

# GFWC WOMAN'S CLUB OF INVERNESS

## NEWSLETTER



**Mailing Address:**  
P.O. Box 1916 Inverness, FL 34451

**Club Address**  
1715 Forest Dr., Inverness, FL 34453

**Website:** <http://gfwcinvfl.org> - **Email:** [GFWCInvernessFL@gmail.com](mailto:GFWCInvernessFL@gmail.com)



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



### Our Presidents' Message



Hello Fall, y' all!  
Cooler weather is hopefully on the way!

We lit up the State GFWC Convention in Orlando showcasing the talent of our members! Angie Mayo and Ella Nardone received blue ribbons for their art work in the state competition that had been postponed from last spring and Ella Nardone and Adele Wardrop won First Place for the beautiful work they did on our club's scrapbook for last year. Congratulations to you all!

Convention was so informative and fun! We came home with even more ideas to add to our list of community service.

We are currently getting plans in place for the upcoming plant sale. The Chamber of Commerce Business EXPO that had been planned for the same day as our plant sale was cancelled, so the plans made for that event will be incorporated into the day's activities at the plant sale. This event will be our best opportunity this year to keep our club going, so we hope you will all go into that extra spurt of volunteerism in order to make it a success. We still have a few slots available for working the day of the sale. And, even if you are unable to work, those plants will be waiting for purchase for yourself or a special friend.

Once again we are asking for help. We have two immediate needs to fill our 2020-2022 positions: a secretary and a historian. If anyone would be interested in stepping forward for these positions we would be so happy!

**(Continue last column on the right)**

### Contents



- 1 Presidents' Message
- 1 Upcoming Events
- 2 What we do, What we will do
- 3 President's Project
- 3 Treasurers Report
- 4 Membership
- 4 GFWC Signature Project
- 4 Restaurant Gatherings
- 5 Club Rentals, Art CSP, Birthdays
- 6 Civic Engagement and Outreach
- 7 IWC Programs
- 7 Health and Wellness'
- 8 Book Club
- 8 This and That
- 8 Websites
- 9 Environment
- 9 Education
- 10 On going Activities
- 10 Little Free Library
- 10 Health & Wellness
- 11 Terrie Lynn Fundraiser
- 12 Votes for Women
- 12 State Winners
- 12 District 5 news
- 13 Plant Sale Poster
- 14 IWC Covid -19 Projects
- 15 Audit Report
- 15 Citrus Challenge
- 15 Reverse Advent Calendar

### Upcoming Calendar Events



- Oct. 12 - General Meeting IWC Point' O Woods Club house 1:00**
- Oct. 14 - IWC Book Club - Zoom**
- Oct 17 - District 5 Annual Meeting, Via Zoom**
- Oct. 24 - IWC Plant Sale 9-3**
- Oct. 29- Nov. 1st GFWC Southern Region Convention - TBA Zoom**
- Nov.6 - Board Meeting- Point O' Woods - 10:00**
- Nov. 9 - General Meeting - Point O' Woods 1:00**
- Dec. 6 - GFWC Florida Holiday Reception -Lakeland TBA**
- Dec 11—Board Meeting Point O' Woods Clubhouse 10:00**
- Dec 14— General Meeting Point O' Woods 1:00**

### Cont.: President's Message:

Check out some of the projects our committee chairs have put forward for us to stay active and visible in our community, and, at the same time maintain social distancing!

In a year full of challenges, we've used our imaginations and learned new things. As we continue, board meetings will be via Zoom and we'll meet, through December, at places other than our clubhouse. We hope you'll stay as connected as you can be.

With love, respect, and kindness for all,

*Sandy Boyette & Sandra Koonce*



## What We Do

## What We Will Do

# ATTENTION!



### Meetings in a Covid-19 World

**October Meeting at Point O' Woods /TOO FAR building:** The Point O' Woods clubhouse on Gospel Island, where we've held many of our theme dinners in the past, will be the site of our October – and possibly November and December – meeting (s). The facility is quite large, has good microphones. If you are comfortable with social distancing, please plan to come!! The meeting will begin at 1 p.m. The names of the children who need our help for Christmas gifts (names provided by the Family Resource Center) will be on a decorated Christmas tree (to get us in the spirit). The cost for items on each child's very basic list runs around \$100. Many of our members go in together on one child. A couple of our members take the names of two or more children! This is a very meaningful project and one that, we hope, all of you will participate in in some way.

### PLANT SALE is Saturday, Oct. 24

Our unique plant sale this year will be subtitled, **"From Easy-to-grow to Exotics."** The domino effect of the pandemic has limited some of the plants we hoped to get, but we've been assured we will still have many unusual plants for our customers. Bromeliads, violets, orchids, air plants, and ferns will be among the items we'll expect to have. The Chronicle is again offering us a free ad and contacts have been made with several other types of media.

The real effort, as always, will be in you spreading the word for us by forwarding our flyer to friends and/or posting it in a public place you frequent.

Because the **Chamber's Business EXPO** that we were to participate in that same day has been **cancelled**, we will plan part of that showcase to be seen by visitors to the **Plant Sale**.

**Opportunity drawings will be held for three prizes:** a gift certificate to Coach's Pub on the Square in Inverness and another to Conner's Gift store. A separate drawing will be for an unusual plant or arrangement by our plant supplier.

**ZOOM Training:** Several of our members signed up for the ZOOM training sessions offered by GFMC Florida. If you missed out and would like to learn, please contact Sandra Koonce who will do individual sessions at your convenience

**ZOOM Games:** We have learned that we can have ZOOM Bingo Games via ZOOM. We'd like to try this on a Thursday night (as that is the night, we used to have our eating out socials). How about signing up to play? 6:30 p.m. Start date to be announced.

**Help needed for Plant Sale:** We plan to set up at least two tents outside on the clubhouse grounds. We will require all shoppers to wear masks and admit no more than 10 shoppers at a time to the inside of the clubhouse. This is our only BIG fundraiser for the year so we really need everyone who is willing to help.... **Please call Sandra Koonce at 352-634-4216!**

**State Convention in September:** Sandy Boyette, Debbie Sargent, Donna Anllo, Sue Allen, and Bonnie Jessee attended the Fall Board (State GFMC Convention) in Orlando. Although they were able to be there only one day, they report of gathering many new ideas for our club. Their registrations (\$45 each) were paid for by the club.

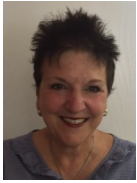
**District Meeting in Crystal River :** A District 5 meeting will be held in Crystal River on Oct. 17. Nine of our members plan to attend the ZOOM meeting: Sandy Boyette, Sandra Koonce, Donna Anllo, Sue Allen, Linda Chuckman, Debbie Sargent, Bonnie Jessie, Marion Gundling, Barbara Rains, and Barb Cooper. That is **OUTSTANDING** participation.



*Sandy Boyette & Sandra Koonce*

# President's Project

# Treasurer's Notes



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



## GFWC PRESIDENT'S PROJECTS

This year the President's Project has been designed to reflect and support the special needs within our own community. The GFWC Florida extends Love, Respect and Kindness to all in our state through Unity in Diversity.

Our club has determined that our main efforts will be focused on helping children in our community through working with Citrus County Children's Advocacy Center "Jessie's Place." We are asking for monthly donations from you starting in October. The items we collect will be used to fill Therapy Boxes that will be distributed to children based on their individual needs. We are collecting the following items:

- |                              |                                  |
|------------------------------|----------------------------------|
| Postage/stamps               | Positive Affirmation Cards       |
| Emotion/feelings flash cards | Progressive Muscle Relaxation    |
| Cards for kids and teens     |                                  |
| Index Cards                  | Pan/cake sets of washable paints |
| Paintbrushes                 | Washable markers                 |
| Colored pencils              | Crayons                          |
| Coloring books               | Construction paper               |
| White paper cardstock        | Journals                         |
| Gel pens                     | Pencils                          |
| Pencil sharpeners            | Multicolored modeling clay       |
| Playdough markers            | Scented items (stickers, scented |
| Stress balls                 | Small stuffed animals            |
| Small mirrors                | Balloons                         |
| Bubbles                      |                                  |

We will collect the items monthly and present them to a representative from Jessie's Place at a future meeting. In addition, our club will use money from our "Blessings House" for this project as well as make a monetary donation.

In addition to our efforts for Citrus County Children's Advocacy Center "Jessie's Place" will participate in other Community Projects that help support community efforts. For example, we have a team registered in the Citrus County Virtual Wellness Challenge. Our registration has helped raise money to help support families living with Dementia. This challenge has helped us increase our own awareness of healthy practices as well as support a community need.

With Love, Respect, and Kindness for all,

*Marion*



## RESTAURANT GATHERINGS



Of course, until we defeat the virus and restaurants can reopen and we feel safe to eat together again, our Thursday night dinners are not going to be held.

However, when we resume (probably after Christmas), remember 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.

**CANCELLED UNTIL WE PASS THE VIRUS**

## TREASURER NOTES

**Bonnie Jessee**

Hello Everyone!

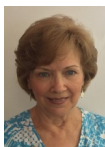


Treasurer Report: The books were audited and closed for fiscal year ending June 30, 2019 and thanks to Agnes and Mildred for handling the audit. We are currently operating on a pretty austere budget. We are anticipating a successful plant sale next month that will hopefully infuse our coffers with much-needed funds to carry us through until our next fundraiser. Meanwhile, our bank balance sits at \$3,812 and our building fund is still at \$773.

We worked very hard to get a workable budget and we will get through this difficult time. I thank the Board for meeting several times and for looking over the several drafts (and catching my math mistakes)!

Bonnie





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



**Members,**

Please send me now all your information so we can **update** anything that may have changed. **Address? Phone? Email ?** As we get into the new administration we need to check and make sure we have a good list. Yearbook, Treasurer, Presidents, Board, Newsletter, and State will need these at sometime. Email me at [dmfa66@gmail.com](mailto:dmfa66@gmail.com). Also is there anyone you have asked or may ask to come into the Club? Would you like me to send them an invitation to our next meeting? Let me know.

**Bring in New Members! How? Remember? Try This.**

This month's peer-to-peer "Each One Reach One" focus is on Getting to Know Someone.

We often meet new people at our Clubs, Church, through work, or on a day to day encounters while out and about. But how do you break the ice and build a rapport when meeting someone new? A simple conversation starter uses acronym F.O.R.M.

**F** – Family, Friends - (Married Kids, Kids, Grandkids? Where are you from? Do you have relatives in this area?)

**O** – Occupation - (What to you do, do you enjoy it, how long?)

**R** – Recreation - (What do you do for fun, travel, hobbies?)

**M** – Message – (This is your opportunity to share Your GFWC volunteer experiences.)

The Better You Get at **F.O.R.M.** The Better You Will Do!

**Let all try to bring in new women to our wonderful working Club!**

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



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



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

**One...two...three...four...five...six...seven...eight...nine. Every nine seconds, one woman in the U.S. is assaulted or beaten. Let's break the silence on domestic violence!**

**October is National Domestic Violence Awareness Month.** The observance started 31 years ago as a "Day in Unity" and has now evolved into a month-long campaign. **National Domestic Violence Hotline** explains it is "a way to connect communities and advocacy organizations to help end domestic violence."

**Intimate Partner Violence (IPV)** is one of the Signature Program's eight focus areas, described by the Centers for Disease Control and Prevention as "physical violence, sexual violence, stalking, or psychological harm by a current or former partner or spouse." IPV can occur among heterosexual or same-sex couples. More information is available for download in the Member Portal's Digital Library ("Club Manual" folder).

**You have the opportunity to participate in several new projects during the month of October.**



Use one of the purple GFWC Signature Program Facebook frames with the hashtag [#BreaktheSilence](#) or [#StopDomesticViolence](#). To apply a frame to your profile photo, select the "Try it" button that appears below the graphic.

- Come up with a creative GFWC video to "Break the Silence on Domestic Violence" and upload to social media, again using the hashtags above.

Purchase merchandise to support the "Starfish Project." For every dollar you spend through this link, a portion will go to GFWC's Signature Program Scholarships.



## OUR CLUBHOUSE



### IWC CLUB HOUSE AVAILABLE FOR RENTAL

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

Since September of 2003, when our new club house building was ready for us, our first year's total amount of rental fees was \$95. Our all time high was in 2012 at \$7,859 when a church met every Sunday morning until they outgrew our space. Last year we came close to that amount, mainly because of weekly Weight Watcher meetings which are held every Friday morning and Tuesday afternoon.

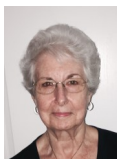
The IWC club house is *THE* place to hold Bridal and Baby Showers. In fact, this past year there was a Baby Shower for a lady who had her Bridal Shower here. We'll stay tuned for that baby's first birthday party. Now that's a tradition! Over the years we have booked many various meetings from annual post office gatherings, Mary Kay sales groups, various associations to memorial services, church services, a few weddings, Christmas parties, a 95 year old lady's birthday party and a 10 year old little girl who wanted a birthday tea party. We have the absolute best renters in Citrus County and many repeat bookings.

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.

**So far Oct, two Baby Showers**

**Nov and Dec.: Nothing yet**



(Agnes Kearns is currently assisting Dorothy with opening and closing of the clubhouse, which sometimes requires going to the clubhouse after dark. If anyone would like to help with openings and closings, please call Agnes at 352-344-8368.)

## Happy Birthday!

To You!

### OCTOBER:

Oct. 30 Katherine Regan

### NOVEMBER:

Nov. 1st - Noreen Elliott

Nov. 22 - Frances Hamilton

Nov. 26 - Barbara Rains

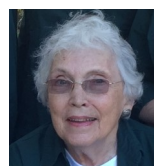
### DECEMBER:

Dec 12 - Sandra Koonce

Dec. 13 - Rosalie Matt

Dec. 21 - Sally Barrow

Dec. 22 - Barbara Hawver



### ART AND CULTURE

**Debbie Sargent, Chairman**

Hi everyone! Congratulations to our State Winners from 2019, Fall Board 2020 (Usually done Spring Convention 2020)! Angie with a 1st and 3rd and Ella with a 1st! Great job ladies!

I know we are all waiting to get out and get involved again. Well, while we are waiting are you creating? Have you been painting, oils, watercolors? Are you taking your favorite Photos? Framing them 8X10?making Jewelry, knitting, crocheting, and crafting? I know you have time!!

Reminding you now and probably again. Remember we have an Art show in January ! So what are you waiting for? Get Busy! Remember things must be made in the 2020 year. We always have a great showing and many of us have been lucky to go. Lets win again at Spring Convention 2021!

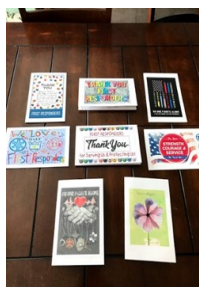
*Debbie*



**October is Domestic Violence Awareness Month**



**CIVIC ENGAGEMENT  
AND OUTREACH**  
Barbara Cooper  
Chairman



On September 11<sup>th</sup>, 2020 we paid tribute to our First Responders everywhere. This National Day of Service and Remembrance recalled how the United States of America was brutally attacked on September 11, 2001...19 years ago.

As Chairman for the Civic Engagement and Outreach Community Service Program, I asked GFWC Woman's Club of Inverness to please write Thank you notes which could be distributed to the First Responders at Citrus County Sheriff's Office, Citrus County Fire and Rescue, Nature Coast EMS, Crystal River Police Department, Crystal River Fire Rescue, Inverness Fire Rescue and our 911 Dispatchers. Also, as an active member of the Whispering Pines Water Aerobics group I asked them to help do the same.

The response from both groups was overwhelming and collectively **240** lovely hand designed notes were signed, sealed and delivered.

## VETERAN'S DAY: WEDNESDAY, NOVEMBER 11<sup>th</sup>

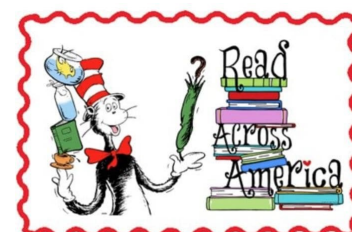


No Parade...how sad. We always look forward to it. But this year will definitely be different. Fifteen Board and Committee members will be riding in the double-decker English bus with George, our driver and owner. It just happens to be one of the perks of being on the Board and a Committee member.

We will meet at the old Publix Parking lot on Rt. #41 at 10:00 a.m. At 10:30 a.m. we will drive very slowly down Main Street in Inverness and proceed to the Sheriff's Department. Hoping George will want to do this twice??? Of course, we will display our GFWC banners and each of us will hold a flag out the window. Now, you ask: "What about me?" Well, as normal...you will be able to sit in front of Angelo's Restaurant where we will all meet for a wonderful lunch afterwards.



## CELEBRATING ONE YEAR ANNIVERSARY OF OUR LITTLE FREE LIBRARY





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



## **Our October Program: A tribute to the Suffragette Movement**

With the national election just around the corner and the recognition of the 100<sup>th</sup> anniversary of the ratification of the 19<sup>th</sup> amendment that gave women (US!!) the right to vote, we will present a modernized version of the Suffragette Movement at our upcoming meeting on Oct. 12. As you probably recall, back in March we were to be part of a large program about the movement at the Citrus Springs Community Center but, because of the virus, the event was cancelled. So, please join us as we recall a few moments of history and give tribute to the women (many of whom were GFWC members) who worked on our behalf to allow our voices to be heard at the ballot box. *Sally*



## **NOTE FROM Jean Laird, Rosalie Matt** **HEALTH AND WELLNESS**



### **CBD (CANNABIDIOL) AWARENESS**

Ryan Vandrey who is an Associate Professor of Psychiatry and Behavioral Sciences at John Hopkins University did extensive research on 13 different sources of information on CBD and THC in 2019.

The following information is a short summary of his research:

CBD comes from the leaves and flowers of the Hemp plant and is high in CBD and low in THC.

THC (Marijuana) comes from the seeds of the plant and is intoxicating).

**Evidence of Medical Benefits from CBD is scant.**

The FDA approved a high dose CBD to treat seizures.

No long term trials have tested CBD for anxiety.

Most studies have been done with ties to the CBD industry!!

CBD can interfere with medicines. CBD blocks some form of enzyme (cytochrome p450) which metabolizes many medicines including some statins, calcium channel blockers, and antidepressants.

It can affect the metabolism of drugs ( the extent is not known yet).

**According to the California Bureau of Cannabis Control:** Don't trust labels. CBD sold in dispensaries, 15% failed test and were mislabeled for potency and purity and contained pesticides, microbes, and solvents. CBD sold on line only 30% were accurately labeled, some had no CBD and some contained THC.

**THC (Marijuana)** is intoxicating and is fat soluble therefore it stays longer (from 3 to 30 days) in the fatty parts of our body which are the brain and reproductive area. Since it stays in the brain longer, one becomes very lethargic; and when it stays in the reproductive area, the sperm and ovaries are affected. Women are advised not to use marijuana when pregnant because it affects the unborn.

**Research:** Long term research is needed from the FDA on the effects of Hemp and Marijuana on our bodies especially the brain and reproductive area. Most of research has been done with ties to the Marijuana market who are basically interested in becoming wealthy.

**Sources of information:** Nutrition Action, Center for Science in the Public Interest. Ten things you should know about Cannabis. March 2019. J. Forensic Science 45:24, 2000, Journal of America Medical Assoc.(JAMA) Netw. Open1: e184841,2018 JAMA 318:1708,2017,Drug ,Alcohol Depend: 115:120, 2011, Int. J. Drug Policy 53;87,2018, Ffda.gov/news events / news-room/press announcement/ucm611046.htm/ucm611046.htm. J. Gen. Intern. Med. 33:1436,2018, The National Academies Press 2017, University of California, Daniele Piomelli Professor of anatomy and neurobiology. Braz. J Psychiatr, 2018 and Cannabis Cannabinoid Res. 2017 and Clin. Chem 2013. *Jean Laird, Rosalie Matt, (Health and Wellness)*



## Book Club

## This and That

## Websites

**Newsletter Editor**  
**Sue Allen**



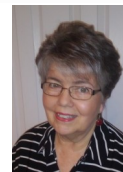
**Reminder:**

The next issue of the newsletter will be published by January. Please have all notes and Photos to me NO LATER than **Jan. 6th**. 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.

**Thank you,**  
**Sue**



**Book Club: Angie Mayo**



**Last discussion:** On September 16<sup>th</sup>, 14 members of the Book Club met via Zoom to discuss *Maggie Murders* by Anthony Horowitz. A murder mystery novel à la Agatha Christie; however, the dual-style, with parallel crime stories together in one book, didn't get as many great reviews from the group as anticipated.

**Other news:** Katherine Regan, who has been our Book Club Secretary for the last 3 years, is resigning and moving to the Chairperson position of the IWC's Education Committee. Erika Hawn, a Book Club member from the community, has volunteered to serve as our new secretary. Thank you both, to Katherine, for your dedicated service, and Erika, for stepping in.

**October book**—*The Book Woman of Troublesome Creek* by Kim Michele Richardson promises to open a whole new world to our readers. We'll meet Cussy Mary Carter, who's not only a traveling librarian working for the Kentucky Pack Horse library service in the 1930s, but she's also the last of her kind, a blue-skinned native of the Appalachians.

This book has been in the bestseller list of both *The New York Times* and *USA Today*. Therefore, too good to pass up. So, we urge you to find out more about Cussy and her people by reading the book and joining our Zoom discussion on **Wednesday, October 14<sup>th</sup> at 1 p.m.** No better way to celebrate **National Book Month**.

Also, during this meeting five out of the nine books, which were voted on for the new Reading List by email prior to the meeting, were assigned a month and a facilitator.

The books selected for the 2020-2021 year are:

October 14: *The Book Woman of Troublesome Creek* by Kim Michele Richardson

November 11: *The Giver of Stars* by Jojo Moyes

December 16: *The Only Woman in the Room* by Mary Benedict

January 13: *Little Fires Everywhere* by Celeste Ng

February 10: *American Dirt* by Jeanine Cummins

March 10: *Flight Patterns* by Karen White

April 14: *The Japanese Lover* by Isabel Allende

May 12: *Daisy Jones & the Six* by Taylor Jenkins Reid



If anyone wishes to join any of the discussions, please let me or our Book Club secretary, Katherine Regan, know and we will notify you of future meetings, whether they will be by Zoom or at the clubhouse. As of now, our next meeting will be on Oct 14th.

*Angie*



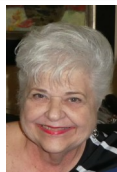
**SUNSHINE**  
**Pauline Stasick**  
**Chairman**



**Keep in your prayers:**

Our heartfelt sympathy to **Terrie Thomas** on the death this week of her husband, **Ernie**. **Ernie** had a month long battle with double pneumonia, gout and accompanying heart issues.

**Barbara Rains** husband **Jim** for healing and rest after surgery and heart problems Still healing at home **Dorothy Stanton & Will Stanton and Georgia Baum**. **Get well quick everyone!**  
*Pauline*



**From Past President Frances Hamilton**  
**Clubs 2020 Member of the Year**



**Many Thanks to a Great Group of Women .**

Thank You for the most generous Gift Card that I received From the Club. I will enjoy using it.

I am so Proud to have been elected Member of the Year .

With Love, Respect and Kindness for all,

*Frances*



**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)**

**Our New email : [GFWCInvernessFL@gmail.com](mailto:GFWCInvernessFL@gmail.com)**





**ENVIRONMENT**  
**Linda Chuckman**  
**Chairman**



## Plastic Caps and Lids Collection

### Plastic Caps and Lids Collection

Our club's plastic lids and caps drive is going strong! A number of you have marveled at how much plastic we throw away in just the lids and caps. We will continue to collect through January; so, please keep saving the lids/caps and supporting our environment. Thank you assisting with this effort. I tip my "cap" to your focus on conservation!

#### *What caps and lids are being accepted?*

Acceptable caps: Milk jug/creamer caps, detergent, non-pump hairspray, toothpaste deodorant, drink caps such as water, soda, sports drinks, etc., spray paint, flip tops (i.e. Ketchup) ointment, baby food, shampoo and conditioner caps.

Acceptable clean plastic lids: cottage cheese, yogurt, sour cream, Cool Whip, Pringles, nuts, butter, spices, plastic jar lids (mayonnaise, peanut butter).

**\*\*Please make sure all caps and lids are clean.**

*Linda*



**EDUCATION AND LIBRARIES**  
**Katherine Regan, Chairman**



### Members,

After many months of enduring the Covid-19 pandemic crisis, our Citrus County schools are back in session. Adapting and managing to this challenge, has introduced unique situations impacting students, parents, and educators. New procedures and safety practices have been put in place to continue to educate the youth in our community. While most of the students are attending in-person a considerable number of students are engaged in on-line learning.

Although we do not have a specific Education Project as yet, we could consider a **Youth Mentor Program, Student Tutoring via Zoom, Start a Youth Book Club or Sponsor a Literacy Day.** In this unusual time, it is also a unique time for GFWC Woman's Club of Inverness to start a project. We do not know if the schools would be interested or even able to engage. These are just some ideas and I would greatly appreciate your thoughts and, of course, any additional ideas for an Education Project.

On another topic, **October is National Bullying Prevention Month.** There is an excellent article in **GFWC News & Notes, September 24, 2020** announcing the start of an awareness campaign in schools and communities across the nation to help prevent bullying. Please take the time to read.

Thank you.

With Love, Respect and Kindness for all,

*Katherine*

## We Do Annual Scholarships



# Ongoing Activities Little Free Library Health & Wellness

## Fundraising Committee All Members

Remember to sign up to help at the Plant Sale on Oct 24th. See if you can give a few hours / with masks for our great fundraiser. Can you help set up? Can you help sell? Be sure to take a poster to help us advertise the event! Put the poster on an email or Facebook and invite your friends and neighbors! Take the poster to your Doctor or hair appointment! Thanks!



## LITTLE FREE LIBRARY UPDATE

Angie Mayo



During the last summer months, book traffic at our **Little Free Library** (LFL) has diminished. We expect an increase in activity during the upcoming fall months as life slowly returns to normal. Katherine Regan will be monitoring and maintaining the LFL during October. No book donations needed at this time.

**A closing thought:** “A house without books is like a room without windows.” (From a Chinese fortune cookie—yes, don’t laugh, sometimes you find valuable insight hiding inside those cookies)



## HEALTH & WELLNESS

Rosalie Matt  
Chairman

The GFWC Women’s Club Of Inverness chose a community project to improve the mental well being of our local citizens during the Pandemic. Since events are being canceled due to safe distancing, our members found time to discover hidden treasures in our storage areas. Donating games, magazines and puzzles that we don’t use anymore had a two-way advantage...to remove them from our homes and find another home for them. These items were gathered by our Health & Wellness Committee and delivered to nursing homes, rehab and assisted living and care centers.

The delighted recipients were: Avante Nursing Home in Inverness; The Grove Rehab Center in Hernando; Brookdale Assisted Living facility in Lecanto; and Cypress Cove Care Center in Crystal River. The timing was perfect since those items are in much use during this time of quarantine. Thanks to our generous members who contributed, the gifts were very much appreciated.

Wear your Mask! Wash your hands!  
Be Safe!

*Rosalie*

**REMINDER:** Also, note to remind club members about the Resource Children’s Christmas gifts.

Their names will be on the Christmas tree for the **October** meeting and the gifts will be brought back to the **November** meeting to be taken to the Resource Center. **Thanks, Jean and Rosalie**



**Protect your health.**

HHS.gov



**ATTENTION!**

Barbara Cooper-Chairman



## Civic Engagement and Outreach

Just want to let you all know that if you have any finished mats, or have styro coolers, sleeping bags, tents or tarps...the Family Resource Center has moved to 3660 N. Carl G. Rose Highway (Rt. 200) in Hernando. It’s only about one mile north of their old location. Ph: 344-1001

I know some of you have mentioned that you have completed mats while some have mats that you’re still working on. Please go ahead and deliver them. There is always a need and it doesn’t look like we’ll be together for at least another year. Sending a few memories of times gone by... enjoy. Miss you all and our comrades. Stay well and happy.

Hugs Always, Barbara





**OUR WEBSTORE IS OPEN!**



Ladies,

We have opened a Webstore with Terri Lynn Fundraising. The Webstore is now open for ordering gourmet nuts, dried fruits and fruit mixes, chocolates and sweets, snacks and mixes – all in time for holiday giving (as well as supporting this new fundraiser for the club.) Gift boxes and tins are available for items to be shipped to some of those special friends and relative. Simple: Go to our web page [www.gfwcinvfl.org](http://www.gfwcinvfl.org)

On the fundraiser page, there's a clickable link to the Terri Lynn webstore.

**HELP PROMOTE this!!!!**  
<https://InvWomansClub.terrilynn.com/>

Now, what you need to do is send out the webstore link (above) to everyone you know and ask them to send it to everyone they know. The holidays: Halloween, Thanksgiving, and Christmas are coming soon, and folks may not be traveling like they used to. So, sending a gift might be just the thing. Another idea - with baking for the holidays coming up, you will love these premium nuts, gourmet confections and sweet & savory snack mixes that you will order!

Check the above for more information.

Let's get Selling and Promoting!

Sue Allen  
Website Facilitator



**Let's Start Promoting!**



# Votes for Women

# State Winners

# District 5 News



## First a word for all members.

This is an important message during these very Political Times.

“GFWC is not a political organization. It does not endorse political candidates at any level, either to its membership or to the public, and GFWC members are not allowed to endorse candidates as GFWC members. As a private citizen, fine, but do not identify yourself as a GFWC member when you advocate for a candidate or party.” “Appearing to endorse a candidate or party or conversely speaking out against a candidate or party as a GFWC member endangers our tax-exempt status, and NO ONE wants us the lose that!” “GFWC encourages members to Register to vote and exercise this constitutional right to vote.” “As a GFWC member, the time you spend registering qualified voters or serving as a poll worker on Election Day counts towards your Service Hours -Voting itself and campaigning for political candidates does not.” If we should sponsor a Candidate’s Forum, it would have to be non-partisan.

And that is the extent of GFWC involvement in politics. However.....



GFWC District 5 News  
GFWC District 5 Director  
Becky Culver



BEES  
Brilliant, Energetic,  
Enthusiastic Sisters



GFWC Florida District 5  
Annual District Meeting

Saturday, October 17, 2020

10:00 am



In the comfort of you own home! We are going to Zoom the meeting! Looks like we have 10 members attending the meeting!

The meeting will include a report about what other clubs are doing for the State President’s Project and a report from the District Director about awards given out at the State Convention. There will also be a brag time for each club. Look for a report at our November meeting!!

## Congratulations!

Angie Mayo and Ella Nardone are our State winners 2019 At State Convention with two blue ribbons and one white. You ladies did it again! What talent we have in GFWC Woman’s Club of Inverness! Way to go ladies!!



Angie 's two entrees



Ella's entered basket

"It's impossible,"  
said pride.  
"It's risky,"  
said experience.  
"It's pointless,"  
said reason.  
"Give it a try,"  
whispered the heart.

-Unknown

# Unique Plant Sale

*All Greenhouse Grown*

*Violets  
Bromeliads  
Ferns*

*Orchids  
Air Plants  
More*



From Easy to Maintain to Exotics.....

***Saturday, October 24***

***1715 Forest Drive, Inverness***

*(Across from Whispering Pines Park entrance)*

**9 a.m. to 3 p.m.**

352-634-4216 for more information



Set-up inside and outside.

CDC Guidelines will be followed. Masks required for all shoppers.

*Profits will benefit local scholarships  
and other GFWC charities*



Sponsored by the  
GFWC Woman's Club of Inverness

and the  
Citrus County Chronicle





# GFWC IWC Covid-19 Projects



Rosalie Matt, Debbie Sargent, Sandra Koonce

## Collection of Magazines

Rosalie Matt, Debbie Sargent and Sandra Koonce show off the trunkful of magazines and puzzles that members donated on a spur-of-the-moment request. At the same time, another trunkful of items was donated for CASA. Debbie delivered her trunkful to CASA; Rosalie spent several days delivering from her trunk to area assisted living facilities.



Mary Doolittle

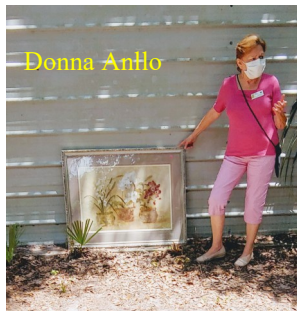
## OUR GARAGE SALE

Mary Doolittle, who spearheaded the recent garage sale, shows off some of the items that were donated to the successful fundraiser.



Frances Hamilton

Frances Hamilton shows off the array of jewelry just before sales began. Members were generous with necklaces, watches, and pins as well as earrings. Sales of jewelry alone brought in over \$200.



Donna Anflo

Sandy Boyette took a few minutes to show off some of the treasures that we gave up so others could enjoy!!



Sandy Boyette



Bonnie Jessee

Bonnie Jessee, along with the whole work crew, sorted clothes by sizes to make them more readily accessible to shoppers. In spite of many, many purchases, we have A LOT of clothes awaiting the next sale (whenever that happens!)



Katherine Regan looks over some of the items that were on display on an outside patio.



Katherine Regan





Months of Oct., Nov. Dec.

- Domestic Violence Awareness Month
- National Breast Cancer Awareness Month
- National Down Syndrome Awareness Month
- Spina Bifida Awareness Month
- Adopt a Shelter Dog Month
- Oct 1 International Music Day
- Oct 1 International Day for Older Persons
- Oct 1 Fire Prevention Day
- Oct 5 World Teacher's Day
- Oct 7 Child Health Day
- Oct 24 Bully Prevention Awareness Day - Wear Blue
- Oct 24 United Nations Day
- Nov 3 Election Day
- Nov 11 Veterans Day
- Nov 11 Armistice Day WWI
- Nov 26 Thanksgiving
- Dec 7 Pearl Harbor Day
- Dec 10 Hanukkah begins



REVERSE  
ADVENT CALENDAR

EACH DAY ADD AN ITEM TO A BOX.  
ON CHRISTMAS EVE DONATE THE CONTENTS TO A  
FOOD BANK.

- December 1 - box of cereal
- December 2 - peanut butter
- December 3 - stuffing mix
- December 4 - boxed potatoes
- December 5 - macaroni and cheese
- December 6 - canned fruit
- December 7 - canned tomatoes
- December 8 - canned tuna
- December 9 - dessert mix
- December 10 - jar of applesauce
- December 11 - canned sweet potatoes
- December 12 - cranberry sauce
- December 13 - canned beans
- December 14 - box of crackers
- December 15 - package of rice
- December 16 - package of oatmeal
- December 17 - package pasta
- December 18 - spaghetti sauce
- December 19 - chicken noodle soup
- December 20 - tomato soup
- December 21 - can corn
- December 22 - can mixed vegetables
- December 23 - can carrots
- December 24 - can green beans



PASSIONATEPENNYPINCHER.COM

Club Auditors  
Agnes Kearns  
Mildred Martin



On September 9, 2020, an auditing was done on the Inverness Woman's Club finances.

We found all the 12 months in the check book to be accurate. There were no discrepancies of any kind.

We signed off on each month and all the monthly reports were put in the metal file cabinet in the storage room.

*Agnes Kearns and Mildred Martin*



Citrus Wellness Challenge - Linda Chuckman

Our IWC team is meeting the Wellness Challenge with vigor. Reports from participants have indicated that this has not only been a great way to support the **Dementia Foundation**, but has also helped us focus on taking care of ourselves. This has been done in quite a variety of ways: water aerobics, working on crosswords and puzzles, gardening, watching Jeopardy, walks on the Withlacoochee Trail or in the neighborhood, socially distanced get-togethers with friends, eating our veggies, and relaxing with books, to name a few. Hats Off to our terrific team: Sue Allen, Sally Barrow, Sandy Boyette, Linda & Alex Chuckman, Barbara & Gary Cooper, Mary & Chuck Doolittle, Frances Hamilton, Jean Laird, Sandra Koonce, Rosalie Matt, Sandy Olson, Margaret Roberts, and Noreen Zembko. Go Team!!





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

Stamp Here

**TO:**

# Parliamentary Pointers

# GFWC FL Officers

## Parliamentary Pointers

### Rights and Obligations In Voting

By GFWC Parliamentarian Deen J. Meloro



### FOR ALL CLUBS

- One person, one vote. No matter how many positions in an organization a member may hold, she only gets one vote. No proxies allowed.
- No one can be compelled to vote. Abstentions are allowed.
- No member should vote on a question in which she has a direct personal or pecuniary interest not common to other members of the organization. If you own a catering business that has put in a bid to do a banquet for the club, you should absolutely not speak to the issue or vote on the issue. However, this does not mean that a member cannot vote for herself for an office or other position, or vote for a motion in which she is mentioned.
- Interruptions during voting are permitted only before any member has voted.
- A member has no right to explain herself during voting.
- A member has the right to change her vote up until the result of the vote is announced. After that, she can only make the change with the unanimous consent of the assembly.
- If a member is in arrears in payment of dues, but has not formally been dropped from membership and is not under disciplinary suspension, she retains the full rights of a voting member.
- The assembly itself is the judge of all questions arising that are incidental to the voting or the counting of votes.



## GFWC Florida Executive Officers 2020-2022

**These wonderful ladies are your contacts for the next two years!**

**Dianne Foerster:** President  
[dlynnfoerster@gmail.com](mailto:dlynnfoerster@gmail.com)

**Linda O'Toole:** President Elect  
[lindaleeotoole@gmail.com](mailto:lindaleeotoole@gmail.com)

**Sara Dessureau:** 1st Vice President  
[sarad6595@gmail.com](mailto:sarad6595@gmail.com)

**Terry Reese:** 2nd Vice President  
[tryreese2@aol.com](mailto:tryreese2@aol.com)

**Dara Bergdoll:** Recording Secretary  
[darabeth1@hotmail.com](mailto:darabeth1@hotmail.com)

**Cathy Geary:** Treasurer  
[rgeary1@tampabay.rr.com](mailto:rgeary1@tampabay.rr.com)

### District 5 Officers 2020-2022

**Becky Culver:** District 5 Director  
[culver5456@embarqmail.com](mailto:culver5456@embarqmail.com) -

**Marion Cason:** Secretary  
[mariongc@earthlink.net](mailto:mariongc@earthlink.net)

**Lucy Ann Wines:** Financial Asst:  
[LAWines@tampabay.rr.com](mailto:LAWines@tampabay.rr.com)

**Jane Moore:** Parliamentarian  
[warwickmoore@aol.com](mailto:warwickmoore@aol.com)

**Mary Crawley-Rhodes:** Leadership  
[crawley20@hotmail.com](mailto:crawley20@hotmail.com)

**Vickie Cox - Membership**  
[vjcox@windstream.net](mailto:vjcox@windstream.net)

**GFWC District 5 President's Project  
Chairman:** Sue Allen  
[PresidentsProject5@gfwcflorida.org](mailto:PresidentsProject5@gfwcflorida.org)

**Holly Oder:** Art and Culture  
[carhol9236@gmail.com](mailto:carhol9236@gmail.com)

**Bernice Peer:** Publication Chair  
[berniceopeer@aol.com](mailto:berniceopeer@aol.com)



# COMMUNITY SERVICE PROGRAM AREAS



## ART and CULTURE

GFWC's commitment to the arts dates back to 1894 when a literature committee was established. The Committee rapidly grew to encompass programs focusing on arts & music. Club-women became well known for their support of the arts and are credited with helping to establish the National Gallery of Art in Washington, D.C. A goal is to encourage youth and elder art projects and art shows. Members are encouraged and given the opportunity to expand their creative talents and to compete in local, state, and national arts and crafts events. GFWC Florida has partnered with [Arts4All](#). VSA Florida provides meaningful learning experiences that increase artistic skills, foster creativity, promote social skills, and provide new ways of communication. Each year, [Arts4All Florida](#) provides direct services to all 67 counties in Florida and serves over 60,000 individuals with disabilities, as we endeavor to create a world in which the arts are universally accessible.



## CIVIC ENGAGEMENT and OUTREACH

The **Public Issues Committee** is an outgrowth of the American Citizenship Department established in 1920. At that time club-women were working toward the elimination of racial and religious discrimination. Since 1950, club-women have addressed such issues as health care for veterans, the eight-hour work-day, and child labor laws. Members are concerned about crime, safety, and voter awareness. Today members are concerned about crime, quality education, and home, highway, and community safety.



## EDUCATION and LIBRARIES

In the early 1900's clubwomen supported legislation to improve school conditions and create compulsory attendance laws. In 1904 they helped establish the U.S. Dept. of Education. GFWC is credited with establishing 75% of the public libraries and developing kindergartens in public schools. GFWC is also active in both literacy programs and Learning Disabilities programs. They also sponsor ESO chapters to promote a commitment to lifelong learning and self-improvement. As a Committee we support the GFWC Partnership with the [Hugh O'Brien Youth Leadership Foundation \(HOBY\)](#).

The Book Club falls under this committee, as well as Our Little Library.



## ENVIRONMENT

In 1808 the Federation encouraged club-women to protect the environment by establishing committees to gather and report information on environmental needs in their states. By 1900, GFWC was advocating legislation prohibiting dumping in the nation's rivers and in 1902 formed the Forestry and Irrigation Committee to preserve such national treasures as the California redwoods and the Appalachians. The Conservation Department has enjoyed a close working relationship with the National Park Service. Club-women have played an integral role in saving the Florida Everglades and protecting wildlife and safeguarding America's rivers and lakes. They participate in local river clean-up, beautification of our community and recycling programs.



## HEALTH and WELLNESS

Over the years Club-women fought for legislation protecting the rights of mothers and children, informed communities of public health issues and advocated the passage of the earliest Food and Drug Administration. In keeping with history, this committee educates members as to women's health-related issues through support of local and national programs such as [Relay for Life](#), [Easter Seals](#), and the [Ronald McDonald House](#), [Hope Lodge](#), and [Habitat for Humanity](#). The committee offers the opportunity for members to assist nursing homes and to assist local Social Services by donating food, participating in the Operation Christmas Child Program, and purchasing tents, donation pillows, blankets, sheets and "Plarning" plastic bag mats for the homeless. Financial issues such as securing personal identity and making wise choices for charitable donations are also a focus.