



Central Florida Spokes



September 2023



**September 13th Luncheon &
Em'z on Fifth Fashion Show**

Heathrow Country Club @ 11 a.m.



Featuring Fall & Holiday Fashions

Menu

Mixed Greens & Romaine
4 Assorted Toppings Balsamic & Ranch Dressings

Hot Rolls with Butter

Grilled Salmon with Roasted Garlic & Spinach
Chimichurri
Grilled Chicken Breast with Lemon Caper Sauce over
Angel Hair Pasta
Zucchini Parmesan

Cocoa Dusted Tiramisu



B's Buzz

Brenda Dost
President



September, 2023

While a number of Spokes activities – game groups and the Book Club, continue throughout the summer, we really hit the ground running in September. You should have received a “heads up” email blast previewing many of the fabulous programs planned for our monthly lunches. Your Board has been working throughout the summer, and we will believe **“It’s Going to BEE a Great Year!”**

Our theme this month is **Friendships Are BEE-autiful**, because Spokes is really about the smiles, hugs, laughter, and introductions/welcoming of guests & new members – whether the group is playing Scrabble or Mah Jongg, discussing books, or stuffing/sewing heart pillows – or at Heathrow enjoying a fashion show or Game Day.

Although I have only been a member of Spokes since the summer of 2021, the welcome has been genuine. I am building connections and friendships with Spokes members -- women with a rich diversity of experiences, whom I respect, learn from, admire, laugh with, and occasionally disagree with.

Whether you are a new member or a long-term member, *you can grow your friendship circle*, while dining together, playing games together, and working together to make our communities stronger. I hope that you will **Bee** inspired by this poem about "finding your people," by one of my favorite poets, Donna Ashworth.

Find Your People

They are out there you know...
waiting to be found
or even just to be seen
perhaps they are hiding in plain sight?

When you do find them

they will like you, on impact
just as you are
because they are your people.

How will you know when you come across them?

It's a little fizz
a tiny little spark of something
that zips unseen
between you...

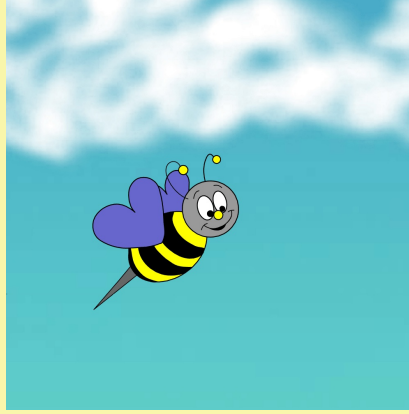
One soul recognizing another.

Stop trying to be liked
by those who don't see your worth
chances are they never will.

Find your people
they need you too.

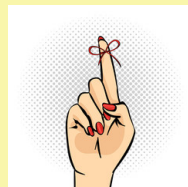


**Click here to RSVP for September Luncheon \$30 at the
door...exact cash or check**



Membership Coordinator

Tina Rasi



***It's time to RENEW YOUR MEMBERSHIP!
Do it NOW!***

Click on the link below to download and print the renewal form for membership. Complete and mail it with your check for \$25 to the address found on the form. Or you may bring both to the September meeting. Members who have not renewed by September 30th will be removed from the directory and will, unfortunately, no longer receive the newsletter. Don't procrastinate!

CENTRAL FLORIDA SPOKES
NEW MEMBER APPLICATION and/or RENEWAL FORM

CHECK ONE: RENEWAL _____ NEW MEMBER _____

Last Name: _____ First name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell: _____

E-Mail: _____

Birthday: _____ Interests, hobbies, talents _____

Spokes activities of most interest to you: _____

Sponsor's name: _____

Membership Dues: Membership year runs from June 1st through May 31st
 \$25.00 if joining or renewing between June 1st through December 31st
 \$12.50 if joining or renewing January 1st through April 30th

MAGNETIC NAME TAG IS AN ADDITIONAL \$8.00 YES _____ NO _____

Check# _____ Amount _____

Please make check payable to: Central Florida Spokes along with your application form

Central Florida Spokes
PO Box 915493
Longwood, FL 32791-5493
Attention: Membership

Signature _____ Date: _____

Your signature acknowledges that you are aware that Central Florida Spokes, Inc. does not provide insurance covering you or your guests while attending any event(s) promoted or sponsored by Central Florida Spokes and that your personal insurance, if any, is your sole remedy. In addition, by signing this application, you understand that you and your guests are personally responsible for any injury or harm while attending a Spokes event.

Central Florida Spokes is a 501(c)(7)(non-profit, social) corporation and registered with the State of Florida as a charitable organization.

Office use only: Check Received _____ Amount Paid _____

[**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



We are gearing up for our busy fall schedule of game groups and various activities. Small groups are the best way to connect with other members and make new friends. If you have any ideas or suggestions for new activity groups, please email me at grayduck2705@gmail.com or call me at 614-266-7281. I'd love to hear from you!



Join us for

GAME DAY 2023

Wednesday, October 11
10 a.m. – 2:30 p.m.
Heathrow Country Club

Sign-up for Game Day is open -- Form Your Groups --
Advance Payment for This Luncheon Only -- Details Below!

Game Day is our annual event where groups of 4 or more come together to play any game you wish to raise money for our selected charities. Last year we raised nearly \$2,000 on Game Day from the bake sale, book club raffle, 50/50 raffle, and silent auction of new and gently-used and un-needed treasures donated by Spokes members. *Game Day was moved to Heathrow due to increased room and set-up charges at DeBary Country Club, which would have decreased our proceeds by at least \$250 off the top.*

PARTICIPATION/SIGN-UP & ADVANCE LUNCHEON PAYMENT: Four or more members choose a game, designate a table leader, and pay for lunch in advance by sending an individual check for \$30/member (memo names of each player) or the team leader can collect the checks and send them in together.

- Checks, payable to CF Spokes, must be **received** by Tuesday, October 3, in person or mailed to Sonia Beltran @ address below. [Questions about groups/payment? 407-474-7460](#)

CF Spokes
1686 Shadow Moss Circle
Lake Mary, FL 32746

DONATION OF ITEMS FOR THE SILENT AUCTION: Judy Zellers and Kim Rohter are collecting items for the Silent Auction. Thank you for donating new or VERY gently used items for the Silent Auction which you can bring to the September 13 luncheon meeting, or make arrangements with Judy or Kim. Some fabulous finds have been on past Silent Auction tables such as designer purses, almost brand new Ravensburger puzzles, brand new or very gently-used clothing items, jewelry, framed pictures, Christmas décor, a new shower head (!) and lots more.

DONATION OF BAKE SALE ITEMS: See Pat Knopka's article below.

RAFFLE DRAWINGS: There will be more chances to WIN, so bring extra cash for a 50/50 drawing and a \$100 money tree donated by members of the Spokes Book Club to be raffled off.

GAME DAY COMMITTEE CONTACTS:

- Wendy Dorn, Chair, 407-463-2111, growler2@live.com
- Pat Knopka (bake sale), 407-687-8411, knopkatr@aol.com
- Judy Zellers (silent auction), 407-366-9393, judyzellers@gmail.com
- Kim Rohter (silent auction), 727-458-3163, klear123@hotmail.com
- Sonia Beltran (groups & payment), 407-474-7460, szambrano@gmail.com



GAME DAY BAKE SALE

October 11, 2023

Cookies anyone? This is for anyone who likes to eat...and that means everybody!

Our annual *fabulous* **Game Day Bake Sale** is coming up on October 11 at

Heathrow and we need you. Whether you bake or buy something to bring in to sell at the Bake Sale, it's all good. We are looking forward to a good turnout, lots of fun, and lots of desserts brought in by our Spokes members. If you are coming to Game Day, please show your support for the Bake Sale and bring in something to sell.

Unless you are brand new to Spokes, you know what sells: *cookies, muffins, brownies, coffee cakes, cupcakes* - anything that is not too big. *Pies* are the exception and they sell fast and bring in a lot of money. Something *savory* is good too. Linda will be bringing in 10 delicious frozen quiches and that is a big seller. Pay for one early and take it out of the cooler frozen just as you leave.

It will be hard to top last year when, thanks to your generosity, we brought in \$869 for our charities, but we are going to try. We are one luncheon short this year to sign people up to bring something in, so I am going to depend on the September luncheon for ladies to sign up. Please add your name to the sign up sheet, bring something in, and then buy, buy, buy! Only **YOU** can make Game Day and the Bake Sale a success.

Pat Knopka & The Bake Sale Team



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 September, October, or November luncheons. **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, September 1st at 11:30 a.m.

Home of Brenda Dost
1884 Wingfield Dr.
Longwood

Hostess: Cyd Law
Co-Hostess: Brenda Dost
Limit: 18

RSVP by August 28 to: giselle0803@gmail.com
or call: 407-252-1919

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



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:
Oct 18, Nov 15, Dec 20, Jan 17, Feb 21



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

Central Florida Spokes, Inc.

Charities Nomination Form

Please nominate a charity to receive a donation from funds raised by Central Florida Spokes, Inc. A few guidelines would be:

1. CFS does not support religious, political or advocacy groups.
2. The charity must be a not-for-profit 501(c)3, licensed in the state of Florida.
3. A local charity, not a national charity, that does not receive foundation or grant funding.

Please feel free to send in the names of any charity you feel is worthy. Your input is greatly appreciated!

Name of Charity _____

Contact Person _____ Title _____

Address _____

City _____ Zip _____ Phone _____

Email _____

Describe services performed (attach info or flyer if you can)

Your name and contact information:

Please send completed form no later than October 31 to:

Central Florida Spokes, Inc., P.O. Box 915493, Longwood, FL 32791



National Mah Jongg League

(with annual card)

Join us in the private dining room 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 Mahjongg



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

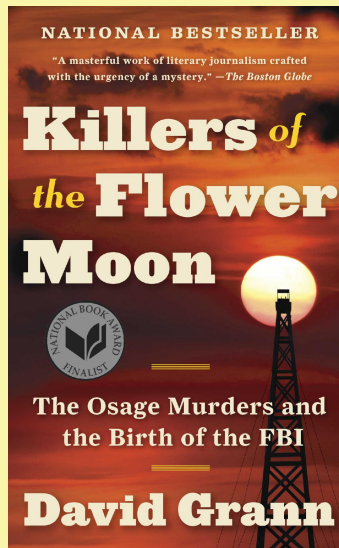




Book Club Coordinator

Linda Cornell

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



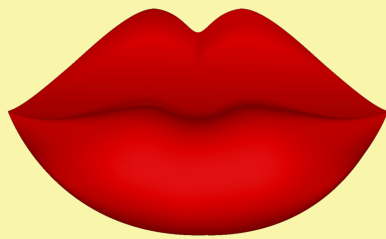
Killers of the Flower Moon: The Osage Murders and the Birth of the FBI

A twisting, haunting true-life murder mystery about one of the most monstrous crimes in American history. In the 1920s, the richest people per capita in the world were members of the Osage Nation in Oklahoma. After oil was discovered beneath their land, the Osage rode in chauffeured automobiles, built mansions, and sent their children to study in Europe. Then, one by one, the Osage began to be killed off. The family of an Osage woman, Mollie Burkhart, became a prime target. One of her relatives was shot. Another was poisoned. And it was just the beginning, as more and more Osage were dying under mysterious circumstances, and many of those who dared to investigate the killings were themselves murdered. As the death toll rose, the

newly created FBI took up the case, and the young director, J. Edgar Hoover, turned to a former Texas Ranger named Tom White to try to unravel the mystery. White put together an undercover team, including a Native American agent who infiltrated the region, and together with the Osage began to expose one of the most chilling conspiracies in American history.

Join us for a discussion of *Killers of the Flower Moon* by David Grann on September 27th at 10:00 a.m. at the home of:

Linda Cornell
2525 Chinook Trail
Maitland, Florida 32751
RSVP to Linda at lindacornell8@gmail.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

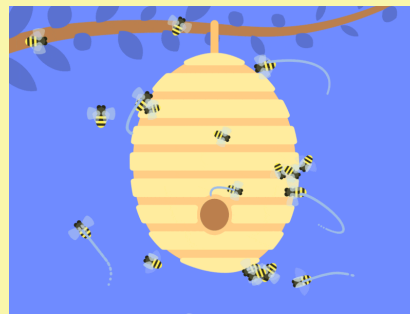
Audrey Karwandy

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](#)



Happy Birthdays in September

- 5 ~ Patricia Smith
- 7 ~ Kathy Keene
- 8 ~ Linda Richcreek
- 9 ~ Mavis Wilkerson
- 16 ~ Marcia Miller
- 19 ~ Barbara Nelson
- 24 ~ Marcela Mojica
- 29 ~ Winnie DeGraaff

HAPPY BIRTHDAY

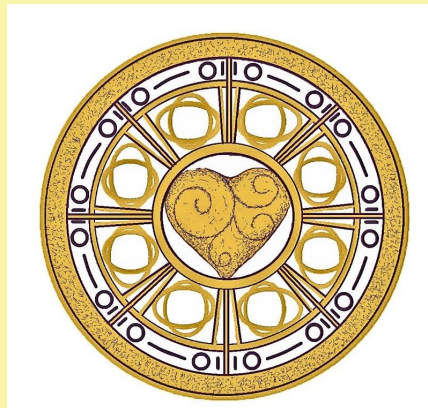


Spokes Calendar September 2023

Mon	Tues	Wed	Thurs	Fri
				1 Casual Cooking 11:30 Mah Jongg 11
4	5 Shanghai 11	6 Board Meeting 10	7	8
11	12 Shanghai 11 Hand, Knee & Foot 11	13 Luncheon 11:00	14	15 Mah Jongg 11
18	19 Shanghai 11	20 Bunco2 12:30	21 Bunco1 12:30	22
25	26 Shanghai 11 Scrabble 12	27 Book Club 10	28	29



CFS Website: [HERE](#)



Central Florida Spokes



President & Web Master:

Historian & Publicity:

Brenda Dost

Pam Skaggs

1st Vice President:

Sue Leidner

Luncheon Reservations:

Sonia Beltran

2nd Vice President:

Sandy Bove

Membership:

Tina Rasi

Recording Secretary:

Cyd Law

Newsletter & Directory:

Annie Sanders

Treasurer:

Marcela Mojica

Parliamentarian:

Judy Zellers

Activities:

Bonnie Bueshing

Correspondence Secretary:

Audrey Karwandy

Community Involvement:

Wendy Dorn

Social Media:

Janice Daniels



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

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