



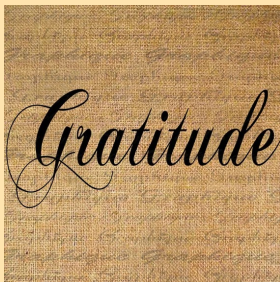
Central Florida Spokes



November 2023

GAME DAY RAISES \$2,465 thanks to great leadership by Wendy Dorn, Pat Knopka, Judy Zellers, and Kim Rohter *and* the generosity of all Spokes' members. Congratulations! Pics included later.





November 8th LUNCHEON

Heathrow Country Club @ 11 a.m.

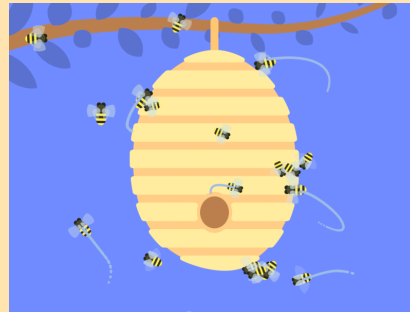
Menu

Mixed Greens & Romaine
4 Assorted Toppings
Balsamic & Ranch Dressings
Rolls with Butter

5-Spice Salmon with Honey-Soy Garlic Glaze
Sliced Turkey Breast with Traditional Stuffing (no nuts or raisins) with Pan Gravy

Club-Made Yukon Gold Mashed Potatoes Oven Roasted Broccoli & Cauliflower

Pumpkin Cheesecake with Sauce & Whipped Cream



B's Buzz

Brenda Dost President



Before we dive into the holiday season, Thanksgiving gives us the opportunity to focus on gratitude. My family always enjoys (or puts up with!) the tradition of going around the dining table on Thanksgiving and having each person share something they are grateful for.

It turns out that taking a side of gratitude each morning with our coffee may be the best way to fortify ourselves for the busy holiday season. The Mayo Clinic has found that taking time each day to intentionally practice gratitude--journaling or simply reflecting on our blessings--can improve sleep, mood, and immunity. Gratitude can decrease depression, anxiety, difficulties with chronic pain, and risk of disease.

I found a great set of prompts for 30 days of journaling by author,

Josie Robinson. [Click here for a PDF of the journaling prompts.](#) I absolutely plan to start the journaling on this list the week of Thanksgiving, I hope you will join me!

Gratitude for Spokes Leaders Past and Present

I am so grateful that Anna Byrnes invited me to join Spokes and attend a luncheon, where I met Linda Cornell, who was looking for help with the website. I was invited to the board meeting and met women who were welcoming, enthusiastic, talented, full of great ideas, and smiles. To my great pleasure, I have met many delightful and amazing members—I have learned and laughed so much since joining Spokes!

At our recent Game Day, it was my pleasure to recognize our current activity coordinators, along with our long-time Game Day bake sale organizer, Pat Knopka. Meetings are held monthly (or more often), and some of these groups have been together for many years.

Members meet regularly to play games, enjoy books, share meals, and explore Central Florida--having fun and forming lasting friendships. Thanks to these dedicated women who lead with such passion and polish!

Book Club	Linda Cornell
Thursday Bunco	Linda Richcreek
Wednesday Bunco	Kim Rohter
Evening Bunco	Sharon Schneck
Casual Cooking	Marcia Miller
Dining In	Tiffany Casey
Hand, Foot, Knee	Chris Stouffer
Ladies Poker	Kay Payne & Janice Czaikowski
Mah Jongg	Wendy Dorn
Scrabble	Marilyn Martin
Shanghai Tuesday	Rosemarie Soper
Excursions	Holly Herrington

What's Up at the November 8th Luncheon?

Cake Decorating: This meeting is all about the frosting. Our creative program planner, Linda Cornell, has been in the kitchen again—this time bringing us an amazing cake designer and decorator (see Info in the article below.)

Jewelry Exchange: In addition, you'll find the 2nd annual jewelry exchange discussed by Coordinator Kimberly Halko later in the newsletter.



[Click HERE for 30-day Gratitude Journal Challenge](#)



BAKE SALE THANK YOU

Ladies, this was one unbelievable Bake Sale! Last year when we made \$869, we thought we would fall off our chairs! Thinking that this would never happen again, I was hoping that this year we would at least come close to that. We far surpassed that amount. We made \$1,292!!!! A big thank you to all who participated in any way in the

Bake Sale. Thirty ladies signed up to bring in something sweet and three ladies brought in something savory. About half our profits came from Anna's soup, Diane's chicken pot pies, and Linda's quiches; and the other half came from those sweet little things like cookies, breads, and brownies. By the end of the day, nearly everything had sold and the little that was left went to the staff at Heathrow.

I want to thank the terrific team that makes this work. Debbie Whiston and I got there at 8 a.m. to set up and accept everything that everyone brought in. Debbie works tirelessly from beginning to end. At 9 a.m. the money handling team came in. Diane Winterhoff kept track of all the people that paid for quiches, chicken pot pies, and soups and made sure that everyone picked them up at the end of the day. Ginny Iliffe, Pat McCarroll and Diane took the money and then counted all this at the end of the day. This was no small feat. Without all of us working together, we could not have come this far.

Thanks to you, our charities will benefit with the big check they will receive this May. Thanks to everyone who participated. This was an outstanding year. Give yourselves a hand!

Pat Knopka
Chairman, Bake Sale

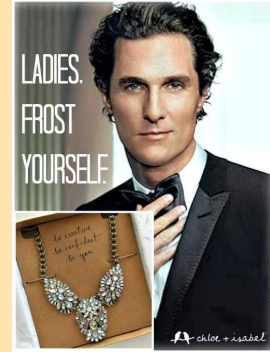


Jewelry Exchange
Coordinator

Kimberly Halko

Get frosted! Not that kind of frosting, silly! Jewelry frosting! Back by popular demand, our

second annual jewelry exchange will be at the November luncheon. You may bring up to three pieces of jewelry. Pieces include earrings, necklaces, bracelets, and rings. Also scarves and pendants. So clean out a few pieces from your jewelry box that, while lovely, no longer give you joy, and get some new frosting...



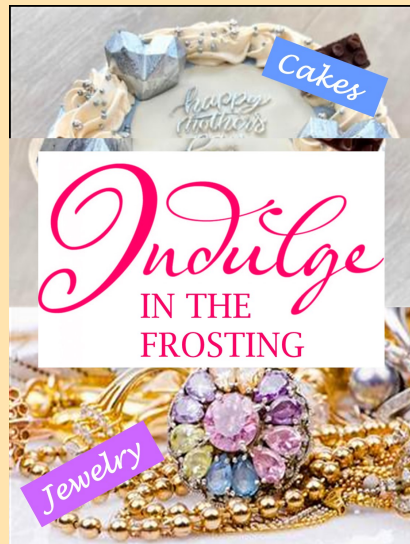
Iris Stiverson is a cake designer and sugar artist. She was born and raised in Hermosillo, Sonora Mexico, and moved to the state of Arizona in early 2006.

She discovered her love for cakes when her daughter, Brianna, was born. Inspired by her daughter, Iris dedicated herself to creating the most beautiful cakes. She wanted her daughter to see what is possible with passion and with the talents that God has given us.

As her passion for baking grew, Iris began taking classes at The Wilton School of Cake Decorating, and she became certified as an Wilton instructor in 2014. She continued her education by earning certifications in different areas of baking, butter cream, and cake design and acquiring and expanding her knowledge in the world of sugar! She obtained several Pastry Diplomas and also studied at the Institute Aprende. In 2021 she began taking decoration classes at the

Adrián Cabrera Sugar Art Academy obtaining her certification in Pastry and Sugar Art. She has a degree in Business Administration and a Diploma in Restaurant Management. She has also worked at the pastry area at Walt Disney World. She is a cake decorator and instructor at the Confectionary Academy of D&G Occasions in Orlando Florida.

Iris loves sharing her passion with many and she started a small home-based business that continues to thrive today. At our November luncheon, Iris will decorate three cakes. All three will be raffled off and three lucky ladies will take home a beautiful cake decorated by Iris.



RSVP for November Luncheon--\$30 at the door...exact cash or check.



Membership Coordinator

Tina Rasi

Do you enjoy your Spokes membership?
Share Spokes with a Friend--or Two!

Invite a friend to one of our upcoming great 2nd Wednesday luncheons at Heathrow or bring a friend to sit in on a game, book club discussion, or other activity. Non-members may attend an activity no more than twice, after which they are asked to join.

Dues remain at \$25/year -- a real value for access to our many opportunities to connect and to give back. Our website (centralfloridaspokes.com) can help you share what Spokes is all about.

[Click here to download and print Membership Form](#)

[Click HERE to update info for directory...Annie Sanders,
Newsletter Editor & Membership Directory](#)

[Click HERE for latest Membership Directory](#)



Activities Coordinator



Bonnie Buesching



Central Florida Spokes Activity Groups 2023-2024



Name	Leader	Email	Phone	Time and Place
Book Club	Linda Cornell	lindacornell8@gmail.com	407-628-3055	4 th Weds, 10:00 am, @ member homes
Bunco 1	Linda Richcreek	linrob1574@yahoo.com	708-201-8941	3 rd Thurs, noon, @ member homes
Bunco 2	Kim Rohter	klear123@hotmail.com	727-458-3163	3 rd Weds, 12:30 pm, @ 500 Golf Tee Ln, #101, Longwood
Evening Bunco	Sharon Schneck	sharon.schneck@gmail.com	704-323-1274	4 th Sat, 7:00 pm, every other month @ member homes
Casual Cooking	Marcia Miller	madorndancer16@cfl.rr.com	407-340-0776	1 st Fri, 11:30 am, @ member homes
Dining In	Tiffany Casey	sticasey1@yahoo.com	407-782-7176	4 times/year
Excursions	Holly Herrington	hoh4jc@gmail.com	407-720-0788	3-4 times/year; group visits to Central FL places of interest
Hand, Foot, Knee	Chris Stouffer	cstouffer@cfl.rr.com	407-333-1276	2 nd Tues, 11 am @ Duffy's Sports Bar, 951 Market Prom, Lake Mary
Ladies Poker	Kay Payne Janice Czaikowski	paynekay50@yahoo.com janice162@aol.com	321-363-1561 407-739-6862	2 nd Fri, 11:00 am, @ member homes
Mah Jongg	Wendy Dorn	growler2@live.com	407-463-2111	1 st & 3 rd Fri, 11:am, @ Duffy's Sports Bar, 951 Market Prom, Lk Mary
Scrabble	Marilyn Martin	dmgolf@cfl.rr.com	407-718-5215	4 th Tues, 12:30-3:30, @ 500 Golf Tee Ln, #101, Longwood

Have another activity idea? Contact Bonnie Buesching at grayduck2705@gmail.com or 614-266-7281

We're excited about bringing back Mexican Train as a new Activity Group. And the second Hand, Knee & Foot is in progress of getting organized. Sign-up sheets for both groups will be at the November luncheon or contact Bonnie Buesching at 614-266-7281 or graduck2705@gmail.com for more info.

Click [HERE](#) for Activity Group Leaders & Dates



SeniorsFirst, Inc.



Betty Smith, Liason

Your gift of a \$20 Publix or Walmart gift card will bring the spirit of the holidays to senior citizens in our community that would otherwise be forgotten at Christmas. Seniors First needs to secure 2,000 cards.

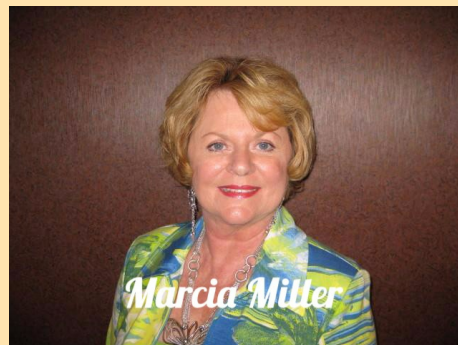
Please bring your gift cards to our November luncheon. **All checks should be made out to SeniorsFirst, Inc., with the Memo line on check "Spokes XMAS". Mail all checks to SeniorsFirst, Inc. at 5395 LB McLeod Rd., Orlando, FL 32811 no later than December 1, 2023.** Betty Smith will be collecting the cards and any checks to pass to SeniorsFirst at each of the luncheons. We will accept gift cards as late as the December luncheon but SeniorsFirst needs them earlier if possible.

SeniorsFirst, Inc. is one of Spokes' annual Community Involvement projects with donations collected at every Christmas time. We are actually one of their largest supporters of this initiative every year. Ladies, let's make it happen again this year. Your generosity is very much appreciated by these struggling seniors.



Casual Cooking Coordinator

Marcia Miller



Friday November 3rd
11:30

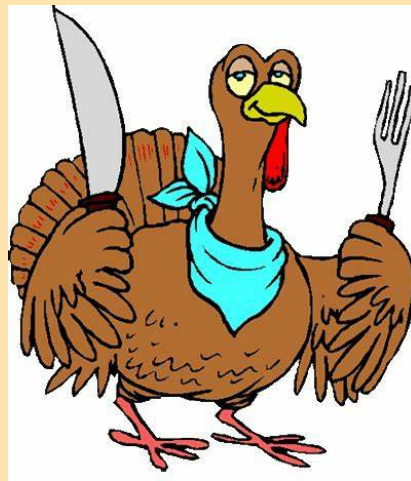
Host: Pat Knopka
Cohost: Deb Whiston

468 Quail Hill Dr
DeBary 32713

Limit 22 lovely ladies

RSVP by email link below or by calling: 407-687-8411

RSVP to Pat for Casual Cooking



Excursions Coordinator

Holly Herrington





Join Us for
The Festival of Trees
at the Orlando Museum of Art
2416 N. Mills Ave., Orlando

Monday, November 13

Meet-up for lunch at MOA Cafe, 11:30 am

Enjoying the Decorations, 12:30 - 2:00/2:30 pm*

**Carpools recommended, time spent in museum flexible*

Tickets: Seniors - \$12, Adults - \$20; **Parking** - \$7 per car

Lunch \$8-15: Lovely soups, sandwiches, desserts, cafe fare

You'll be inspired by the Festival of Trees, a fundraiser for the OMA, which has become a Central Florida tradition. It features the work of many designers and companies--including many themed trees, table settings, gingerbread, wreaths and more. Many items are available for purchase.

Individuals may purchase their own tickets online (link will be sent to those who RSVP when available) or she can purchase them for you. To reserve your spot, call Holly at 407-720-0788 or email her using the

RSVP button below.

RSVP Festival of Trees -- Include Name & Phone Number



Bunco 1 Coordinator

Linda Richcreek



3rd Thursday @ 12:30 p.m.

Meet at Members' Homes

Drinks and Dessert provided

Bring \$5 for the game

Call Linda at 708-207-8941

Click [HERE](#) to RSVP to Linda



Bunco 2 Coordinator

Kim Rohter





3rd Wednesday of the Month

Glenbrook Apartments
520 Golf Tee Lane, Unit 101
Longwood
12:30-4

Bring your own lunch, snack, drink

If you are interested, please contact

Kim Rohter - Coordinator

727-458-3163 (call if you have questions)

klear123@hotmail.com.

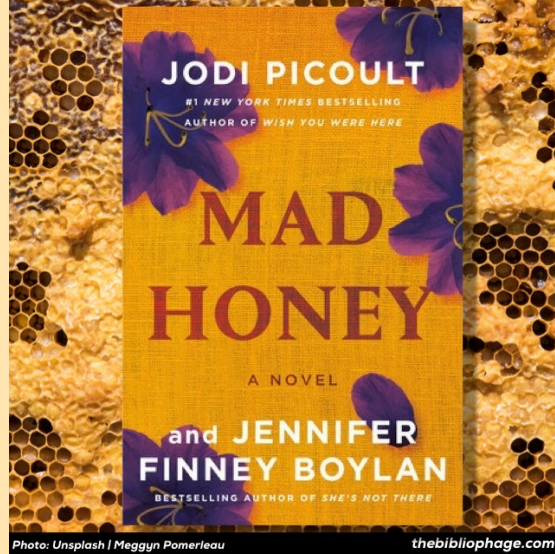
Future Dates FYI:

Nov 15, Dec 20, Jan 17, Feb 21



Book Club Coordinator

Linda Cornell



NEW YORK TIMES BESTSELLER • “Alternatingly heart-pounding and heartbreaking. This collaboration between two best-selling authors seamlessly weaves together Olivia and Lily’s journeys, creating a provocative exploration of the strength that love and acceptance require.”—The Washington Post

Olivia McAfee knows what it feels like to start over. Her picture-perfect life—living in Boston, married to a brilliant cardiothoracic surgeon, raising their beautiful son, Asher—was upended when her husband revealed a darker side. She never imagined that she would end up back in her sleepy New Hampshire hometown, living in the house she grew up in and taking over her father’s beekeeping business. Lily Campanello is familiar with do-overs, too. When she and her mom relocate to Adams, New Hampshire, for her final year of high school, they both hope it will be a fresh start. And for just a short while, these new beginnings are exactly what Olivia and Lily need. Their paths cross when Asher falls for the new girl in school, and Lily can’t help but fall for him, too. With Ash, she feels happy for the first time. Yet she wonders if she can trust him completely. Then one day, Olivia receives a phone call: Lily is dead, and Asher is being questioned by the police. Olivia is adamant that her son is innocent. But she would be lying if she didn’t acknowledge the flashes of his father’s temper in Ash, and as the case against him unfolds, she realizes he’s hidden more than he’s shared with her. ***Mad Honey*** is a riveting novel of suspense, an unforgettable love story, and a moving and powerful exploration of the secrets we keep and the risks we take

in order to become ourselves.

Join us for a discussion of ***Mad Honey*** on Tuesday, November 14 at 10:00 a.m. at the home of:

Pat Feverston
5712 Michelle Lane
Sanford 32771

We're staying for lunch at Pat's, so bring a salad or casserole or sandwiches or dessert or whatever to share. Pat will provide everything else. See you then!

RSVP to Pat at grfpaf@gmail.com.

[Click HERE to join book discussion](#)



Scrabble Coordinator

Marilyn Martin



4th Tuesday of the Month ~ 12:30-3:30

Have lunch prior to...but bring a snack & beverage of choice

540 Golf Tee Dr. #102 (conference)

RSVP to
Marilyn Martin ~ 407-718-5215, dm4golf@cfl.rr.com
if you have questions



Playful Poker Coordinators

**Kay Payne
&
Janice Czaikowski**

Meeting time 11 a.m. the 2nd Friday of the month

Poker seems to have a reputation of smoke-filled rooms, men with visors and serious money involved. Not for us! We get together to have fun, share laughs and stories, and play some really interesting poker games where so many things are wild except for us.

Come join us and share our good times.

[Click HERE to RSVP to Janice](#)



**Hand, Knee & Foot
Coordinator**



Chris Stouffer

Second Tuesday of the Month...

Even if you don't know how to play and are interested in learning, you are welcome to join us at 11:00 to observe and have lunch. I can then put you on our sub list once you think you are comfortable playing. Remember, we all were new at the game at one time!

Contact Chris at 407-810-8616 or cstouffer@cfl.rr.com.

Duffy's Sport Bar
951 Market Promenade Ave.
Lake Mary 32746



Community Involvement
&
Mah Jongg Coordinator

Wendy Dorn



National MahJongg League (with annual card)

Join us at
Duffy's Sport Bar
951 Market Promenade Ave.
Lake Mary 32746

(year round) on the 1st & 3rd Fridays MONTHLY from 11 a.m. to 2
(or longer). We purchase lunch as the room is free!

WE'LL TEACH BEGINNERS! Come join us for a fun time and learn
a new skill!

Contact Wendy Dorn at 407-463-2111 or click on the Email link
below.

[Click HERE to RSVP for Mah Jongg](#)



Shanghai Tuesday **Coordinator**

Rosemarie Soper



Every Tuesday, year-round play

10:30

Bob Evans on 436, Casselberry
call Deby Seymour at 407-970-9661
or

[Click HERE to RSVP to Rosemary](#)



Find Your
Fabulosity

Put a bright smile on a victim of domestic violence by donating your new lipsticks. Women who come into a shelter often have nothing other than the clothes on her back, making her feel emotionally and physically insignificant. By looking at herself in the mirror, she will begin to see the beauty in her outer self which will help to transform her inner self-confidence.

Find Your Fabulosity appreciates your donations, which you can bring to any luncheon.

Sandy Bove, 407-463-9437

[Click HERE to arrange lipstick drop off with Sandy Bove](#)



Correspondence Secretary

Audrey Karwandy

A big part of our social club is letting our members know how much we care!

Do you know of a member coping with an illness, recovering from surgery, grieving a death, or needs encouragement?



Email Audrey: [HERE](#)



Some Pics of Dynamic Worker Bees...





*Notice Joan Fonseca's gorgeous artwork on her walls for **Dining In** at her home...*



November Birthdays

2 ~ Diane Winterhoff

3 ~ Gail Boudreaux

4 ~ Pam Skaggs

8 ~ Joan Fonseca

10 ~ Deby Seymour

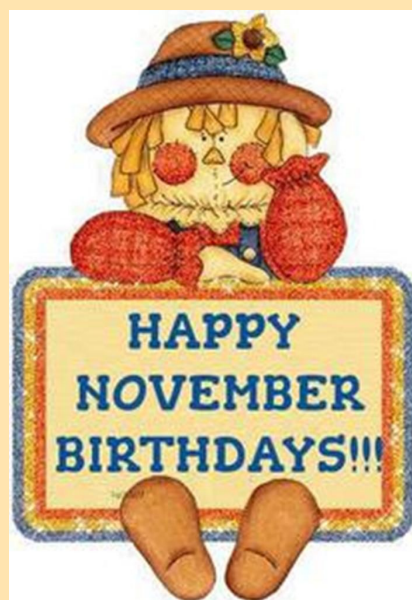
19 ~ Arlene McCord

19 ~ Judy Zellers

22 ~ Sally Varney

26 ~ Rose DiSalvo

29 ~ Irene Horner



Spokes Calendar November 2023

Mon	Tues	Wed	Thurs	Fri	Sat
		1 Board Meeting 10	2	3 Casual Cooking 11:00 Mah Jongg 11	4
6	7 Shanghai 11	8 Luncheon 11:00	9	10 Poker 11	11
13 Festival of Trees 11:30	14 Shanghai 11 Hand, Knee & Foot 11 Book Club 10	15 Bunco2 12:30	16 Bunco1 12:30	17 Mah Jongg 11	18
20	21 Shanghai 11	22	23 Thanksgiving	24	25 Evening Bunco 7
27	28 Shanghai 11 Scrabble 12:30	29	30		



CFS Website: [HERE](#)



Central Florida Spokes



President & Web Master:

Brenda Dost

1st Vice President:

Sue Leidner

2nd Vice President:

Sandy Bove

Recording Secretary:

Cyd Law

Treasurer:

Marcela Mojica

Activities:

Bonnie Buesching

Historian:

Pam Skaggs

Luncheon Reservations:

Sonia Beltran

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Parliamentarian:

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Community Involvement:

Wendy Dorn

Correspondence Secretary:

Audrey Karwandy

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Janice Daniels



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