



# GFWC ROTONDA WEST WOMAN'S CLUB

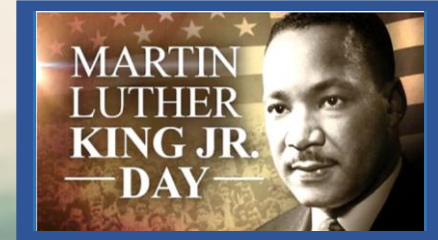
## GFWC-FL DISTRICT 12

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

# CHATTER

January, 2024

**GFWC FLORIDA - DISTRICT 12  
WHERE VOLUNTEER SERVICE  
AND FRIENDSHIP MEET**



### NOTES FROM THE PRESIDENT

Gwen Grace, 201-317-2317

[Gweng1999@yahoo.com](mailto:Gweng1999@yahoo.com)

Welcome to 2024. I hope everyone had a wonderful holiday.

First, a big thank you to Jane Tumanic for coordinating the RW Christmas Parade with two cars and a wonderful group of our lady elves. It was great fun and a wonderful way to say "Happy Holiday's" with Love, Respect and Kindness to our neighbors and friends.

And another big thank you to Joyce Crompton and Rachele Adler and their great team for a successful Holiday Tea. It's fantastic to be able to help our area non-profits with money to continue their much-needed services.

And a third "Thank you" to Jane Bartholomay and her team for the general meeting Holiday Celebration. A very enjoyable lunch and entertainment by the Tonettes! The ice cream treat was wonderful.

And a big welcome to our newly installed members who are beginning to understand the meaning of "Living the Volunteer Spirit" with the GFWC Rotonda West Woman's Club.

Keep busy, keep healthy and "Bee" all you can "Bee"!



**Gwen**



### FIRST VICE PRESIDENT

Gloria Rogoski, 440 487 5586

[rogoskigi@gmail.com](mailto:rogoskigi@gmail.com)

Happy New Year! I hope everyone enjoyed the holidays and is ready to take on 2024. Vera McLellan had some thoughts on this; she said, “What the new year brings to you will depend a great deal on what you bring to the new year.” So, what do you have to bring?

Our club offers many opportunities to do good and have fun at the same time. If you are crafty, like to sew, enjoy knitting or crocheting, love to sing (or just want to develop these skills), we have a group for you. The Community Service Program (CSP) chairs would love to welcome you into their activities which include Arts and Crafts, Civic Engagement and Outreach, Education and Libraries, Environment, and Health and Wellness. There is also the GFWC signature project: Domestic and Sexual Violence Awareness and Prevention.

Our fundraisers also provide opportunities to have fun while you contribute your planning and imaginative skills. Things like the Bazaar, the Fashion Show, the Holiday Tea, the Rummage Sale and others need creative, committed teams to ensure success.

If you are not already involved in Club activities, take a step now to get involved. Our Club Motto is “Working Today for a Beautiful Tomorrow.” We encourage everyone to be a part of one or many activities. When you give of your time to help others and to help our Club, which in turn helps others, you will find a satisfaction and joy that nothing else can provide.

“The bad news is that time flies, the good news is that you are the pilot” Michael Altshuler



### SECOND VICE PRESIDENT

Jennifer Cope, 816 678 4045

[jennylynncope@gmail.com](mailto:jennylynncope@gmail.com)

### MEMBERSHIP CHAIRMAN

[rwwcmembership@gmail.com](mailto:rwwcmembership@gmail.com)

CELEBRATE!! We started 2024 with a membership of **150!** This is due to everyone sharing the club with friends and neighbors as well as with our community. Thank you all for your pleasant spirits and friendly smiles as you graciously welcome our new members.

Next orientation will be sometime in March.

**HAPPY NEW YEARS!**





## GFWC FL DISTRICT 12 DIRECTOR

Kathryn Gallagher, 610 952 1333, [kathryngal@yahoo.com](mailto:kathryngal@yahoo.com)

### GFWC FLORIDA - DISTRICT 12 WHERE VOLUNTEER SERVICE AND FRIENDSHIP MEET District 12 Director's Report

GFWC RWWC Members, this is your chance to attend a District 12 Meeting right in our own backyard. It doesn't start at the crack of dawn and you don't have to drive anywhere else to attend.

Come and meet your sisters from the other District 12 Clubs. Enjoy their company and find out what they are accomplishing in their own communities.

We will announce the District 12 Volunteer of the Year from each club and introduce all of the LEADS Candidates. You will also have the opportunity to view all of the Arts & Crafts entries from each club.

Please sign up with Jean Howard at the January Meeting. Registration for the meeting and lunch is \$20. You may give Jean cash or a check made payable to GFWC RWWC, Inc.

☔ Kathryn S. Gallagher  
GFWC Rotonda West Woman's Club  
GFWC FL District 12 Director 😊



#### GFWC FLORIDA - DISTRICT 12

#### WHERE VOLUNTEER SERVICE AND FRIENDSHIP MEET

### District Meeting with Arts & Crafts Competition

#### Kathryn Gallagher, District 12 Director

- When:** Friday, February 16, 2024
- Time:** 9:45 – 10:00 All Arts & Crafts Entry Registration Only  
10:00 – 10:45 Member Registration
- Place:** GFWC Rotonda West Woman's Club, Inc.  
646 Rotonda Circle, Rotonda West, FL 33947
- Program:** 11:00 am  
 Introductions and Devotion  
 Volunteer of the Year Nominees and Award Announcement  
 Recognition of Leads Candidates  
 President's Brag Time, 5 minutes each  
 District Director review of upcoming events
- Blessing and Collect**  
**Lunch Buffet (Vegetarian Items Included)**  
 Introduction of Judges and Awards by Chairman  
 Viewing of Competition Entries and Departure
- Cost:** \$20 per person  
**Cash or Checks payable: GFWC Rotonda West WC (GFWC RWWC)**







## ARTS & CULTURE

Kathy Altenburg, Chairman, Co-Chairman GFWC FL District 12  
941-698-9130 Home, 941 268 1232 Cell  
[kathy6150@aol.com](mailto:kathy6150@aol.com)



## ARTS & CULTURE

Happy New Year Ladies. Hope your holidays were wonderful. We are all looking forward to a healthy, happy and productive New Year!



Our Annual January Art Competition is shaping up to be a wonderful show of the many talents that our club members have. We have 33 entries and quite a variety of categories. For all the ladies that have entries they must be delivered to the RWA community center on Wednesday January 17<sup>th</sup> between 12noon and 1:30pm, when the judging will take place and ribbons decided on.

If you have a project that requires explanation, please fill out an index card to be entered with the project. If it needs a stand, please bring one with your name attached. If one is needed let me know.

I have attached a copy of the General Rules for you to review. Any questions please contact me.

The viewing of the winners will be from 9am till 10am during the social hour of our January General Meeting, Thursday January 18<sup>th</sup>. The announcement of the winners will be made during the meeting.

If you are a blue ribbon winner, a release **MUST** be signed to have your entry in the District 12 Art Competition on Friday, February 16<sup>th</sup>.

### GENERAL RULES

1. Only GFWC Florida dues paying club members may enter the competition.
2. The work must have been completed within the past year.
3. No item may be entered in more than one category. The category assigned at the local level may not be changed at the district or state level.
4. Each member is responsible for entering her work in the proper category.
5. Use 2022-2024 forms only. Current forms available on the GFWC Florida website.
6. Members that have grossed \$1,000 or more from sales of arts and crafts, paintings and/or photography or teaching classes of this type in the twelve months preceding the competition, may not compete.
7. Members entering the competition must have signed the Release Form.
8. You may display multiple pieces together: i.e., teapot with cup & saucer, necklace with earrings, etc. OR you may display one piece along with a photograph of the complete set.
9. If an item is an original, please write a brief description that explains the planning and execution of the design on a 3 X 5-inch card and attach it to the item.
10. If the item incorporates an unusual technique or material, please write a brief description on a 3 X 5-inch card and attach the card firmly to the item.
11. Smaller items (like jewelry) may be mounted on a display board.
12. Doll clothes may be displayed on a doll. If both are handmade, attach a 3 X 5-inch card indicating which category the item is competing in (Doll or Doll Clothes).
13. Mark your item with a directional arrow, if necessary, showing which direction is up.
14. Size Requirements:
  - a. Craft items may not be larger than nor weigh more than one person can carry.
  - b. Paintings and Drawings should be no larger than 33-inches on any side and can be no smaller than 12-inches on any side, including the frame.
  - c. Each photograph must be an 8 X 10-inch print. All photographs must be mounted on a rigid 8 X 10-inch board and overall thickness may not exceed 3/8 inch. No mattes, frames, or hangers are to be included. Include the following information on the back: Member's name, name of club, district number, division, and category name. Mark your item with an arrow indicating the top of the photograph.

## CREATIVE CRAFTERS



Friday January 12<sup>th</sup> will be the first meeting of the Creative Crafters/Arts and Culture members at 9:30am at the community center. Please bring ideas and samples of projects to be made this year, and information about going on day trips or classes that we would like to take.

Any questions please contact me [kathy6150@aol.com](mailto:kathy6150@aol.com); 941-268-1232(c).

*Thank you*

*Kathy Altenburg*

*Arts & Culture/Creative Crafters*

## CIVIC ENGAGEMENT & OUTREACH

Linda Hall, Chairman, 678 485 0762

[lindashall53@gmail.com](mailto:lindashall53@gmail.com)

Bev Dobbins, Co-chairman 317 373 4503

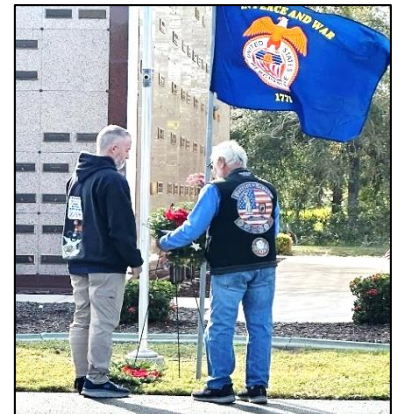
[bosartbev@sbcglobal.net](mailto:bosartbev@sbcglobal.net)



### **Wreaths Across America 2023**

Our wonderful club members sponsored 20 Wreaths and received 10 additional ones in December due to a special promotion held by Sarasota National Cemetery. The official day to lay Wreaths in December was Saturday, December 16<sup>th</sup>. Four GFWC Rotonda West members volunteered to go to Sarasota National Cemetery that day to place the Wreaths.

Unfortunately, due to incoming storms, Wreath activities in SW Florida were postponed. Communication from Sarasota was late arriving about a substitute day, so Michele Scott, her sister Patty and Kathryn Gallagher attended the Wreaths Across America Event on Thursday, Dec. 16<sup>th</sup> at Gulf Pines Cemetery near Englewood. The Sarasota event planner from Sarasota was very apologetic regarding their lack of communication.



The husbands of several of our club members are buried at Sarasota as well as our GFWC Sister, Elaine Claussen. In late December, James Arcadia, Past President and District 12 Director Charlotte Arcadia's husband, passed to life eternal. Jim will be interred at Sarasota National Cemetery. Charlotte will join him when that time comes.

What an opportunity we have each December to Remember, Honor and Teach our own community about the commitment made by our Veterans and their families.





**Presenting Christmas Gifts at FL Cancer**



**Donation to C.A.R.E.**



**A veteran, a Director, and Elaine McNeill at Veteran's Village**

**Santa Firehouse Breakfast in Punta Gorda - Volunteers**



## EDUCATION & LIBRARIES

Kara Kelly, Chairman, 410 652 6830 [babs013@comcast.net](mailto:babs013@comcast.net)

Debra A Sigismondo, Chairman Scholarship, 941 697 7519 [sgad7@aol.com](mailto:sgad7@aol.com)


Doris Walker, ESO Chairman, 941 828 0410, [dew414@comcast.net](mailto:dew414@comcast.net)



Happy New Year to all of you! May I suggest we each *"become a river, not a lake. The blessings God has for you are not meant to stop with you."*

Last chance for reservations: **Trivia Night January 25, 2024 will benefit our Scholarship Fund and a local Environmental Charity**, with refreshments and a Wine Pull. Reserve your team, \$15.00 per person at our January Meeting or by email to Debra.

GFWC ROTONDA WEST WOMAN'S CLUB PRESENTS



Hosted by  
**MR. TRIVIA Jim Wasowski**

**Thursday January 25, 2024, 6-8 PM**  
**ROTONDA WEST COMMUNITY CENTER**  
646 Rotonda Circle, Rotonda West, FL 33947

**DOORS OPEN AT 5:30 P.M.**

**Donation: \$15 PER PERSON PAYABLE IN ADVANCE. PLEASE REGISTER BY JANUARY 22<sup>ND</sup>, 2024. Payment by Cash or Check made out to GFWC RWWC.**

Teams forming now or join some new friends on Trivia night!  
\$100 FIRST PRIZE  
\$50 SECOND PRIZE  
\$10 WINE PULL

You can register at the GFWC Rotonda West Woman's Club Monthly meetings or by contacting Debra Sigismondo at [sgad7@aol.com](mailto:sgad7@aol.com)

PROCEEDS TO BENEFIT THE ROTONDA WEST WOMAN'S CLUB SCHOLARSHIP FUND AND LOCAL ENVIRONMENTAL CHARITY.

Sponsored by the Education & Libraries and Environmental CSP. Kara Kelly & Debra Sigismondo, Janet Rojas & Rachele Adler, THANK YOU!

Wine Needed! You can help our Trivia Night by donating to the Wine Pull. Did you get too many bottles of wine as a holiday gift? Do you want to make our night a great success, with a cash donation? Please bring any donations to the January 18<sup>th</sup>, General Meeting or contact Betsy to arrange an alternate delivery.

Do you know an adult returning to school, college or technical training? We are again offering our **Bella Williams Continuing Education Scholarships**. Deadline to apply is March 21, 2024. Contact Debra for further information.

Members wishing to serve on the Scholarship Committee please introduce yourself, via email or at the meeting. Thank you. It's a real pleasure to work with such dedicated women.



## GFWC Rotonda West Woman's Club Bella Williams Memorial Continuing Education Scholarship

The RWWC is offering two (2) Bella Williams Memorial Continuing Education Scholarships of \$1,500 each. Applicants should be from the Englewood/Rotonda West/South Gulf Cove area and pursuing advanced education or retraining in a college or vocational school. The scholarships are intended for adults returning to school who have had an interruption in their studies. A resume, narrative and letters of reference may be sent to GFWC Rotonda West Woman's Club, Attention: Scholarship, PO Box 672, Placida, FL 33946

Deadline for receipt of resumes is **Thursday, March 21, 2024**. For additional information, call Debra 917-573-5512.





## ESO – BOOK CLUBS

Doris Walker, Chairman - 941 828 0410

[dew414@comcast.net](mailto:dew414@comcast.net)

At the December 14<sup>th</sup> General Meeting of GFWC-RWWC

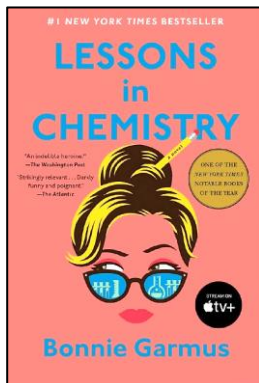
### Awards were presented to:

Rachele Adler - 1st. Place Winner – Most books read/reported 2023 = 165

Linda Gagnon – 2<sup>nd</sup>. Place Winner – books read/reported 2023 = 150

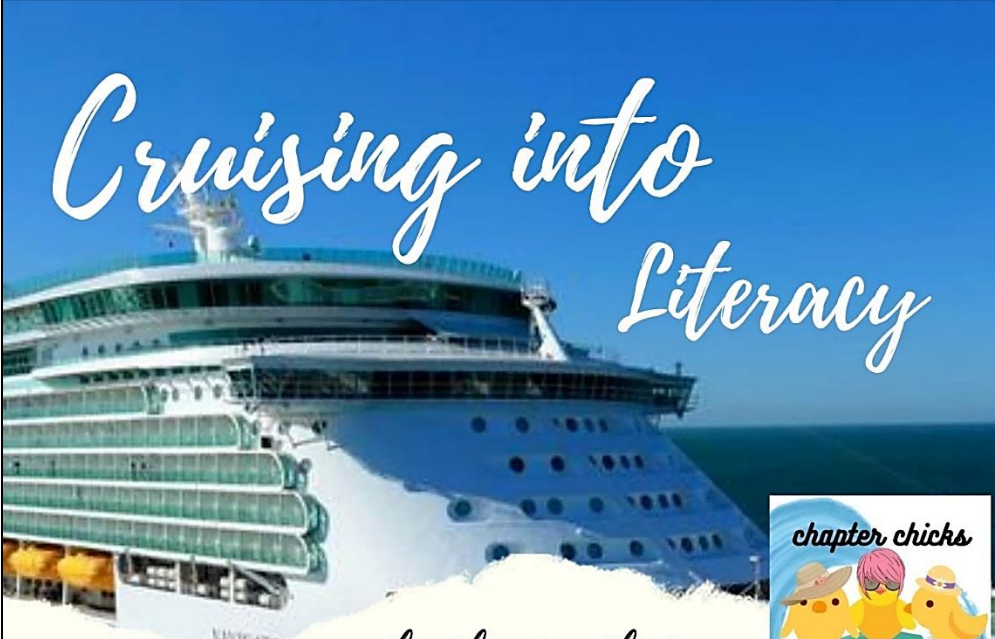
1<sup>st</sup>. Place Winner Book Club – Most books read/reported 2023, Brunch Buddies – Debra Sigismondo, Group Leader

### Suggested book for January, 2024




The Reading Divas have selected the book Lessons in Chemistry as their recommendation for the month of January. The women of our club were profoundly touched by this book from Bonnie Garmus.

This is not surprising since the subject matter includes rape, sexism, homophobia, suicide, abuse, pedophilia, and forced pregnancy. Despite this, Lessons in Chemistry is laugh-out-loud funny and uplifting. As the main character, Elizabeth, overcomes hurdle after hurdle, one can't help cheering her on as she makes great strides for herself and for all women to come.



*Cruising into Literacy*



*The Chapter Chicks*

Invite you to the Spring 2024  
Book Club Luncheon

**Wednesday, March 13th, 2024**  
11:30am at the Hills Country Club

\$22 per person due by 2/23/2024  
Choice of Fish & Chips  
or Quiche and Salad

Meet author Joyce Woollcott

Dress in your best Cruise Island Outfit  
Contact  
Betsy Bouchard 757-952-9890 [betsybou@yahoo.com](mailto:betsybou@yahoo.com)

We highly recommend that others read this book to understand how far we women have come and how far we have to go.

Thank you,

Irene Thibeault  
Reading Divas



ESO Christmas Luncheon – December 8



**ESO**







## ENVIRONMENT/FUNDRAISING COORDINATOR

Rachele Adler, Environment Co-chairman/Fund Raising Coordinator 941 697 5303

[Readl22@gmail.com](mailto:Readl22@gmail.com)

Janet Rojas, Environment Co-chairman


[Linc322@gmail.com](mailto:Linc322@gmail.com)

ENVIRONMENT     

Hope everyone had a wonderful holiday season and we wish everyone a happy and healthy New Year!!

### TRIVIA NIGHT



We are co-sponsoring the Trivia Night on January 25th, 2024, with hopes of using our portion of the proceeds towards sponsoring a turtle nest next season. It will be a fun night and will support our club's various projects, our scholarship fund, and environmental projects. Please consider attending and supporting this event. 

Our next meeting will be on Thursday, February 8th, 10 am at the RWA Community Center. We will be discussing our project and guest speaker for the March general meeting.

If you are interested in joining our committee, please feel free to contact Rachele or Janet

### BREAKING NEWS FROM THE ENVIRONMENT CSP!

#### Calling All Gardeners!

Would you love getting your hands in the dirt in an established Butterfly Garden close to home?



Lemon Bay Conservancy's Wildflower Preserve has a lovely Butterfly Garden that has been so well tended that it has started giving back! Little volunteer plants are springing up! Butterfly Garden tender Maura Qualls has asked for help in potting the little native plants to take to the 2024 Native Plant Day at Lemon Bay Park on March 9<sup>th</sup>.

*Maura is in the Garden from 8:00 to 10:00 am every Tuesday and Thursday morning.* If you have the time to help, either day, she would be very grateful. The "volunteer plants" are getting ahead of her. Just show up any Tuesday or Thursday (for as long as you feel like staying) in old clothes, old shoes and bring your gardening gloves.

The Annual Native Plant Day will take place on March 9<sup>th</sup> from 9 am to 1 pm at Lemon Bay Park

and we are invited to go along, sell plants, talk about Lemon Creek Wildflower Preserve, etc!

You can call Kathryn Gallagher (610/952-1333) about this project, or you can just show up at Wildflower Preserve. The Butterfly Garden is adjacent to the parking lot, so you can't get lost!

6120 Gasparilla Pines Blvd, Englewood, FL 34224





## Holiday Tea Update



A huge thank you to all who helped make our Holiday Tea so successful. The Englewood Area Cancer Foundation received a check for \$2900, with the remaining balance going to support our clubs various projects. A wonderful time was enjoyed by all, as evidenced by the smiles in the pictures below of our attendees and volunteers.

Joyce Crumpton//Rachele Adler  
Holiday Tea Co-Chairs

GFWC ROTONDA WEST WOMAN'S CLUB  
**ANNUAL HOLIDAY TEA**

PLEASE JOIN US FOR AN ASSORTMENT OF SANDWICHES, FRESH CREAM SCONES, CAKES, TEA & COFFEE, DOOR PRIZES & OPPORTUNITY DRAWING ON  
**SATURDAY DECEMBER 9TH 11AM**

ROTONDA WEST COMMUNITY HALL  
646 ROTONDA CIRCLE, ROTONDA FL 33947  
TICKET PRICE \$40 - VIP TABLES AVAILABLE

BENEFITING GFWC ROTONDA WEST WOMAN'S CLUB & ENGLEWOOD AREA CANCER FOUNDATION BOTH 501.C3 CHARITIES

FOR TICKETS OR TO MAKE A WELCOME DONATION PLEASE CONTACT  
RACHELE: 646-207-7531  
READL22@GMAIL.COM

ENGLEWOOD FLORIDA CHAMBER OF COMMERCE











Presentation to Englewood Area Cancer Foundation

**Tip of the Month:**

From the National Oceanographic and Atmospheric Association (NOAA)

**Ten Simple Things You Can Do to Help Protect the Earth**

- **Reduce, reuse, and recycle.** Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.



- **Volunteer.** Volunteer for cleanups in your community. You can get involved in protecting your watershed, too.
- **Educate.** When you further your own education, you can help others understand the importance and value of our natural resources.
- **Conserve water.** The less water you use, the less runoff and wastewater that eventually end up in the ocean.
- **Choose sustainable.** Learn how to make smart seafood choices at [www.fishwatch.gov](http://www.fishwatch.gov).
- **Shop wisely.** Buy less plastic and bring a reusable shopping bag.
- **Use long-lasting light bulbs.** Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!
- **Plant a tree.** Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.
- **Don't send chemicals into our waterways.** Choose non-toxic chemicals in the home and office.
- **Bike more.** Drive less



### PENNY HARVEST COLLECTION

This year's Penny Harvest donations will again be going to Canine Companions for Independence (CCI). Please remember to keep saving those pennies or any change and turn them in to the blue and yellow dog house each month. Every little penny helps, thank you.

# PROTECTING OUR PLANET STARTS WITH YOU



## BIKE MORE DRIVE LESS



## reduce REUSE recycle

Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.

## choose sustainable



Learn how to make smart seafood choices at [www.FishWatch.gov](http://www.FishWatch.gov).

Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.



## PLANT A TREE



## EDUCATE

When you further your own education, you can help others understand the importance and value of our natural resources.

## CONSERVE WATER



The less water you use, the less runoff and wastewater that eventually end up in the ocean.



Buy less plastic and bring a reusable shopping bag.



## Don't send chemicals into our waterways.

Choose nontoxic chemicals in the home and office.



## Volunteer!

Volunteer for cleanups in your community. You can get involved in protecting your watershed too!



## Long-lasting light bulbs - ARE A - BRIGHT IDEA

Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!



[oceanservice.noaa.gov](http://oceanservice.noaa.gov)



# Designer Bag



**Sunday, February 18, 2024**

**South Gulf Cove HOA Clubhouse**  
14859 Ingraham Blvd, Port Charlotte 33981

**11:30** DESIGNER BAG PREVIEW

OPPORTUNITY TICKET SALES / SILENT AUCTION BEGINS

**12:00 Noon** BINGO BEGINS - PROMPTLY

## *Purses Include*

Coach, Dooney & Bourke, Kate Spade and More  
**ALL BINGO PURSES ARE NEW WITH TAGS**

**Sponsored by:** GFWC Rotonda West Woman's Club, Inc., a 501(c)3 charitable organization  
In collaboration with the South Gulf Cove HOA

**Proceeds Benefit:** Back Pack Kidz, St. David's Jubilee Center and GFWC RWWC & SGCHOA programs  
(All are 501(c)3 charitable organizations)

**TICKETS WILL BE AVAILABLE FOR PURCHASE DURING THE SOCIAL HOUR AT THE JANUARY 18<sup>TH</sup> GENERAL MEMBERSHIP MEETING. Or...**

**PHONE:** 1(941) 698-9116

1(678) 485-0762

**Email:** [RWWCbingo@gmail.com](mailto:RWWCbingo@gmail.com)

**If you would like to donate a basket for the Opportunity Drawing or an item for the Silent Auction, please contact Lois LeVasseur or Linda Hall. We'd love to hear from you!!**



## HEALTH & WELLNESS

Clare Imrie, Co-chairman, 713 825 2154

[clareimrie@hotmail.com](mailto:clareimrie@hotmail.com)



Happy New Year! I hope everyone enjoyed a festive, healthy, and safe holiday season with family and friends. As we look forward to 2024 consider making realistic health and heart-related New Year's resolutions. The suggestions below were taken from the January/February 2024 "Health & Wellness Happenings" in the GFWC Florida Clubwoman weekly newsletter. If you wish to receive the weekly GFWC Florida Clubwoman newsletter please go to [gfwcflorida.org](http://gfwcflorida.org) or see me or Jennifer Cope for more details!

- Upgrade your dessert – craving something sweet after dinner? Have it! But dilute the sweet stuff with something like fruit, seeds, or nuts. Try chocolate-covered almonds, chocolate-dipped frozen banana bites, or chocolate chips tossed with popcorn or pistachios.
- Sit differently. Pretend you have a tail and don't want to sit on it. This can help untuck your pelvis and elongate your spine. Sit so your feet rest flat on the floor and your thighs are parallel to the ground.
- Set a bedtime alarm – Many of us do not get the suggested 7 hours of sleep each night. Set an alarm 45 minutes before bedtime and start your wind-down routine. Turn off the TV, put down your phone, and close the laptop.

- Walk everywhere within a mile or move your feet every time your phone is in your hand. March in place or step side to side.
- Check in with yourself mid-meal – put your fork down, take a deep breath, and ask yourself how much more food you need to feel satisfied. Sip water between bites. Dieting can be unsustainable and restrictive so eat more mindfully.
- Set a no-phone zone – remove phones from the dining table. Enjoy discussions with family or friends.
- Eat veggies at breakfast – 91 % of us do not get enough vegetables. Spread mashed avocado on your toast or add baby spinach or grated sweet potato to your scrambled eggs. Grated zucchini or shredded carrots add nutrition to pancakes and oatmeal.
- Exercise for a few minutes - does the recommended 30 minutes per day, 5 days a week seem intimidating? Break it into 10-minute sessions. 13 minutes of weight training 3 days a week does build strength. Stretch or lift weights while watching TV.
- Sit in a quiet place and breathe slowly for 5 minutes.
- Remove the salt shaker from your table and avoid adding salt to your food.
- Swap white bread or pasta for the whole-grain version.
- Check your blood pressure regularly.



The GFWC RWWC will host a **OneBlood Drive** on January 23, 2024, from 9am - 3pm. It will be held at the Marina across from The Hills Golf and Country Club, 100 Rotonda Circle, Rotonda West. Please register to donate at [One Blood.org](http://OneBlood.org) or you may call Ellen Lang 917 579-7770 to register.



## CHAPLAIN'S CORNER

Doris Walker, Chaplain - 941 828 0410  
[dew414@comcast.net](mailto:dew414@comcast.net)

### CHRISTMAS INSPIRATIONAL THOUGHTS

May you be blessed with the spirit of the season,  
 Which is Peace.  
 The gladness of the season,  
 Which is Hope.  
 And, the heart of the season,  
 Which is Love.



## **PLEASE BOW YOUR HEAD FOR TODAY'S BLESSING**

God, bless us this Christmas & Holiday Season  
with peace that passes all understanding,  
joy that is beyond material possessions,  
Love that knows no boundaries, and,  
strength that emanates from Faith in you.

**AMEN**

Merry Christmas, Happy Hanukkah and,  
A blessed New Year to each of you.

December, 2023

## **LET THEIR BE PEACE ON EARTH**

In reflecting on this Holiday Season, thoughts turn to the  
real meaning of the season, which is **Light and Peace**.

**For Christians** this means celebrating the star shining bright over a manger  
in Bethlehem where the son of God, Jesus, was born. He would thereafter be  
known as wonderful, counsellor, God almighty, and Prince of Peace.

Christians celebrate Christmas as his birthday.

**For Jews** Hanukkah celebrates the triumph of a band of rebel Jews  
known as the Macabees. In reclaiming the Temple in Jerusalem  
from the Greek-Syrians, their victory was documented in the  
1<sup>st</sup> and 2<sup>nd</sup> books of Macabees. Hanukkah therefore celebrated  
freedom from oppression. Hanukkah lasts for eight nights,  
representing how long the holy light burned. After the Macabee  
victory, the Temple was cleansed and rededicated. They required  
a holy light would burn, inside at all times, but the Jews had only enough  
oil for one night. Incredibly, the light burned for eight days. Thus,  
Hanukkah is known as "The Festival of Lights".

**Kwanza** for those who celebrate it originally comes from the  
Swahili word Kwanza which translates to "First" and refers to  
"First Fruits of the Harvest". The celebration represents a successful  
harvest. There are seven days of Kwanza, seven symbols, seven candles  
and seven key principles with focus on family and community. Kwanza  
runs from December 26<sup>th</sup> to January 1<sup>st</sup>. Representing the seven Principles,  
seven candles are lit. Three are green, three are red and one is black. The  
black candle is always in the center, red candles are on the left and green on  
the right. The black candle is lit on December 26<sup>th</sup>, then the remaining candles are lit in an  
alternating left to right pattern each day until the end of Kwanza on January 1<sup>st</sup>.

People all over the world celebrate these holidays. For those of other faiths, or those who are non-religious, we hope they can share in the “Light and Peace” of the Season.

Please stand and join together, singing as sisters for peace in these troubled times in the world. **“Let There Be Peace on Earth”**.  
Merry Christmas & Happy Holidays to all



### RECEPTION

Diane Oglesby, Cochairman, 941 828 0119

[btoglesby@comcast.net](mailto:btoglesby@comcast.net)

Kathy Messick, Cochairman, 609 828 8821

[khmessick@embarqmail.com](mailto:khmessick@embarqmail.com)

Please wear your name tags. If you forget, we have temporary tags you can have.

Thank you, Diane



### SUNSHINE COMMITTEE

Beverly Dobbins, Chairman, 317 373 4503

[bosartbev@sbcglobal.net](mailto:bosartbev@sbcglobal.net)

Please call or send an email to me when a member needs some get well cheer, encouragement or condolences. An appropriate card will be sent to them right away to let them know their sister members are thinking about them.



### TONETTES

Judy Long, Chairperson, 912 398 7047

[gdmajudy@yahoo.com](mailto:gdmajudy@yahoo.com)

The Tonettes had a joyful and fun holiday season. We were able to serenade and sing to full houses at Heritage Oaks, Englewood Health and Rehabilitation, Inglenook and the Douglas Jacobson Veteran’s Home in December.

We are just starting practice for our Winter 2024 “Sentimental Journey” performance featuring a medley of oldies and recent tunes. We encourage our audiences to join us in song—this winter’s collection of music tunes and patriotic selections will be fun filled and bring back fond memories.

Come on and join us---do you sing in the car, feel like you might holding that voice back around others? Would you like to sing like you are belting it out on stage in Nashville! Then, your stage is our stage!. You don't have to be a classically trained vocalist!! You don't have to know how to read music. All genres, all skill levels. For those who play other musical instruments, we can also use that talent, come join our group....the stage is open, open your door! Your voice will make a difference in people's lives.

We meet on Tuesdays from 1-3 pm, at the Rotonda Community Center. All music is provided. Questions or concerns--feel free to contact me. 912-398-7047



## *“Where in the World is...?...!”*

It has been suggested the Chatter could use a column titled “Where in the World is...?” This will be an opportunity to publish the photos/stories of our members’ trips to someplace, even out of the country, at an unexpected time. As publisher, I think it’s a great idea, and suggest any member, who is lucky enough to experience this type of travel, share photos and a short narratives about their trip.

With that said, following are some members adventures:

### **Linda Muir’s Holiday Excursion**

Enjoyed High Tea at the Breakers Hotel in West Palm Beach during the holiday – very elegant!





## December Trip to Ecuador: Galapagos, Andes, and Amazon by Rita Lopienski

Larry and I enjoyed a recent 13-day tour of Ecuador. We spent 1 night Guayaquil: Cocoa plantation; 3 nights in the Galapagos: Baltra, Santa Cruz & Isabela-Prehistoric looking lava black Iguanas, gigantic tortoises, snorkeling at Tintoreras Islet with sea turtles, small sharks, sting ray and hiking to The Wall of Tears; 4 nights in high altitude Andes: Quito, Middle of the World-Latitude 0, Rose Plantation, Papallacta hot thermal springs; and Amazon Rainforest: Remote Sacha Lodge near Coca/Rio Napa, Kichwa Interpretation Center, muddy treks in rubber boots and rain ponchos to tower canopy walks, colorful toucans, birds, butterflies, mischievous monkeys and otters.





## Christmas 2023 at the Altenburgs' by Kathy Altenburg

Christmas time was extra special this year. We stayed with our oldest son, Larry, his wife of 25 years Debbie and our two oldest grandchildren, Abbie 18, and Avery 15 at their timeshare on the island of St. Thomas, US Virgin Islands for the whole week before Christmas.

What a wonderful place to visit, especially since Rotonda was having a very cold week! Mid 70's, sun and green seas and exotic places to see. What could be better?

After a week of total relaxation, we all flew back to Florida and spent Christmas week enjoying the Florida weather before our family had to fly back home to Virginia.







## NOTES FROM THE EDITOR

Donna Krabbe, Editor, 941 223 1573 Cell (may text)  
[rwwcchatter2020@gmail.com](mailto:rwwcchatter2020@gmail.com)

Thanks to everyone who submitted articles and photos. Many photos!!! – great job!

Special thank you to Linda Muir for her lovely Christmas High Tea at the Breakers. What a lovely event that must have been.

Thank you to Rita Lopienski for her photos from Ecuador, Galapagos, etc. I especially like the “0” Latitude (equator) photo, the middle of the earth – too cool! Looks like a great adventure.

Christmas with the Altenberg’s – a very special Christmas with family in beautiful places. The photo taken out the window looks like a postcard, and the beach is spectacular – that better be in the Arts Contest.

I appreciate that you’ve shared your special memories with our members. I so enjoy pictures/stories of vacations and special events. These photos show another interesting facet of their lives.

I’m requesting members to share their interesting/important information, vacation photos, and items of interest. I’ve received comments from members they find these articles very interesting. Please continue to share articles/photos about what’s happening in your lives. Also, if you have any suggestions for the Chatter, please do not hesitate to contact me.

**The deadline for the February Chatter is – Saturday, February 3<sup>rd</sup>.**

### LOOKING AHEAD ??



January 12 – Arts & Culture and Creative Crafters 9:30am at RWA Building

January 17 – Art Competition Judging

January 17 – 10am – Civic Engagement CSP – brainstorming session, RWA Building

January 18 – General Meeting 10:00am (9am Social Hour) at RWA Building –  
Member Art Competition viewing and presentation of ribbons

January 23 – One Blood Drive from 9 am - 3 pm at the Marina across from the Hill’s Restaurant

January 25 – Trivia Night & Wine Pull Fundraiser for Scholarships & Environment 6 – 9pm at RWA Building.

February 2 – Board Meeting 1:00pm at RWA Building

February 3 – Furry Scurry 5K event 8:00am – 1.5 Mile Mutt Strutt 8:40am at South Gulf Cove

Deadline for Chatter articles

February 8 – Environment CSP meeting at 10am – RWA Building – discuss project & guest speaker for March

February 15 – General Meeting 10:00am (9am Social Hour) at RWA Building

February 16 – District Meeting/Arts & Crafts Competition – 10-10:45am Member Registration – RWA Building

February 18 – Designer Bag Bingo 11:30am at South Gulf Cove Clubhouse

March 1 – Board Meeting 1:00pm at RWA Building

March 9 – 2024 Annual Native Plant Day 9am – 1pm at Lemon Bay Park. Volunteer at Wildflower Preserve –  
help pot native plants on Tuesday & Thursday 8-10am, for this event.

March 13 – ESO Spring Luncheon – 11:30am at the Hills Country Club

March 21 - General Meeting 10:00am (9am Social Hour) at RWA Building

Entry Deadline for Bella Williams Memorial Continuing Ed Scholarship

April 5 - Board Meeting 1:00pm at RWA Building

April 18 - General Meeting 10:00am (9am Social Hour) at RWA Building





## COMMITTEE SCHEDULED MEETINGS

RWWC Board Meeting – 1<sup>st</sup> Friday 1:00pm – except summer  
 Creative Crafters – Fridays 9:30am – beginning January 12 at 9:30am  
 Knit and Chat – Tuesdays 9:30-11:30am – RWA Building  
 Sew n Sews – 1<sup>st</sup> & 3<sup>rd</sup> Tuesday 9am-noon – RWA Building  
 Tonettes – Tuesdays 2-3pm – RWA Building

# HAPPY BIRTHDAY

Kathryn Gallagher 1/3  
 Carol Leon 1/5  
 Karen Lambert 1/6  
 Linda Gagnon 1/8  
 Sharon Ivanik 1/9  
 Sande Prentis 1/12  
 Wendy Lisbon 1/18  
 Kathy Ellingham 1/19  
 Kathy Eslinger 1/21  
 Alice Melhuish 1/31

Barbara Frey 2/3  
 Sandy Langenfelder 2/6  
 Mary Lyons 2/7  
 Charlene Marcus 2/14  
 Jeanne Swanson 2/16  
 Linda Hall 2/17  
 Cathy Taylor 2/17  
 Liz Moore 2/18  
 Linda Bermea 2/19  
 Teri Erickson 2/20  
 Rita Bertler 2/21  
 Jean Howard 2/21  
 Lyn Duchemin 2/23  
 Annie Jameson 2/2

## GENERAL MEETING, DECEMBER 14, 2023

















**LIKE US ON FACEBOOK:**

<https://www.facebook.com/groups/gfwcrotondawestwomansgroup/?ref=share>

**Officers for current term are as follows:**

**President – Gwen Grace**

**201 317 2317**

[gweng1999@yahoo.com](mailto:gweng1999@yahoo.com)

**First Vice President -Gloria Rogoski**

**440 487 5586**

[rogoskigj@gmail.com](mailto:rogoskigj@gmail.com)

**Second Vice President – Jennifer Cope**

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**Recording Secretary – Jo Ann Hopkins**

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**Corresponding Secretary – Jane Tumanic-**

**941 214 5981**

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**Treasurer – Anne T. Vickery**

**941 626 9398**

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**Assistant Treasurer - Jean Howard-**

**607 427 8994**

[jphoward\\_fnp@hotmail.com](mailto:jphoward_fnp@hotmail.com)

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**GFWC ROTONDA WEST WOMAN'S CLUB**

Website: [www.gfwcrotondawest.org](http://www.gfwcrotondawest.org)

Email: [rwwcmembership@gmail.com](mailto:rwwcmembership@gmail.com)

**General Meetings:**

Held on the third Thursday of the month, September through May.

RWA Activity Building.

9:00 am Social Hour – 10:00 am General Meeting.

**Donna Krabbe, Editor**

[rwwcchatter2020@gmail.com](mailto:rwwcchatter2020@gmail.com)

**GFWC Rotonda West Woman's Club**

**District 12**

**PO Box 672**

**Placida, FL 33946-0679**

TO : \_\_\_\_\_

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