



DWN WOMENS CLUB

August Newsletter

It's time to elect new officers for 2026!

We are accepting nominations for ALL club officer positions. Many of you have wonderful ideas, talent, and enthusiasm for the Women's Club. If you do, please consider taking on a leadership role. New ideas are what will keep our organization fresh and meaningful for many years to come. You may download the nominations form here:

[Nomination form](#)

Within it you will find a description of each of the positions as well as information on submitting it electronically prior to 9/16, (you can also bring it to the meeting or pick up a form to complete then).

Questions? Email us at dwnwomensclub@gmail.com



Our September 16th Meeting Speaker



Our September speaker is Pamela Splane, the outreach coordinator for the St. John's County Council on Aging. She'll be speaking about the various services the COA provides. Many families and individuals in St. John's County face significant challenges that can impact their quality of life. From the struggles of caregiving to health crises, these issues can be overwhelming and isolating. The Council on Aging (COA) is dedicated to providing vital support and resources to help navigate these difficult times.

Our September outreach will focus on one of the COA's many worthwhile programs- "Meals on Wheels". ***During our meeting we will be making cards that will be placed in the meals that are delivered each day.*** In addition, all

net proceeds from our "Lady Luck" drawing will be donated to the COA for the specific needs of this outreach.

SIGNUP HERE:

[September 16th meeting
signup HERE](#)



OUTREACH

June Outreach benefitted: *St. John's County*

Animal Shelter



WOW! We received \$100 in cash donations! We also collected 250 cans & 186 pounds of dry cat food along with 26 pounds of cat treats, & 5 cat toys.

We sent 127 cans & 620 pounds of dry dog food. Our furry friends also got 57 lbs. of dog treats & 64 dog toys as well as 18 jars of peanut butter



Our August Community Service Project

will benefit Wolfson Children's Hospital

\$5 from each of the May meeting entry fees will go toward funding for the blanket kits we will use to make fleece blankets for the hospital. Wolfson gives a blanket to every hospitalized child they care for. On August 26th & 28th volunteers who signed up will meet as a group to make the blankets.



Save the Date- Oct. 18th Breast Cancer Survivors & Supporters Walk

On-Going Outreach Project to Benefit *St. Francis House*

This outreach program is done on the third Thursday of every month. Women's Club volunteers prepare and serve a meal to residents at the shelter in St. Augustine.

In July 35 women participated by either cooking or serving (or both). While there we serve an average of approximately 45-60 people and any leftovers are used for lunch the next day.

The next service is on August 21st.

Upcoming Meetings

Doors open at 3:45!

September 16th November 18th

September Lucky Lady Drawing

All net proceeds from the drawing will be donated to
Meals on Wheels!

If you'd like to make a financial donation to Meals on Wheels, please bring your check made payable to "DWN Women's Club" with *Meals on Wheels in the memo line* and we'll include that in the Club donation. We will present one check to Pamela at the end of the meeting.



Activity Groups!

The Art & Museum Enthusiasts took a break this summer and are ready for an exciting fall. In mid-September we will be visiting the Mandarin Museum in Walter Jones Park. We plan on a guided tour of the park, its historic buildings and viewing the art exhibit "Vestiges of Historic Mandarin" depicting local 19th and early 20th century structures and landscapes. An email with trip details and signup will go out the end of August.



We have 4 **Book clubs** that continue to meet monthly to discuss interesting books of all kinds.

Book Club 2 is skipping our August meeting as many of our readers will be away, but we will meet in September to discuss Eleanor Oliphant is Completely Fine by Gail Honeyman.

Book club 3 meets the first Monday of the month these are our upcoming books:

August- Tell No One

September- Time is a River

In July, the **Foodie Friends** Activity Group had two events: A "Buona Italia" feast was hosted by Colleen Franken and Jill Cohen and a "Get Ready to Rum" party was hosted by Pat Bercellie and Linda Libra. In August, Beth Boyd and Jane Lewis are hosting "A Boho Summer Gathering" seventies vibe party and Betsy Bavaria is hosting a "Fajitas and Margaritas Fiesta"! We have two fabulous events planned for September. You must join the group to find out what they are!



The **Green Cuisine** met in July and was hosted by Alex Kelemen. Alex, using plant-based ingredients, demonstrated how to make a healthy and delicious hummus. She also demonstrated how to make a versatile oil free dressing that could be used on

vegetables or salads.



For September we are excited to have Dr Diane Brogan-Hobash as a guest speaker. Dr. Diane will be discussing the book, “Younger You” by Dr. Kara Fitzgerald. This book provides a framework and path to reduce and influence our biological age by

the foods we eat/don't eat, lifestyle changes and nutritional supplements.

Dr. Diane is a former DWN resident and recently retired as Clinical Associate Professor & Associate Director of Education for the Center of Integrative Health and Wellness; and Bionutrition Research Manager and Clinical Faculty at Ohio State University.



We are already looking ahead to November and will have a “Friendsgiving” evening hosted by Caryn Hank

In July, the DWN **History Activity Group** had a discussion of the book “Maria” by Eugenia Price. In this captivating tale, Eugenia Price paints a vivid picture of the tumultuous historic and political events as St. Augustine transitions from Spanish to British rule and back again in the 1700s. When it cools off, we want to visit the oldest house in St. Augustine where Maria lived (date TBD).



Carol Barton volunteered to host another historical movie night at her house (Sept or Oct date TBD). We will watch the movie The Yearling, unless someone has a nother suggestion to consider.

September 2 at 1:00 pm you can join a Downtown Jacksonville "Top to Bottom" tour. This is a walking tour with a guide through buildings to secret underground tunnels.

The history activity group encourages everyone to participate not only by attending events but also by suggesting and planning events through the Facebook group

<https://www.facebook.com/groups/410514324830415> (or by emailing caroljmcdonald@gmail.com)

The **LADIES** group is continuing to grow and we have collectively agreed that the special needs of the group is best met by keeping groups small so we all have time to share experiences and support one another.

We have grown into various groups being named as gemstones and you will find the diamond, sapphire and ruby groups while still coming together several times a year in our widow sisterhood.

We have begun a “sunshine moment “when we take time each month to recognize birthdays and remember our loved ones.

Occasionally we support each other by doing a social event and recently we went to the Alhambra theater.

If you have questions I am (Sherry Andreo) available by text/phone 724-875-2842, email bristolhouse100@gmail.com

Our **Lunch with Friends** activity group members continue to enjoy our smaller groups with two different selections of restaurants every other month.

This June we offered Season’s 52 at St John’s town center and Poppy’s Italiano at Ponte Vedra Beach restaurants...Both events were very successful!



We’re excited about are next event this month (August) at Palm Valley Fish Camp (Roscoe Blvd) in Ponte Vedra Beach and Cafe Alcazar inside the Lightner Museum in St Augustine.

We’re currently planning our October and December (Holiday Celebration) Luncheons.

No updates from the **Trailblazers** hiking activity group. We are on hiatus until the end of September

The **Working Women & Wine** activity group is all about having fun – with or without wine! We get together on weekday evenings or Saturdays. All DWN Women's Club members who are still working during the day, or who have recently retired, are welcome to join us.

We have 3 exciting activities planned to finish out 2025:



Bowling & Dinner- 8/21 (evening) at Beach Bowl in Jacksonville

Culinary Tour of St. Augustine- 10/4 (daytime) Details coming soon!

Holiday Party- 12/4 at Poppy's Italiano, Ponte Vedra



Be sure to sign up to join the Working Women & Wine activity group to receive more information and be able to sign up for our activities. For more information, contact Kathy Trezise at 410-913-6960 or katherine@absolutely-organized.com.



[Join an Activity Group Here](#)

You'll need to put in your user name (your email) and the password you set up then click on the interest group you are interested in participating in and sign up to be notified of events, etc.

Membership Update:

DWN Women's Club now has 378 members.

Know someone who wants to join? Send them this link to signup here:

[Join the Women's Club!](#)

If you need assistance with on-line sign-up please feel free to reach out to any member on the membership team.

Diana Elmore: sedeee1@gmail.com

Nancy Brown: nancymbrown66@yahoo.com



Email/Website problems

If you are not receiving emails from the club or Activity Group you signed up for, need to change your email address, or are having trouble accessing the "Members Only" page of the website please contact Penny Kahn for help: paberkahn@gmail.com

A Note from the President

Greetings, Women's Club Friends!

I hope you're enjoying your summer — reconnecting with loved ones, exploring new places, and making great memories. Gary and I just returned from a Scandinavian cruise, where we explored some very different cities, tried new foods, and even learned a surprising amount about salmon farming. I'm now a huge fan of Norwegian salmon farms!

July Meeting Recap

David Ray was a fantastic speaker at our July meeting. He cleared up many of the questions I've had since moving to Nocatee. David is a wonderful ambassador for our community, and it's good to see he has someone in training so he can finally enjoy a well-deserved retirement!



Looking Ahead — September Meeting

In September, we'll welcome Pamela Splane from the St. Johns County Council on Aging (COA). She will share valuable information about COA services and enrichment opportunities at the Players Community Senior Center on Lambert Dr. One program I'm especially passionate about is *Meals on Wheels*. The COA needs our help to continue delivering meals to those in need. Each meal costs about \$10 to deliver, and a \$2,000 donation could bring one person off the waitlist for nearly half a year.

To support this cause, **net proceeds from Lady Luck will be donated to the COA.** If you'd like to contribute personally, we will gladly collect checks or cash at the meeting to add to the Lady Luck donation. Checks can be made payable to **DWN Women's Club**. We'll present Pamela with one combined check from our Club.

E-Voting & Board Nominations

Thank you to everyone who has signed up for E-Voting — this will make our elections faster and easier for everyone. As of this morning, we have three nominations for Board of Directors positions.

We'd love to see even more members step forward and share their talents! If you're interested, please contact our Secretary, **Susan Opferman** at gatorsmo@aol.com. She'll be happy to guide you through the nomination process.

With a grateful heart for all of you,

Kathy Reynolds

reynoldsqlkp@yahoo.com

Contact Us

Email us at dwnwomensclub@gmail.com