our rentals come to us through word of mouth and from people who have attended a function in the past. We have the BEST renters in Citrus County. 99% are respectful of the property and say they'll be back and/or tell their friends about us. In the years I've worked with the renters I've had many smiles along the way – from a 5 yr. old's birthday party whose mother had that same baby's shower here, to a special 95<sup>th</sup> year birthday, a 10 yr. old's tea party and even a few weddings.

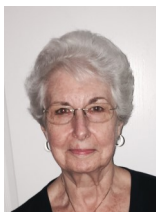
### **Don't miss an opportunity to spread the word.**

We charge \$115 for four hours (giving renters an hour ahead at no charge so they can set up). If they need more than four hours the cost is \$25/hr. We also ask that they take home whatever garbage they generate and leave the building clean the way they found it. If they don't want to clean it, there is an extra \$50 charge. The best deal in town!!! Bottom line to renters: respect the care and upkeep of the building. And they do. People seem to be heeding the warnings about gatherings of more than ten, which has certainly been reflected in our rentals.

The clubhouse is ideal for not only meetings, but so many other occasions – bridal showers, baby showers, birthday parties, memorials, weddings, craft shows, even small church services. Don't be shy about spreading the word. It's the best deal in town – all the comforts and coziness of home for only \$115 for four hours and \$25 for each additional hour.. We're easy to find, have lots of parking, have a full kitchen and are nice and clean. Call Dorothy for information. 352-560-6155

*Pray we get better!*

*Dorothy Stanton, Clubhouse Rentals Chair*



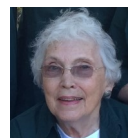
## Open House at Resource Center

Our club has received an invitation to attend the **Grand Opening of the new Family Resource Center, 3660 North Carl Ros Highway, Hernando, on Sunday, Sept. 12 from 2 to 4 p.m.** There will be tours and light refreshments. Although the facility has been in operation at this site for a year, the **Grand Opening was postponed last year because of Covid.**

If you would like to attend, please call 352-344-1001 or 352-422-4811.

**Since we support this facility in so many ways, this might be a great opportunity to get better acquainted.**

*Sandy Boyette & Sandra Koonce*



**ART & CULTURE**  
**Debbie Sargent, Chairman**



### *Imagine What We Can Plan for Service Project in Art & Culture*

We can participate in Art & Culture Service Program with just a little planning and imagination.

- Include handmade gifts in baskets for Assisted Living and Nursing homes.
- Donate art supplies to students, teachers, daycare centers, churches and libraries.
- Attend Painting Class with Club members or invite an instructor to your meeting for fun night of painting.
- Plan your holiday events and projects such as, homemade cards for nursing home residents.

**Have you been doing Art over the summer? We can do this!**

*Love, Respect and Kindness,*  
*Debbie*

# Civic Engagement and Outreach Veterans Day



**CIVIC ENGAGEMENT  
AND OUTREACH**  
Barbara Cooper  
Chairman



“A lot of people think it’s “Veteran’s Day” or “Veterans’ Day,” **but they’re wrong.** The holiday is not a day that “belongs” to one veteran or multiple veterans, which is what an apostrophe implies. It’s a day for honoring all veterans — so no apostrophe needed.

**Veterans Day is NOT the Same as Memorial Day.”**

“Memorial Day is a time to remember those who gave their lives for our country, particularly in battle or from wounds they suffered in battle. Veterans Day honors all of those who have served the country in war or peace — dead or alive — although it’s largely intended to thank living veterans for their sacrifices.”

Remember when we were kids in school and it was called Armistice Day. (Sadly for most of us that was a longggg time ago.) It wasn’t until 1938 when November 11<sup>th</sup> became an official holiday.

Now with the delta variant keeping us all in a cautious state we again **will not** have a **Veterans’ Day Parade**. New flags will be placed at our **Club’s Memorial Garden** and please remember to Thank each Veteran you see or may-be call someone you know who served and thank him/her for their serving to protect us.

**With Love, Respect and Kindness,**

*Barbara Cooper, Chairman, Civic Engagement and Outreach*

*Committee: Barbara Weirich, Marilyn Marselle*



**PROGRAMS**  
**SALLY BARROW**  
1st Vice President



**No programs planned. We will go month to month this year. Hopefully we will  back to normal soon!**

**With Love, Respect and Kindness,**  
**Sally**



**RESTAURANT  
GATHERINGS**



**When we resume (probably after Covid19), re-member it is a time to bring a spouse, a friend, a husband, or just yourself alone, and come get better acquainted over a casual meal.**

**Sue Allen continues to be in charge of arrangements and is always open to suggestions as to where to go.**





## CIVIC ENGAGEMENT AND OUTREACH TO THE Chairman, Barbara Cooper



### New Project: “The Survival Bag Project”

Barbara Follmer-Weirich, Committee Member, would like to invite all members who may be interested in joining what she is calling “The Survival Bag Project.”

“I have in my car what I call **Survival Bags**. I bag up various food supplies, such as a granola bar, cheese and cracker packages, bag of sun chips, a candy bar, and a bottle of juice or water. When I find a homeless person begging on the side of the road instead of giving them money, I hand them a Survival Bag from my car (you don’t need to get out of your car.) They have been very receptive to my efforts and I feel good giving them something to eat rather than money that they may spend less wisely.”

She keeps her bag cost in between \$1 - \$2 dollars by shopping sales at our Dollar Tree, Dollar General, etc.”

Barbara has been doing this for many years. If you are interested please call her at 419-4498 or email: [bweirich@tampabay.rr.com](mailto:bweirich@tampabay.rr.com) and let her know each month or every two months how many bags you have given out. I know several of you are doing this currently and we thank you.

Please keep track of your gas dollars and cost spent on bags for our yearly reports which will be turned into Barbara Cooper.



The food items for **Citrus United Basket (CUB)** (be as generous as your budget allows – as you know, there is a REAL Need).( Buy one get one free at the time you shop is a good way to help others! Set it aside for the next time we give! Or...take yourself and let us know.)

#### Needs Are:

Peanut butter, box Cereal, Boxed Potatoes, Macaroni and Cheese, Canned Fruit, Canned Tomatoes, Canned Tuna, Jar Applesauce, Canned Beans, Box Crackers, Package of Rice, Package Oatmeal, Package Pasta, Spaghetti Sauce, Chicken Noodle Soup, Canned Corn, Can Mixed Vegetables, Can Carrots, Canned Green Beans, Canned Tomato Soup, Package Stuffing, Canned Mayo or any Jar Vegetables.

**NOTE: When you drop off Food Items yourself, take a picture, tell them you are dropping off for the GFWC Woman’s Club of Inverness for serving our Community, then send to newsletter Sue Allen Editor at: [sallen11@tampabay.rr.com](mailto:sallen11@tampabay.rr.com) to put in the newsletter. Thank you!**

## Cooking at Home!

## Chicken Parmesan Baked Ziti

Ready to get rave reviews for your next dinner? Make this Chicken Parmesan Ziti that the whole family will love!

### Ingredients :

- 12 ounces penne ziti
- 2 cups shredded, cooked chicken (about 2 small chicken breasts)
- 1 (25-ounce) jar pasta sauce
- 1 1/2 cups shredded mozzarella cheese
- 1/3 cup freshly grated Parmesan cheese
- 1/4 cup packed fresh basil leaves, roughly chopped



**Directions:** Preheat the oven to 375 degrees F., Cook the pasta al dente in a large stockpot of salted boiling water according to the package instructions. Drain. Return the pasta to the stockpot and add the chicken and tomato sauce. Gently toss to combine until the pasta is evenly coated. Pour half of the pasta into a greased 11×7-inch or 9×13-inch baking dish. Sprinkle evenly with 1 cup of mozzarella cheese, half of the Parmesan cheese, and half of the basil. Layer the remaining half of the pasta evenly on top. Sprinkle evenly with the remaining 1/2 cup of mozzarella cheese. Bake for 20 to 25 minutes until the cheese is melted and just barely starts to turn golden. Remove it from the oven, sprinkle it immediately with the remaining Parmesan cheese and fresh basil, and serve it warm.

# Sunshine

# Book Club

# Wellness Challenge



**SUNSHINE**  
Pauline Stasick  
Chairman



As the saying goes, no news is good news; I am happy to report that we did not send out any get well or sympathy cards this summer. Please let me know if anyone is sick, has a death in their family, or just needs a "thinking of you" card sent out. ( Pauline Stasick (352) 270-0887 or email [pstasick52@gmail.com](mailto:pstasick52@gmail.com) )

Maxine and I have been in touch throughout the summer and have been getting to know each other better. We have missed our club meetings and look forward to sharing in our fundraising activities. We are sure our Inverness Woman's Club has been missed by our community!

Just got the bad news!

Our Sympathy for Marion Gundling and family who just lost her life partner, Art. I am sure cards would be appreciated at this time.

*With Love, Respect and Kindness,*

*Pauline Stasick & Maxine Henderson*



**Book Club**  
Angie Mayo Chairperson



### Upcoming books:

**For September 15th:** *America's First Daughter* by Stephanie Dray & Laura Kamole. The remarkable story of Patsy Jefferson. As Thomas Jefferson's oldest daughter, she became his helpmate, protector, and constant companion in the wake of her mother's death, traveling with him when he becomes American minister to France. It was in Paris, at the glittering court and among the first tumultuous days of revolution, that fifteen-year-old Patsy learned about her father's troubling liaison with Sally Hemings, a slave girl her own age. Meanwhile, Patsy had fallen in love--with her father's protégé William Short, a staunch abolitionist and ambitious diplomat. Torn between love, principles, and the bonds of family, Patsy questioned whether she could choose a life as William's wife and still be a devoted daughter. You'll want to find out Patsy's decision.

**For October 13th:** *The Splendid and the Vile* by Erik Larson. In this book, the author shows, in cinematic detail, how Churchill taught the British people "the art of being fearless." It is a story of political brinkmanship, but it's also an intimate domestic drama, set against the backdrop of Churchill's prime-ministerial country home. On Churchill's first day as prime minister, Adolf Hitler invaded Holland and Belgium. Poland and Czechoslovakia had already fallen, and the Dunkirk evacuation was just two weeks away. For the next twelve months, Hitler would wage a relentless bombing campaign, killing 45,000 Britons. It was up to Churchill to hold his country together and persuade President Franklin Roosevelt that Britain was a worthy ally—and willing to fight to the end.

If anyone wishes to join our discussions on the above dates at 1 p.m., please let me know by sending me an email at [holamayos@hotmail.com](mailto:holamayos@hotmail.com). You can either participate actively or just listen in to our discussion.

*"We make a living by what we get, but we make a life by what we give."*  
Winston Churchill

Angie



## Wellness Challenge 2021

Once again, the Wellness Challenge will be held to raise funds for Dementia Education. The Inverness Woman's Club was the first-place team in 2020, and it would be wonderful to repeat that honor. We will need at least 10 participants to constitute a team. (Last year, we had The suggested activities within the challenge include a

wide range of practices such as social engagement, healthy diet, yoga/stretching, quality sleep and simple exercise, to name a few. Flexibility within the program also allows you to add your own wellness practice. This year's timeframe will be **October 3 – October 30**. Registration forms, instructions, and activity forms will be available at the next meeting. I will mail-in all registration forms collected at the meeting. This year's registration fee is \$20.

If you have any questions, please contact **Linda Chuckman, (352) 419-5470**.

*With Love, Respect and Kindness,*

**Linda**







**ENVIRONMENT**  
Linda Chuckman, Chairman



## The Human Footprint, Part 1

Our everyday actions have effects on the health of our environment. What we do has an impact on the earth's carbon footprint, that is the gas emissions from products and services we use. The bulk of our carbon footprint comes from three things: food, housing, and transportation. This article's thoughts are based on what we put on our plate.

**Eat Less Meat.** The production of red meat uses a lot of feed, water, and land. Additionally, cows give off methane emissions (a harmful greenhouse gas). A good way to reduce your carbon footprint and stay healthy is to fill your plates with vegetables fruits, grains, and beans. Swapping carbon intensive meats like beef and lamb with chicken can also make a difference.

**Waste less.** On the average, Americans waste around 40 percent of the food they buy. Simple solutions include the following: a) Check what you already have and make grocery lists before you go to the store to prevent buying what you don't need. b) Be wary of buying in bulk; it's not a deal if you don't use it. c) Don't cook more food than you can eat; account for the number of people eating and adapt recipes or reuse leftovers instead of tossing them. e) Extend the life of your food by freezing portions properly. f) Take a doggie bag home of oversized restaurant servings.

**Choose your plates.** Skip disposable dishes and wash your dinnerware instead. If you do need to use disposable plates, bowls and cutlery, there are climate-friendly options. If a takeout comes in plastic containers, wash, and reuse.



**With Love, Respect and Kindness, Linda**



**EDUCATION AND LIBRARIES**  
Katherine Regan, Chairman



## Members,

Nearly one out of ten U.S. families is raising a child with a disability. Legislation passed in 1975 ensures that children with disabilities are accommodated in public education programs. One of the ways, GFWC Woman's Club of Inverness can support students with special needs, is to offer a scholarship for a student who is in the Exceptional Student Education Program at Citrus High School. Related to ESE students, the GFWC Challenge Project: Support Stem & Activities for Special Needs Students has noted that some students with certain disorders, gravitate to courses and careers involving science, technology, engineering and math. Working with Citrus High School guidance and the ESE program, we hope that graduating female ESE students will apply and we can award a scholarship to a qualified student that may align with the Challenge Project. A meeting is planned in September with Citrus High School to discuss our mission and determine the best approach. It will also be an opportunity to explore other areas that the GFWC Woman's Club of Inverness could consider in support of special needs students, teachers or classes. Hopefully, starting the dialogue in September will give us a head start to plan and provide something truly meaningful. The outcome of the meeting will be shared.

*With Love, Respect and Kindness for all,*

*Katherine*



**HEALTH & WELLNESS**  
Rosalie Matt



The best and most effective way to **lose weight** is to **exercise more and reduce the calories (eat less)**. Stretching and strength training exercises will help to burn calories. Also a good diet which consists of **50% vegetables and fruit, 25% whole grains, 25% meat, poultry & fish. Eliminating filler foods like breads, pasta, sugar, chips, soft drinks, processed foods (foods with a long list ingredients), and fast food (French fries, pancakes, cheeseburgers and anything that is fried. And YES, wine has calories.** Check out the calories in food and eat fewer calories. Read the labels for nutrition facts and try to keep the sugar under 10. Also, look at the number of carbohydrates in the food then subtract the fiber content from that number and try to keep carbs around 10. If it is more than 10, eat in moderation. Adding omega 3 fats to diet will keep you from feeling hungry. **Good luck!**

With Love, Respect and Kindness for all,  
Rosalie

P. S. Please start collecting magazines, cards, and puzzles again so I can take to the Nursing homes.



**Fundraising Committee**  
**All Members**

**Ongoing project this year is Terri Lynn. So All members should be promoting this on Facebook, email, friends, and community. Every time you see an opportunity to tell about our fundraiser, the better the funds will come in to our treasury.**

All projects for fundraising should be helped by all members! **Sign up where you know you fit!**



This Photo by

## Happy Birthday!

SEPTEMBER:

Sept 7 - Mildred Martin

Sept 9 - Noreen Zembko

Sept 15 - Jean Laird

Sept 18 - Margaret Roberts

Sept 27 - Maxine Henderson



## FIXES AND FACTS GOOD STUFF



**life hacks**

#736

**life hacks**

#865

**life hacks**

#854

Holding a banana peel over a bruise (for 10 to 30 minutes), will remove it's color!

9 foods that get rid of an upset stomach: Bananas, Ginger, Plain yogurt, Papaya, Apple Sauce, Oatmeal, White Rice, Chamomile Tea, Chicken Broth

Running your Bacon under cold water before cooking will reduce shrinking by up to 50%!

@1000LifeHacks  
1000LifeHacks.com

@1000LifeHacks  
1000LifeHacks.com

@1000LifeHacks  
1000LifeHacks.com



**ALL ABOARD THE GFWC FLORIDA  
BLUE UMBRELLA TRAIN**

WASHINGTON, DC RAIL TRIP

Hosted by GFWC Florida President Dianne Foerster  
March 30-April 4, 2022



[www.GFWCFLAllAboard.com](http://www.GFWCFLAllAboard.com)



GFWC Florida

will be honoring our veterans and active  
duty service members at Fall Board



Honoring :  
Maxine  
Henderson

South Central Region President Cathie Ryan issued the 2022 Invitation to Convention, which will be held June 25-28, 2022 in New Orleans, Louisiana. GFWC International President Marian St.Clair closed the Convention with expressions of gratitude to the GFWC Southern Region for hosting and working so hard with her assistants and the Convention Committee to provide attendees with a memorable experience.

We wish you all could have been in Atlanta to experience the magic. Hear from first-time attendees what they will remember most about this Convention, and why long-time attendees keep coming back.

Do you have a veteran or active duty service member in your club? GFWC Florida Chaplain Margie Harper wants to honor her at the Meditation at Fall Board. Please send her name, club name and a photo by September 2 to [communications@gfwcflorida.org](mailto:communications@gfwcflorida.org). She does not need to be attending Fall Board to be honored.



**Membership Montage** - the process or technique of selecting, editing, and piecing together various activities of GFWC Florida to form a cohesive whole. Every Monday we will feature a different area of focus with aligning articles, stories, club activities and photos. Please submit your stories for each area of focus!

**1st Monday - Membership**

**2nd Monday - Leadership**

**3rd Monday - Programs**

**4th Monday - Communications and Public Relations**

**ATTENTION!**

Please submit brief articles & photos to [clubwomaneditor@gfwcflorida.org](mailto:clubwomaneditor@gfwcflorida.org) each week by Wednesday. Indicate area of focus in subject line of your email. If your article or event is not in the newsletter, it could be scheduled for a future week!

If you would like this GFWC FLORIDA CLUBWOMAN newsletter delivered to your email inbox, visit the home page on [gfwcflorida.org](http://gfwcflorida.org). Scroll to the bottom of the page and complete the newsletter sign-up form.

## TERRILYNN FUNDRAISING

### Fall is an ideal time to raise money



Start off September 2021 with plans for a healthier self.  
Order these satisfying snacks and mixes from Terri Lynn!



### A CONTACTLESS WAY FOR OUR CLUB TO HELP OUR CLUB

(A new flyer promoting this will be available soon)



#### Healthy Mix

Visit our web page  
[www.gfwcinvfl.org](http://www.gfwcinvfl.org)



#### Turkish Apricots



#### Fruit and Nut Mix

On the fundraiser page of our website, there is a clickable link to the Terri Lynn webstore

**Halloween Is Oct. 31st – Thanksgiving is Nov. 25th**  
**Christmas is Dec. 25th**

Order by Oct 5th to receive your delivery by Oct 31st. Order by Nov. 5th for Nov 25th / Dec. 25, to receive your orders during busy season !

### It's love at first bite!



#### Naturally Flavored Mint Chocolates

#62046

#### Dark Chocolate Peanut Butter Melts with Sea

Salt

#62051



**Let's Keep Promoting!**



**Terri Lynn Attention!**



If you are planning order Terri Lynn's Signature products, be sure to place your order before our Holiday Ordering Cut Off Dates to ensure that your order qualifies for free shipping and arrives prior to the holiday. Here are the key **2021 Holiday Ordering Cut Off Dates** that you need to know:

<b>Holiday Date</b>	<b>Holiday</b>	<b>Ordering Cut Off Date</b>
3/17/22	St. Patrick's Day	3/3/22
4/4/22	Easter	3/22/22
5/9/22	Mother's Day	4/26/22
5/31/22	Memorial Day	5/17/22
6/20/22	Father's Day	6/7/22
7/4/22	Independence Day	6/21/22
9/6/21	Labor Day	8/23/21
<b>11/25/21</b>	<b>Thanksgiving Day</b>	<b>11/11/21</b>
<b>12/25/21</b>	<b>Christmas Day</b>	<b>12/10/21</b>
<b>12/31/21</b>	<b>New Year's Day</b>	<b>12/17/21</b>

Your product orders must be received online or by phone by noon central time on the Ordering Cut Off Date. Orders received after the Ordering Cut Off Date will be billed any applicable expedited shipping charges. You may order your products online at [www.gfwcinvfl.org](http://www.gfwcinvfl.org) .



**TOGETHER WE CAN and MAKE KINDNESS LOUD**



All of us know how good kindness can feel — to give and receive. Yet in our everyday lives we sometimes need a nudge toward making the move, giving the compliment, asking the question that shows we care. Last year at GFWC Florida we began wondering how we could give more of those nudges. We wanted the line in our manifesto.—We believe in human kindness , knowing we made better when we all work together—to come to life. Love, Respect and Kindness for all!

And so we Make Kindness Loud. Idea: There is no rocket Science involved— just a group of people walking around and hanging up flyers all around our community, in offices stores etc. Each flyer has some prompts for acts of Kindness. Some were small ideas that cost nothing, like calling an old friend to see how they were doing. Others suggested sending flowers for no reason or buying coffee for a stranger.

We hoped these small daily actions would make a difference in our community or workplace. Very soon we might find these moments could reach far outside our own little world. Stories of a chain reactions started by these kindness can come back to us . A new friendship can forge with a neighbor . The old neighbor who got the call, would then decide to coordinate a larger reunion with people from all over the country.

It is easy to think new friends and classmates don't change the world. But on the other hand, it's just as easy to think that maybe they can. And so we think why not share our flyers with people who might like to start some chain reactions of their own?

**Not for ourselves, but for others.**

# GFWC IWC Forgotten Brick Project



## *The Forgotten Brick Project* Barbara Rains, Chairman

Several years ago, purchase of bricks for our memorial garden pathway became a major fundraiser for our club. But no brick orders have been received for over two years. ***What's happened?*** Even though it is no longer classified as a main fundraiser, bricks can still be ordered to support contributions and gifts to our community, scholarships and club maintenance. It is not limited to only club members - the general public can also place orders.

This is a great opportunity to have a club member's name engraved into a brick, a military recognition, ***In Memory of*** or ***In Honor of*** as a permanent remembrance for everyone to enjoy. Artwork/graphics are available. The cost of the brick with engraving is \$50 for each brick. The club receives 50% and free shipping is available when five (5) bricks are ordered at the same time. Use the 4x8 Donor Order Form with a check payable to the GFWC Woman's Club of Inverness and mailed to Barbara Rains, 1102 S. Otto Point, Inverness, FL 34450. For artwork/graphic designs and further information, contact Barbara at 352-598-3504.

Group/Project \_\_\_\_\_ Date \_\_\_\_\_ Page \_\_\_\_\_ of \_\_\_\_\_  
 Color \_\_\_\_\_ Font \_\_\_\_\_ Capitalization \_\_\_\_\_

### 4x8 Donor Order Form

Please print the name or phrase **EXACTLY** as you wish to have on your brick. All text will be centered on the brick.

Maximum of 18 Characters per line - Spaces and punctuation are considered characters.

If graphic is selected for the left or the right side, the character limit drops to 10 characters.

Check the box for a replica brick if you want a duplicate to display at home or at your office.


Graphic \_\_\_\_\_ Left or Right Not available with graphic

Name of Donor \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Replica Brick

Drop Ship (additional \$10.00)

\_\_\_\_\_  
 \_\_\_\_\_

## GFWC Woman's Club News



# GFWC WOMAN'S CLUB OF INVERNESS



**Celebrating over 100 years of Community Service**

**IS HOSTING**

**AN**

# **OPEN HOUSE**

**At their Clubhouse**

**1715 Forest Drive, Inverness, Florida**

**Tuesday, September 21**

**1 to 3 p. m.**

**Our Club is open to any area woman who is interested in volunteering, making friendships, and being a part of the world's largest women's organization.**

**Call Donna at 352-249-0889**

**For more information**

- **We offer support to The Citrus County Children's Advocacy Center, "Jessie's Place, The Citrus County Resource Center, CASA, Citrus United Basket. We also support our Veterans.**
  - **We give scholarships to Citrus High School Girls**
    - **We have a Book Club**
    - **We enjoy Club outings**

**We just might be the right organization You want to Join!  
Please come see what we are all about**

**I AM GOING TO...**  
rake leaves for a neighbor

---

**I AM GOING TO...**  
buy extra produce at the farmers market &  
deliver to a friend.

---

**I AM GOING TO...** send some-  
body a surprise gift card for coffee or tea

---

**I AM GOING TO...** buy something  
on a teachers wish list.

---

**I AM GOING TO...** call a friend I  
haven't spoken to in a while , just ton ask  
how they are doing

---

**I AM GOING TO...** invite someone  
to Thanksgiving dinner

---

**I AM GOING TO...** gather blankets  
and jackets to donate to local shelter

---

**I AM GOING TO...** write a nice  
note and put it in someone's locker, back-  
pack or office.

# We believe in human kindness

**We feel passionate about coming together to make Kindness loud.**

**Kindness is contagious, but the spark has to come somewhere.**

**Why don't we start here?**

**And why don't we start now?**

**GFWC Woman's Club of Inverness**

**1715 Forest Drive Inverness, FL**

**#makeKINDNESSloud**





**GFWC Woman's Club of Inverness, FL Inc.**  
**Post Office Box 1916**  
**Inverness, FL 34451-1916**

Stamp Here

**TO:**

# GFWC Convention 2021 Atlanta Georgia



*Congratulations!*



The morning began with a powerful opening of the Convention by GFWC International President Marian St.Clair, and the entire Executive Committee making a grand entrance and Marion St.Clair was Keynote Speaker.



The Convention body also began tackling the Resolutions under consideration and will continue on Sunday. The afternoon luncheon honored all of our Affiliate Organizations: Shot@Life, St. Jude Children's Research Hospital, Prevent Child Abuse America, Canine Companions; Heifer International, Hugh O'Brien Youth Leadership (HOBY), March of Dimes, Operation Smile, and UNICEF USA. After the luncheon, attendees were back in the business session where three GFWC International Past Presidents were presented in memoriam: **Judith "Judy" Lutz (2002-2004), Jacquelyn "Jackie" Pierce (2006-2008), and Shelby P. Hamlett (2000-2002).**



The first awards of the Convention were also given in the areas of Arts and Culture; Civic Engagement and Outreach; Education and Libraries; Environment; and Health and Wellness. Awards from Affiliate Organizations Shot@Life and St. Jude Children's Research Hospital were presented as well.



**Congratulations GFWC Florida!**

***WHY WE REPORT!!***

*Our Reporting is combined with other clubs in the state and then sent to National. Florida was honored to receive many first place awards*



