

GFWC  
FLORIDA

# Clubwoman



GFWC FLORIDA FEDERATION OF WOMEN'S CLUBS

[gfwcflorida.org](http://gfwcflorida.org)

## *Opening the doors of the New Year!*



The new doors at Headquarters. Thanks to all who donated to the Door Fund and Paving the Way.

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## Holiday Open House

On December 10 and 11, GFWC Florida held it's first Holiday Open House. The Executive Committee was on board as members had the opportunity to see the new doors and celebrate the holidays. Plan ahead, this years celebration will be December 9th and 10th.



GFWC North Pinellas Members with Presidents Dennis and Hulse



GFWC Central Florida Women's Service League, one of our newest clubs attended!

### The GFWC Florida Clubwoman

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## President's Message Teddy Hulse

Happy New Year. Hopefully you had a great Holiday season. Personally, with a two and a five year old grandson, Christmas was a day to remember. To anyone who knows me, I am a last minute person when it comes to Christmas, it is not uncommon for me to be putting up decorations as I leave for the Candlelight Service. So this year I wanted to be done early and I didn't want to be cooking Christmas dinner while everybody was partying. I finished decorating the house on Wednesday night, went to Publix and bought all the fixins for the Christmas Eve Dinner Party and Christmas Dinner on Thursday and even Friday finished up Christmas Shopping by 9:30 that morning. I came home and made lasagna for the next day and wrapped all the gifts and then was totally bored until it was time to get ready for Church. Again not normal, this should have been my first clue I was in for an different Christmas. As I put everything in the oven for the Christmas Eve party, I got this strange smell, kind of like food burning in the oven, but figured it was something that had spilled, (after all I am not a Martha Stewart), this was *another big clue* but still didn't get it. Christmas morning, I got up at 6:30 and put the hams in the oven and made the potatoes, (my club provides food for the senior dinners and meals on wheels), again that strange smell, *whatever!* I then loaded the food, met with club members for a small celebration and then took the food up for the meal. Next was the grandkids and a miniature toy'r'us. What a ball. When I got home I put the lasagna in the oven to start warm it up, again the smell, *hello stupid.* Friends and family arrived and we started to make appetizers. Then it happened! As I turned the oven up, and the element caught fire. I immediately grabbed the extinguisher, *what was I thinking*, if let that go I would be cleaning the mess up for a week. Second action, get the food out, it was an arc not an big flame, *don't panic*, next stunt, try salt, *oops problem, I don't use salt*, then I remembered a small container of salt for pop corn, (*of course it was as hard as a rock*), that didn't work either, not enough salt. (Thank God, my nephew had by that time flipped the breaker) Now the whole element was white hot and the flame was working it's way around to the back of the oven. *OK now what*, how about a wet rag. *It burnt right through it!* So being the ever "Tim the Toolman" mentality, I grabbed a pair of pliers and tried to jerk the element out, but part came out in my hands. As we pondered our next move, the unit burnt itself out.

After everybody left that night, I thought about the stove. How much it was like our clubs and clubwomen. How when we get clues that a problem exists, we blow it off and don't look for a solution before the fire. How after the fire starts, we have a tendency for knee jerk reactions which can cause a huge mess, or we try to put the fire out with salt when it's too little or too late. We even try to attack the problem by pulling the club apart and only part comes with you. In the end, the element (the club) will burn out. All I can say is, if you smell a problem, deal with it well before it becomes a fire. Just remember all elements are not the same. If you need help, just call GFWC Florida's Executive Committee or the Leadership Liaison Committee. We will be more than happy to help control the elements.

PS, Dinner was on time and hot. Lesson learned from the Hurricanes, grills work wonders!



## Woman's Club News

### WOMEN HELPING WOMEN

It is terrifying to be a victim of domestic abuse. Imagine sneaking out of your house in the middle of the night with nothing but the clothes on your back. Places like Safehouse of Seminole County are there to help victims get back on their feet in a safe environment. But they can't do it alone. They rely on the help of the community and many non-profit organizations that commit to helping Safehouse get their job done.

The GFWC Lake Mary Woman's Club is one of those organizations that has supported Safehouse since it's founding. Kathy Harris, President of the Lake Mary Woman's Club, represented the GFWC Florida Federation of Woman's Clubs at Victoria's Secret Holiday Regional meeting. At the meeting, Kathy collected 1,250 brand new bras for Safehouse. Kathy personally delivered the bras to Safehouse much to the delight Executive Director Jeanne Gold and Community Relations Manager Melissa Winstead. Some of the new bras will be distributed to the women and teenage girls currently on site. Others will be saved for future residents of Safehouse.



The Hacienda Girls Ranch's Christmas Party was held December 12. Members of the Viera Woman's Club and the Sunshine Juniorettes provided the refreshments. Clubwomen from around the state attended and brought or sent special gifts. Thanks to all for your support.

GFWC WOMEN'S CLUB OF WEST BROWARD has partnered with The Davie Women's Club to create a memorial wall hanging quilt. After learning of this project at our last convention, we have picked up the ball and have been rolling with it.

Members met in September to cut and sew 6 x 6 fabric squares that have a section in the middle where for a small donation, a dedication can be written in honor or in memory of someone. Members have taken these squares to a local Craft show, a Gretchen Wilson Concert and even one member took them to a tailgating party. Squares will continue to be available until April 2011, after which, the squares will be put together by a local quilting club that is donating and volunteering their time and material to put the quilt together.

The Clubs will donate this wall hanging quilt to a new Women's Cancer Center at Memorial Regional West Hospital. The hope is that this quilt will be an inspiration to the patients who are at the hospital to have their chemotherapy treatments.

## Annual Christmas Party for Children

The **GFWC Woman's Club of Macclenny** made Christmas happen for those less fortunate. The legacy of clubwoman Marjorie Lord, founder of the Marjorie Lord Christmas Party, continued this December through her daughters, Frances Frost and Marilyn Hodges, and GFWC Woman's Club of Macclenny. The tradition that began in 1995 with a collection of stuffed animals being given to local churches served more than a hundred fifty children this year. The children walked around with bags in hands and made their selections of Christmas toys, shoes, outfits, candies and fruits.



Left to Right--Jeanne Roach, Michael Hubler, Executive Director, South Brevard Sharing Center, and Sadie Baker

### "Diapers for Darlings"

Last year I encountered a young couple with small child on a cold, rainy day who were seeking help from any source. They had obtained food from Salvation Army and local Sharing Center, but were sent beach-side to a church in hopes of getting some money for gas and diapers. The husband had lost his job. My immediate thoughts were that our great country had just recently sent millions of dollars in aid to Haiti, and this poor couple were literally begging for a small donation. I gave the mother \$20 (that's all I had to spare in cash at the moment). When I got home, I contacted the Salvation Army and the Sharing Center to

verify the need for pampers. It was critical. At the next SBWC General Meeting (with President's approval), I related what happened and requested permission to implement a Diapers for Darlings project. Members have been very supportive with monetary and in-kind donations for what will be a continuing project as long as possible. All pampers are donated to the Salvation Army and the South Brevard Sharing Center in Melbourne. I'm sometimes called the "Diaper Angel" when I make deliveries for the club. The need for sizes 5 and 6 pampers is on-going; I look for sales and coupons to save as much as possible. It is another personally rewarding experience for me. Sadie Baker



**"Diaper backwards spells REPAID,  
Think about it!"**



Marshall McLuhan

## Artful Bra Upcoming Fund Raisers



### Golf Scramble

Friday, October 28, 2011 1:00 pm tee off

Timacuan Country Club Lake Mary Florida

Sponsored by: GFWC Lake Mary Woman's Club

GFWC Florida Federation of Woman's Clubs

**Proceeds to: Breast Cancer Research to Find the Cure**

\$100 per golfer

18 holes – 144 spaces available

Awards Banquet 7:00 pm

Guests welcome for \$25 per person

Prizes and Entertainment

All Reservations due to

Lynn Cline by August 1, 2011

home 407-695-3724

Hole Sponsors  
Needed



## A Member Spotlight.....



Aloha Fellow Federated Women,

Words cannot express how grateful I am to have been able to participate in the Ironman Triathlon World Championships AND EXCEED my charity goal of \$15,000. On the day before the race, I turned in a number to the Janus Charity Challenge that far exceeded my original thoughts coming into this race. The final total was \$17,000 and this will send 17 children to Camp Hopetake Burn Camp in June, 2011. When I originally began to think of raising funds, it was the support of my husband, John and my good friend Jolie Frankfurth that prompted me to "Reach for the Stars". How glad I am that with their encouragement I was able to raise so much money.

I am so blessed to have had your support, both financially and with your thoughts and prayers, that I can put October 9<sup>th</sup>, 2010 down as one of my most memorable days in my life. As I spent the day moving forward through Hawaii, many thoughts went through my mind and "not finishing" was never one. Finishing, and Finishing strong was my mantra. I was so well prepared for the day that my body just knew what it had to do, and it cooperated.

As I started the swim with 1900 other people, I was able to seed myself in a great place to get off to a smooth start. I remained calm and had a beautiful swim, and I had to remind myself not to look too long at all the colorful fish below me. Coming out of the water into transition 1 and on to the bike was steady; I was ready to move on. Everything went smoothly except for the flat rear tire I had at mile 3.5 of the bike, but with calmness and steady hands, I made a quick change of the tube and got back on the road in record time. With the winds on the bike I had to reach a little deeper for strength and prayers that all would go well and it did. As I arrived into transition 2, I was ready to get off my bike and use my running legs. The beginning of the run course was packed with people and I saw my family, John, Emily, mom and dad and friends Thea and Jim. I also saw my friend/training buddy, Gail, as we passed each other. After the fan fare, we headed out for the rest of the run where the only spectators were at the drink aid stations. I saw the most beautiful sunset as I ran down hill into the Natural Energy Lab. There, I would emerge back out on the Queen K with my glow stick necklace as the sun had gone down and the moon was the only thing in the sky. I ran in darkness for a while but I just kept running to the lights and crowd noise. As I descended the hill coming in, I could hear people being declared an Ironman. With what I had left, I crossed the finish line feeling strong and elated. I reached my finishing time goal for the Ironman that day and can honestly say that I had a Personal Record in Kona, HI, with a 12:41:04 finish. It was amazing, I lived my dream.

This was a day that I was able to just relish in the fact that this was bigger than me, and that my part with the Janus Charity Challenge will make a difference in so many other lives. Each one of you has contributed to the goal of \$17,000, and you should be proud of stepping out and helping these children. Without your help, this would have not have happened. I thank you again for your prayers, donations and well wishes. I could not have done it without you.

Mahalo, Michele Small

Philippians 4:13- I can do everything through him who gives me strength.

P.S. I have turned in the total donation amount to the Tampa Firefighters, and I was told that this was the largest donation that they have ever received. They are very excited and thrilled to be the recipients of your generous gifts. Thank you.

## GFWC Florida Juniors



### Orlando Junior Woman's Club 2010 Cheers To Charities, "Flashback to the 80s: Big Hair, Big Earrings, Big Support"

The Orlando Junior Woman's Club held their 8th Annual Cheers To Charities event on October 9, 2010. The annual silent auction has always been focused on having fun while supporting the local community. This year, the club's theme was "Flashback to the 80's: Big Hair, Big Earrings, Big Success". And a big success it was! More than 120 attendees rocked their way through the 80's in music and costume! The club was able to solicit over 70 donations from local businesses including hotel stays, massages, restaurant gift certificates, gift baskets, tickets to local sporting events, and so much more. The donation tables were so full, club members were setting chairs around the perimeter of the room to hold all of the donations. When the club gives it's annual philanthropic donations, many Central Florida organizations will benefit from the over \$3000 raised at Cheers to Charities!



left to right: Lea Blackerby, Tabitha Townsend, Brooke Randa, Graziella Hedidger

### Seminole Heights Community Gardens Get a Hand From New Tampa Junior Woman's Club

With the fate of community gardens in the hands of the Tampa City Council, members of the Seminole Heights Community Gardens have been living in fear. However, they now have new hope after receiving a check in the amount of five hundred dollars from the GFWC New Tampa Junior Woman's Club in honor of World Food Day.



GFWC New Tampa Junior Woman's Club presents check to Seminole Heights Community Gardens

**World Food Day** is celebrated every year around the world on 16 October in honor of the date of the founding of the [Food and Agriculture Organization](#) of the [United Nations](#) in 1945



Pictured is Jessica Throckmorton, Junior District Director for District 4 in the Women's History and Resource Center at GFWC Headquarters. This is why we report! Reporting is a part of our GFWC history but also our National history.

### Juniors Give Helping Hands to Lakeland Fundraising Walks

The GFWC Junior Woman's Club of Lakeland were busy in the month of October supporting a variety of different walks in the Lakeland area.

The Polk County Heart Walk was held in Bartow on October 2nd. Lakeland Juniors were on hand to help with the children's activities that were available before and after the walk. Juniors showed their community support for the important cause of heart disease, which is the number one killer of women.

On October 9<sup>th</sup>, Junior members and three prospective members worked at the Heather's Hope Domestic Violence Walk around Lake Hollingsworth. The walk benefitted the children of a domestic violence victim, Heather Rimmer. Heather was killed by her husband in Lakeland two years ago. Her children are being raised by her parents. Our members handed out water and Crystal Light packets and also worked the registration table.

In honor of Breast Cancer Awareness month, our club helped out the American Cancer Society's Making Strides Breast Cancer Walk. Members wore their "Help Save Se-



cond Base Shirt" and manned a water table.

The group handed out over 700 water bottles in under an hour while cheering on the 2,500 walkers participating in the event. The walk raised over \$130,000 and the Lakeland Juniors were very proud to be a part of the event.





**GFWC Sebastian River Junior Woman's Club** won the "Best Outside Traditional Decorations" from the Sebastian Chamber of Commerce's Light Up Night. With the GFWC Sebastian Woman's Club they hosted an Open House on Friday, December 3. Then the next night the marching band escorted Santa and sleigh in the city's parade to his Santa House in the Park, which they build and host Santa each Saturday in December.

### Dine For a Cause

On Thursday, September 30<sup>th</sup>, patrons of the one of the newest restaurants in Jupiter, FL helped **GFWC Jupiter Tequesta Junior Woman's Club** raise funds towards building a schoolroom in Barranquilla, Atlántico Colombia.

The members of the **International Outreach CSP** partnered with **Spiro's Taverna** in Jupiter. They used word of mouth, flyers posted around town, Facebook and emails to encourage friends, family & co-workers to come and dine on some delicious Greek food, enjoy belly dancing and take chances on a 50-50.



In return, Spiro's donated 10% of their receipts for the night. Over \$400 was raised from the restaurant, other donations and the 50-50 receipts and a good time was had by all.

The gals from the **GFWC NORTH COLLIER JUNIOR WOMAN'S CLUB** know how to shop! A social event was held at **CHARMING CHARLIE**, a local "fun" fashion" Jewelry chain here in Naples. This store has it all, and the Jr. Shopper Gals all received 20% off too! On the community side of the club, the members filled Christmas stockings for the Salvation Army and they will be given to local needy children in time for Christmas. The members will become artists soon and start painting ceramics bowls for the **HARRY CHAPIN FOOD BANK** fundraiser, **EMPTY BOWL**. The bowls filled with soup, donated from local restaurants, are sold for \$ 10.00 and this helps build the food bank back up. Over 1200 bowls are sold in one hour and half!!! **SUPER FUNDRAISER! TASTY TOO!**

## Juniorettes



### GFWC SUNSHINE JUNIORETTES

At their meeting on October 3<sup>rd</sup>, the GFWC Sunshine Juniorettes made 91 Halloween goodie bags they distributed to local children's shelters. On the third Saturday of every month, the Sunshine Juniorettes hold a "workday." October's workday was designated for Operation Smile, and in four hours the girls made 12 hospital gowns and 10 smile dolls to donate. For National "Make a Difference Day, October 25" the GFWC Viera

Woman's Club and the Sunshine Juniorettes teamed up for a bake sale to benefit the *Friends of the Suntree-Viera Library*. Together they made \$442 to help fund the Library's youth programs. What a great group of young women our Juniorettes are!

The **GFWC Temple Terrace Juniorettes** recently hosted a Bingo Party and Ice Cream Social for the residents of Hope Lodge. The Juniorettes treated everyone to ice cream sundaes and brownies, and then everyone gathered for an enthusiastic bingo party with mystery prizes. The American Cancer Society sponsors the Hope Lodge, which is a temporary residence for people undergoing treatment at the Moffitt Cancer Center. The residents said this was a fun activity, and they enjoyed meeting the Juniorettes.



L-R Brooke Jones, Brooke Hunter, Sara Wortman, Sydney Levine, Miranda Otto, Kendall Griffey

## **GFWC Florida Federation of Women's Clubs**

**A Proud Member of the General Federation of Women's Clubs**

### **GFWC Florida**

Federation of Women's Clubs

4444 Florida National Drive

Lakeland, FL 33813

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**GFWCFLORIDA.ORG**

## **Tech Edge**

### **E mail Oversized Pictures**

If you've ever received photos through e-mail, you may have run into this weird phenomenon where the picture is so incredibly big all you see is the top left hand corner of the picture and to see the rest you have to scroll left and then down. That's great if you want to look at a close up of someone's nose (just scroll around until you find it), but how do you "zoom out" so you can see the whole picture? In order to do that, you have to take steps to save the picture then re-open it with another program. When you open an e-mail and the picture is so big, it's important to keep in mind that it's not your fault. You aren't doing anything wrong at all. Your e-mail program is working properly, it's just a matter of "what you see is what you get." So what does that mean exactly? Well, quite simply that means whoever sent you the picture didn't take the steps (or didn't know how to take the steps) to "optimize the picture for e-mail." (In English that means whoever sent the e-mail didn't take the time to shrink the picture first before sending it. They likely just attached the picture as is to the e-mail and sent it off.)

What you have to do first is save the picture to a folder on your hard drive and then open it with some type of picture viewer to see it in its entirety. To do that, click on the little paper clip that represents the picture that's attached to the e-mail and click "save as." That opens a standard "save as dialogue box" where you select the folder you want to save in and either change the name of the file or at least make a note of what it's called. I recommend saving pictures in the my pictures folder in your my documents folder. Once saved, either close out of (or minimize) your e-mail program, double click your my documents folder and then double click your my pictures folder. Then find the picture you just saved and double click it. Pictures will typically open with the Windows picture and fax viewer. This is a great utility that lets you step through each picture in a folder and, no matter how big they are, keeps them centered in the screen and resized to fit, ending the headache of having to scroll left and right and up and down to see everything. But, what happens if your picture doesn't open with the Windows picture and fax viewer? Easy. Try again, but this time, instead of double clicking the picture, click it once with the right mouse button, move your pointer down to "open with" and then (with the left mouse button) click "Windows picture and fax viewer." That should give you the same results.