



April 2023



April 12th Luncheon

Heathrow Country Club @ 11 a.m.

April Luncheon News

The Flamingos have landed! As happens every year around this time, our Flamingly Fabulous Flamingos arrive just in time for our April luncheon and Bingo fundraiser. We ask all of our dynamic Spokes women to come enjoy the fun and fellowship while supporting our charities. Bring all of your friends and your checkbook. Guests are special at this event as well.

We have Bingo, 3 different, and many photo opportunities with your friends. Jim Payne from WESH TV will be our

caller. Wild and wonderful, can't wait to see you all there.



MENU

SALAD PLATES ON THE BUFFET

Mixed Greens & Romaine

4 Assorted Toppings

Italian & Ranch Dressings

HOUSE ROLLS SERVED AT THE TABLES WITH BUTTER

DINNER PLATES ON THE BUFFET

Grilled Salmon with Roasted Garlic & Spinach Chimichurri
- GLUTEN FREE

Chicken Breast Picatta with Creamy Lemon Caper Sauce -
GLUTEN FREE

Baked Zucchini Parmesan

Penne Pasta A la Vodka

PRE-SET Water & Iced Tea at each place setting with
Lemon Plates

PRE-SET Coffee Cups

DESSERT

Cocoa Dusted Tiramisu



President's Message

Sue Leidner



The Colors of Spring

This time of year, everything seems new and fresh. Spring has always been a time of new beginnings. Rebirth. Put away all of the winter clothes and décor. Plant a garden. Add some fresh flowers inside the house. Do some spring cleaning. Everything is fresh and clean. Pastel colors abound. Colors that have been dormant or drab burst forth, heralding life.

Talking about colors reminded me of my preparing new principals' program. Administration types were always trying to assess our leadership styles by giving us personality surveys and tests, hoping to see what kind of leader we would be BEFORE placing us in a school. Some of these assessments contained numbers, like I was a 1/4. Whatever that meant. All the grand poohbahs nodded their heads. Then we had the Meyers-Briggs which had quadrants of combinations. Frightful. Still a lot of nodding heads. Then the one I remember was

called True Colors since it was easily relatable. In the True Colors test you could be Green, Gold, Orange or Blue. The true greens were analytical and would lead by reason. The true golds would be task oriented and partial to schedules and goals. The orange people had VERY outgoing personalities and used their charm to lead people. Then there were the Blue people. They were people oriented, compassionate and feeling. They lead with their hearts. No one wanted to be BLUE because the profile seemed weak.

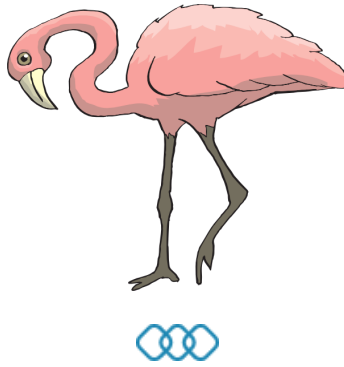
Guess who turned out to be a blue? You guessed it, me. No matter how much I tried to fudge on answers to be a green or gold, I was always a blue. Good old blue. Like a dog. Think of the person before the task. Use your instinct. Let love solve some of life's problems. I thought I was doomed. But guess what? Miracle upon miracle, they assigned me to a disadvantaged school where the children were downtrodden. They had lost faith in their own abilities. Their families were dysfunctional. They looked at me with hollow eyes when I became their principal. And through God's grace and my "Blueness" we learned to trust each other and make the best of their situation. They flourished and so did I. So did the worn-out teachers who were not deemed worthy to take to the new school that had just opened. We went forth memorizing lots of Aesop's Fables and positive messages. It was glorious.

My message to you all today and always is: Be who you were meant to be. It would not do if we were all golds. The tasks would be accomplished but with what joy? To be all green we would analyze all of our efforts until the year was over with no fun. The oranges would make us feel good all the time but perhaps not meet our goals. And the blues would love us until we ran out of time and money. Let's use all of our special talents together to accomplish our shared goals.

Celebrate and use all of the diversity in our group. Then, let's get the job done!!! See you at Flamingo Bingo!!!

With love,
True Blue Sue

Click here to RSVP for April Luncheon \$30 at the door...exact cash or check



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



Membership Coordinator

Judy Zellers

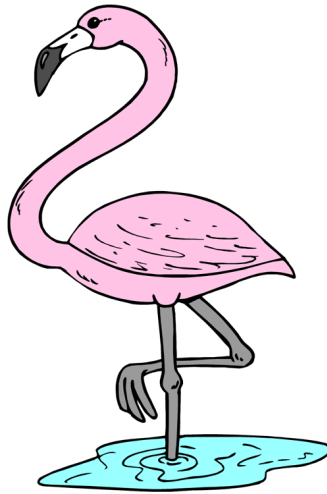
Click [HERE](#) for latest Membership Directory

READ PLEASE
↓ ↓ ↓ ↓ ↓

The newest Membership Directory has been reformatted to allow you to print the list on half sheets of paper to fit into the notebook we had a few years ago. You will need to cut print paper into half sheets, then feed into your printer, punch holes, and insert into notebook. (Someone told me you can just print onto 8.5" x 11" paper and then cut.)

Voila!

Annie Sanders



APRIL



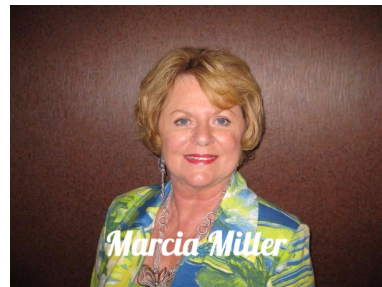
Activities Coordinator
&
Web Master

Brenda Dost



Casual Cooking
Coordinator

Marcia Miller



Friday, April 7th at 11:30 a.m.

Home of Frances Nanus
5035 Maple Glen Place

Sanford 32771
407-325-9720
francesnanus@hotmail.com

Co-hostess: Carol Baker

Limit 20

[Click HERE to RSVP for Casual Cooking](#)



FLAMINGO BINGO!

April 12, 2023

11:00 at Heathrow Country Club



So why not wear all of your pink and fuzzy and get into the spirit of the day? You might not know how to play bingo but there will be simple games and so many prizes.

Please do me a personal favor and bring many friends for this fun day. We need everyone to buy the \$20 packs of bingo sheets or the \$15 packs so they can play along and have fun. The raffle tickets also add to our donation and can win you some nice prizes.

The monies from our Bingo and Game Day will be presented to our charities in May...A day to be proud of.

**Your feathered friend,
Bobbie**



Bunco 1

Linda Richcreek, Coordinator

3rd Thursday at noon
Meet at Members' Homes

Bring a bag lunch
Drinks and Dessert provided

Bring \$5 for the game
Noon

SUBS NEEDED

Call Linda at 708-207-8941
or email her at: linrob1574@yahoo.com



BUNCO 2

Kim Rohter, Coordinator



3rd Wednesday of the Month

Golfbrook Apartments
(Sabal Point)
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.



Scrabble

Marilyn Martin, Coordinator





4th Tuesday of the Month ~ 11:30-2:30

Bring your own lunch, snack, drink

Lake Mary Senior Center
911 Wallace Ct., Lake Mary

RSVP to
Marilyn Martin ~ 407-718-5215 if you have questions



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 Mah Jongg League
(with annual card)**

Join us in the private dining room at the Sanford IHOP at I-4 (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 Mahjongg



Shanghai Tuesday Coordinator

Rosemarie Soper

Every Tuesday, year-round play
11-3:30

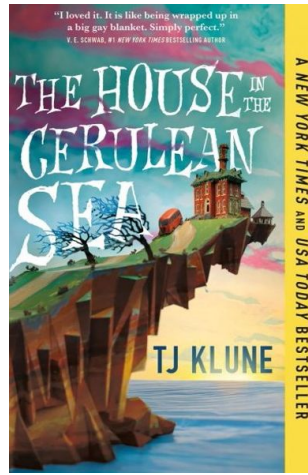
Olive Garden
300 SR 436
Altamonte Springs

roesoper1@cfl.rr.com



Book Club Coordinator

Linda Cornell



A magical island. A dangerous task. A burning secret.

Linus Baker leads a quiet, solitary life. At forty, he lives in a tiny house with a devious cat and his old records. As a Case Worker at the Department in Charge of Magical Youth, he spends his days overseeing the well-being of children in government-sanctioned orphanages. When Linus is unexpectedly summoned by Extremely Upper Management he's given a curious and highly classified assignment: travel to Marsyas Island Orphanage, where six dangerous children reside: a gnome, a sprite, a wyvern, an unidentifiable green blob, a were-Pomeranian, and the Antichrist. Linus must set aside his fears and determine whether or not they're likely to bring about the end of days. But the children aren't the only secret the island keeps. Their caretaker is the charming and enigmatic Arthur Parnassus, who will do anything to keep his wards safe. As Arthur and Linus grow closer, long-held secrets are exposed, and Linus must make a choice: destroy a home or watch the world burn.

An enchanting story, masterfully told, ***The House in the Cerulean Sea*** is about the profound experience of discovering an unlikely family in an unexpected place—and realizing that family is yours.

Join us for a discussion of *The House in the Cerulean Sea* by TJ Klune on Wednesday, April 26, 2023 at 10 a.m. at the home of:

Dora Francis
1810 Lake Alma Drive
Apopka 32712

RSVP to Dora at 407-886-8790 or dorafrancis10@gmail.com

Click [HERE](#) to RSVP to join Book Club Discussion



Dining In Coordinator

Tiffany Casey

**Get on your MCM duds...
(Mid-Century Modern)**

Carol Baker's Home
6205 Bordeaux Cr
Sanford 32771

Bring your special 50's-type casserole or whatever you like (to synch with Pot Roast), and dress in your 50's leftover duds, if you have any left in your closet. Or...head to the nearest Thrift Shop to get *new* old ones!

22 Lucky Guests can enjoy the show!

Cell: 813-610-1137
lorac@myrapidsys.com



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](#)



Spokes Calendar April 2023



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2	3	4 Shanghai 11	5 Board Meeting 10	6	7 Casual Cooking 11:30 Mah Jongg 11	8
9	10	11 Shanghai 11 Hand, Knee & Foot 11	12 Flamingo Bingo & Luncheon 11	13	14	15
16	17	18 Shanghai 11	19 Bunco 2 noon	20	21 Mah Jongg 11	22
23	24	25 Shanghai 11 Scrabble 11:30	26 Book Club 10	27	28	29



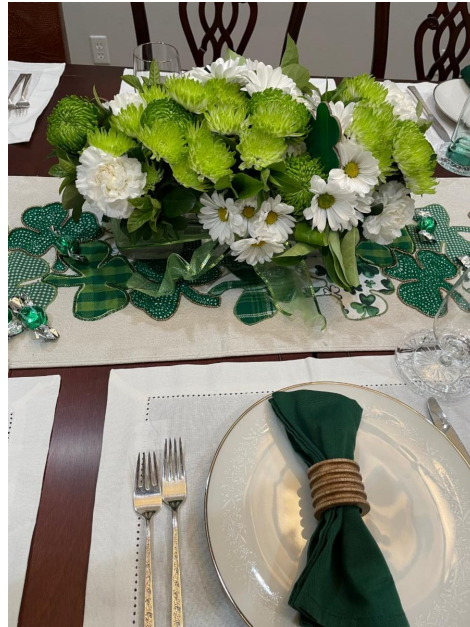
Happy Birthdays in April

- 1 ~ Bea Pond
- 3 ~ Vicki Woodward
- 4 ~ Wendy Dorn
- 4 ~ Sandra Roth
- 5 ~ Sharon Schneck
- 24 ~ Joan Lasek
- 28 ~ Connie Swick
- 28 ~ Deborah Whiston

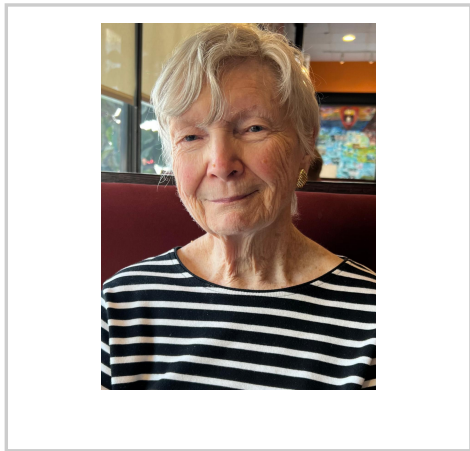


Fun Spokes Activity Pics...





Four new Spokes members below:
Rosemary Orosh, Anita Marino,
Laura Veglio, Arlene Gilman





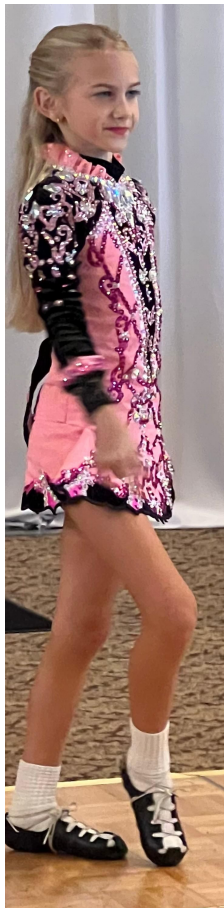
The Board of Central Florida Spokes has approved the slate of officers of 2023-24. The election will be held during the general meeting April 12.

Pictured above L to R:

Audrey Karwandy, Corresponding Secretary; Judy Zellers, Parliamentarian; Tina Rasi, Membership; Pam Skaggs, Historian; Sue Leidner, 1st VP; Brenda Dost, President; Sandy Bove, 2nd VP; Bonnie Buesching, Activities; Barbara Hilton, Publicity; Annie Sanders, Newsletter; Janice Daniels, Social Media; *Not pictured:* Marcela Mojica, Treasurer; Cyd Law, Secretary.









Love Train

BY HEDY BASS

Caring local women caravan on SunRail to bring cardiac patients comfort

On Valentine's Day, 26 members of Central Florida Spokes demonstrated what big hearts they have for helping others.

The group began in 1968 right here in our community as the Welcome Wagon Club, and its current name is inspired by the spokes of a wagon wheel that work together. After 54 years, the group continues to grow and welcome new members.

Though primarily a social group, its members actively fundraise throughout the year, donating to a variety of local charities, and the group's collective heart was on full display this Valentine's Day.

Resplendent in red attire, members journeyed by SunRail to deliver 425 hand-stuffed and hand-sewn heart-shaped pillows for cardiac patients at AdventHealth in Orlando. As they boarded the train at various stops along the way, the women were greeted by Vivian Cook, senior manager of volunteer services for AdventHealth, who thanked them for their generous hearts... literally!

When the train arrived at its final destination, the women were met by AdventHealth staff who helped carry the pillows into the hospital. There, they were warmly greeted by a large contingent of nursing teams including those from the AdventHealth Women's Tower, Elmo unit, cardiovascular ICU, and the pet-therapy team.

According to Linda Cornell, Central Florida Spokes past president, the pillows donated that day will help adult and pediatric heart patients recover from surgery.

To learn more about Central Florida Spokes, visit CentralFloridaSpokes.com.



Linda Cornell is surrounded by pillows she and other Central Florida Spokes members stuffed and sewed by hand at her home in January. The pillows were delivered to AdventHealth on Valentine's Day.

PHOTO: JESSICA...



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23	24	25 Shanghai 11 Scrabble 12:30	26 Book Club 10	27	28	29
30	31					

CFS Website: [HERE](#)



Central Florida
Spokes



President:
Sue Leidner

Luncheon Reservations:
Sonia Beltran

Vice President/Hospitality:
Brenda Oakley

Membership:
Judy Zellers

Recording Secretary:
Cyd Law

Newsletter & Directory:
Annie Sanders

Treasurer:

Parliamentarian:

Marcela Mojica

Bobbie Boggs

Activities:

Brenda Dost

Outreach Secretary:

Audrey Karwandy

Community Involvement:

Wendy Dorn

Social Media:

Anna Byrnes

Historian (photos) &

Publicity:

Sandy Bove

Web Master:

Brenda Dost



Central Florida Spokes | PO Box 915493, Longwood, FL 32791-5493

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