



GFWC WOMAN'S CLUB OF NEW TAMPA

FEBRUARY 2023 NEWSLETTER

Executive Board 2022-2023

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Hello Ladies!

Welcome to February! **The Heart Month** – both in terms of health (as it is American Heart Month) and of course in “matters of the heart”, when we celebrate the loves of our lives on Valentine’s Day with sweet cards, candy and flowers!

Our club will embrace both aspects of Heart Month; we had a group walk in support of the American Heart Association at Hunter’s Green Community Park on February 3rd - ending in a round of heart healthy stretching and flexibility exercises led by *Grace Apple*. *Thank you Grace!*



And we plan to spread a bit of Valenting sweetness with a visit to Colonial ALF on February 13th, followed by a night out celebrating our *girlfriends* for a Galentine’s Day dinner at Rock & Brews!

We have several more events planned for February; our Member Meeting on the 15th at which we will hear from the Voices For Children organization, and all club memers are invited to the Friendsgiving Event being hosted by *Jolie Frankfurth (GFWC Second VP)* on the 24th. We will also join in with a local elementary school in a community clean-up day on the 25th.

We are excited to share we have three of our members who entered projects into the District 8 Arts and Crafts Meeting and Competition; *Joyce M., Mary Beth P. and Tamali S.*, which will take place on Febuary 10th at GFWC Tampa Woman’s Club. The District 8 Volunteer of the Year (VOY) will also be chosen at this meeting – our club has nominated *Joyce Mathisen* to be our VOY ... she is certainly the personification of the spirit of volunteerism! *Thank you Joyce* for generously giving so much of your time and energy to GFWC-WCNT! We think all these ladies will do our club proud at the event!



It’s great to see the club growing and blooming with enthusiasm. Our January meeting had the best attendance so far; hope to see as many or more in February as well!

And, as always, please visit our Facebook page and our webpage to see catch all our events and activities

See you at the February Meeting!

Pam Anderson
President

Important Dates to Remember:

February 3rd
AHA Heart Walk & Stretch in the Park

February 10th
Trinity Café

February 13th
Colonial ALF Valentine Party

February 13th
“Galentine’s” Day Dinner at Rock & Brews

February 15th
Member Meeting
Voices For Children

February 24th
Friendsgiving @ Jolie Frankfurth’s

February 25th
Clean-up Day
Highwood Preserve



Gerri Burke
Feb 1

Elaine Randall
Feb 7

Elaine Jones
Feb 9

Joyce Born
Feb 10

Hannah Gabora
Feb 16

Whitney Lohr
Feb 17

From our Vice-President of Programs and Projects:

From the Desk of Joyce Mathisen- VP of Planning & Programming:

Thank you to Lisa Sklet for nominating me and everyone that supported my nomination for Volunteer of The Year of the GFWC Woman's Club of New Tampa. I am so proud of the direction this organization is going in and the work all of us are doing to make it happen. Our success is a group effort. In March, we will be asking you to join our Nominating Committee, Bylaw Committee, and take on Board and Committee positions for the 2023/2024 year.

You may think someone else will do it or I just joined this past year. Please, don't think that way!

I joined this organization the beginning of the 2021/2022 year receiving a *Rookie of the Year Award in May 2022*. The current board has three of the five members with two years or less experience. One just joined this year. We need new people to step up. The more senior members have all held board positions in the past and are currently chairing our major events throughout the year.

New people mean new ideas and a promising new future! If you have any questions, please reach out to me. I welcome any form of dialog JMathisenGFWC@gmail.com; 516-448-8239; or find me at our General Meeting.

The complete detailed calendar is attached to this Newsletter. To get the most up to date calendar visit our Website <https://gfwcwomansclubnewtampa.com/> click on the **About Section** on the Cover Page **then Calendar**. We update our calendar continuously throughout the month!

Quick View of Upcoming Events for February/March:

Trinity Cafe - Friday February 10th 11:00 AM to 1:00 PM

District 8 Art & Craft Festival - Friday February 10th @ 9:00 AM

Colonial Assisted Living Valentine's Day Celebration -Monday February 13th @ 3:00 PM

Galentine Day Dinner - Rock & Brew-Monday February 13th @ 5:00 PM

General Meeting - Is all about caring about others -Wednesday February 15th

Speaker executive director Jennifer Starr, Kelsey Grimmer, and their newest facility dog Barley from Voices for Children will come to speak about their work.

- Hands-on Activity - Decorate bookmarks with gems as part of District 8 GEM Theme for Read Across America; and add a GFWC special touch to the Court Kits
- Collections- Voices For Children - Art Kits, Books, Coloring Books, ChapSticks, Hand Sanitizers and other things to put into the Court Kits

Let The Good Times Roll - A Friendsgiving Event-Friday February 24th @ 6 pm

Assist The Green Team-Saturday February 25th @ 9 AM

Parliamentary Workshop- Saturday February 25th @ 10 am

Trinity Cafe-Tuesday March 7th 11:00 AM to 1:00 PM

2022-2024 GFWC Florida Leads-Saturday March 11th

Trash Free Waters Clean Up Crew-Keep Tampa Bay Beautiful-March 14th @ 10 AM

General Meeting - Think Green for Springs -Wednesday March 15th @ 1:00 PM

Speaker: Will Stone Hillsborough County Extension

Thank you for being the best part of the GFWC Woman's Club of New Tampa.

Joyce Mathisen

From Our Vice-President of Membership:

Heart disease is the leading cause
of death for women in the United States,



it kills **MORE** women than
ALL cancers combined.
February is American Heart Month

VP of Membership Report:

Please welcome our newest members;

Michele Gooch
Lisa Howard
Elaine Randall

**A special thank you to everyone who brought guests to our January meeting!
You have all been entered into the end of year membership raffle.**

Lisa Sklet

“No beauty shines brighter than that of a good heart” shamina Saik

From Our Treasurer:

From the Desk of Joyce Mathisen -Treasurer Report

We had another amazing month for fundraisers! This is one of the many reasons I love this organization we have the BEST group of ladies!

Thank you to Caralyn Paul, Geri Burke, Lisa Sklet, Janet Gefre, and me (can you thank yourself?) for hosting the very successful Tennis Fundraiser, we are hoping to make it an annual event! We grossed \$915 for the organization! Amazing job! In addition, we have several potential new members to the organization that participated in the event so it was a win-win!



We had our second Walk for Causes BUNCO Fundraiser the end of January at my house. Our ladies donated their winnings back to the walk. As an organization we donated \$160 and the Big Lot Association matched it on wear Red Day, February 3rd, making our donation worth \$320. February 3rd was also the day of our walk and stretch cool down led by Grace Apple. Thank you, Grace, for all that you do.

Bank Statement Balance 12/31/2022

\$6,120.66

Revenue :

Kendra Scott Fundraiser	\$1837.42
Tennis Fundraiser	\$915.00
Membership Dues	\$45.00
BUNCO	\$160.00
Total Revenue	\$2,957.42

Expenses:

HOA Colonial Valentines Gift Bags -DC Walmart	-\$79.07
HOA Colonial Valentines Gift Bags -DC Amazon	-\$44.94
General Liability Insurance	-\$400.00
GC to Website Consultant	-\$50.00
Colonial - Food for Xmas	-\$25.04
Leads Seminar Fee- Joyce Mathisen	-\$25.00
GC Mary Jones for hosting Holiday Party	-\$100.00
HOA Voices for Children Court Kit	-\$33.31
HOA Voices for Children Court Kit.	-\$73.08
GC Jan Speaker- K Bragg- Amatroun	-\$25.00
Renew Post Office Box	-\$166.00
Paper goods for Tennis Fundraiser	-\$17.89
BJs- Food Tennis Fundraiser	-\$76.23

Annual Filing	-\$61.25
USPS -Postage Yearbook & A/C - Mathisen	-\$10.92
Flowers E Jones	- \$72.74
Total Expenses	-1,260.47

Add Back Not Cashed as of Bank Reconciliation:
Colonial - Food for Xmas \$25.04

Bank Statement Balance 2/2/2023 **\$7,842.65**

Thank you for being the best part of the GFWC Woman's Club of New Tampa.

Joyce Mathisen



Bunco Fun! Winners and Lucky Losers!

From Our Vice-President of Communications:

We have several ways to help you keep you up to date on our club news:

- **Newsletters:** Newsletters are emailed to you monthly about one week before our member meeting.
- **Member Meeting Minutes:** Meeting minutes are emailed to you about a week after our member meeting.
- **Web Site:** <https://gfwcwomansclubnewtampa.com/>
- **Facebook:** <https://www.facebook.com/GfwcWomansClubOfNewTampa/>

If you have pictures and/or event details to share for the newsletter, Facebook, or web site, please forward them. Please try to write a brief description for the pictures sent.

*Facebook: Elaine Jones emcj@verizon.net
Website: Joyce Mathisen jmathisengfwc@gmail.com
Newsletter: Pam Anderson pjahappy54@gmail.com*

Tammy Griffith

From Our Parliamentarian: (and Social Media Committee Member)

I am very excited to Announce that we have a new Instagram account! Now keep in mind it is still a work in progress as I figure out ways to include pictures of our activities and community outreach! To find it you just need to go to Instagram App on your phone or to Instagram.com and type in NewTampaGFWC in the search bar and you will be taken straight to our page. Feel free to share pictures or flyers for upcoming events or past ones with me and I will be happy to add them to the account. My email is tbogushesky@verizon.net and cell number is 703-405-8305.



Theresa Bogushesky



*Thank you to our February Volunteers for **Living the Volunteer Spirit:**
Trinity Café: Linda Bocage and Linda Jones*

The More You Know...

We would like to encourage each member to visit our **GFWC Florida** website: gfwcflorida.org . The site provides a great deal of information about the GFWC Woman's Clubs; the current projects and goals provided by our state leadership, as well as news and happenings of all the GFWC Woman's Clubs throughout Florida. Under Member Resources, you will find a detailed synopsis of each of our CSP's (Community Service Programs) objectives and ideas to help us have an impact in each of these community service endeavors. There is *also a free weekly newsletter – Florida Clubwoman - to which you may subscribe*; if you wish to extend your participation beyond the monthly club meetings and activities.

For more information and a greater understanding of the **General Federation of Women's Clubs**, please visit their website gfwc.org. You may subscribe to receive their free weekly e-newsletter "*News and Notes*", along with the *GFWC Clubwoman Magazine*, which is published quarterly (all issues available in the Member Portal).



About The American Heart Association:

In 1964, President Lyndon B. Johnson, among the millions of people in the country who'd had heart attacks, issued the first proclamation declaring **February American Heart Month**; 17 years after the first public campaign kicked off to celebrate **National Heart Week** in February of 1947. The American Heart Association was officially founded in 1924 by six cardiologists who formed the American Heart Association as a professional society for doctors. One of the founders, Dr. Paul Dudley White, described the early years as a time of “almost unbelievable ignorance” about heart disease. In 1948 the AHA reorganized, transforming from a scientific society to a voluntary health organization composed of volunteers and supported by professional staff. Support for the AHA’s mission became much more visible, with fundraising activities taking hold in communities and businesses. Since then, the AHA has grown rapidly in size and influence — nationally and internationally — into an organization of more than 35 million volunteers and supporters dedicated to improving heart health and reducing deaths from cardiovascular diseases and stroke.

(This information from the AHA website: <https://www.heart.org/>)

This year National Wear Red Day was Friday, February 3rd – and that’s the day we did our club walk to show our support for the awareness of heart disease and the AHA...and we all wore RED! ❤️ ❤️ ❤️

Some sobering facts....

Heart Disease in the United States

- Heart disease is the **leading cause of death** for men, women, and people of most racial and ethnic groups in the United States.
- **One person dies every 34 seconds** in the United States from cardiovascular disease.
- About **697,000 people in the United States** died from heart disease in 2020—that’s **1 in every 5 deaths**.
- Heart disease cost the United States about **\$229 billion** each year from 2017 to 2018. This includes the cost of health care services, medicines, and lost productivity due to death.

Source: <https://www.cdc.gov/heartdisease/>

Please visit both the American Heart Association website and CDC. Gov for more information on how to prevent heart disease and maintain a healthy lifestyle. ❤️ ❤️ ❤️ ❤️ ❤️

GFWC Woman's Club of New Tampa

2023 Calendar of Events

Friday, February 10th 11:00 AM to 1:00 PM

Trinity Cafe

- 4 volunteers needed
- Each person is assigned a table to prepare for the guests. Once they arrive, we act as either servers, table hosts, or bussing. When they leave, we wipe down the tables.

Friday, February 10th 10:00 AM to 12:00 PM

District 8 Art & Craft Festival

- At GFWC Tampa Woman's Club 2901 Bayshore Blvd, Tampa, FL 33629

Monday, February 13th @ 3:00 PM

Colonial Assisted Living Valentine's Day Celebration

- We will host a sweet Valentine Day Event for the residents.
- GFWC members will give out the self-care bags we made at our January General Meeting.
- Optional: The group will go directly from Colonial to Rock N' Brew for our Galentine's Day Celebration.
- For more information, please contact Geri Burke burke159@gmail.com

Monday, February 13th @ 5:00 PM

Galentine Day Dinner - Rock & Brew

- A percentage of our dinner tab will be donated back to the club
- This is our Founder's Day event. We will donate \$18.95 of the proceeds to GFWC Florida

Wednesday, February 15th @ 1:00 PM

General Meeting - Is all about caring about others

Speakers: Executive Director Jennifer Starr, and Kelsey Grimmer Dog Handler/Adm. Asst., and their newest facility dog Barley from Voices for Children will come to speak about their organization.

- -Partnering with Guardian ad Litem to support and advocate for the abused, neglected, and abandoned children in Hillsborough County

- Hands-on Activity - Decorate bookmarks with gems as part of District 8 GEM Theme for Read Across America to add to Court Kits
- Collections- Voices For Children - Art Kits, Books, Coloring Books, ChapSticks, hand sanitizers and other things to put into the Court Kits

Friday, February 24th @ 6:00 pm

Let The Good Times Roll - A Friendsgiving Event

- Jolie Frankfurth House 17529 Edinburgh Drive in Hunter's Green
- Donations to bring: children's socks (new) for OASIS or children's books (new/gently used) for GFWC Little Library. We will have an opportunity drawing again this year, benefitting LOFT181 - a boutique for girls in foster care.

Saturday, February 25th @ 9:00 AM

Assist Member Linda Jones' Granddaughter's Green Team

- Linda Jones' granddaughter spoke passionately about a clean-up by Michaels Shopping Center at Mayor Castor's Coffee House Meeting
- The Mayor agreed to come and so should we!
- Bring your family and friends to help this young lady and her classmates clean up our community

Saturday, February 25th @ 10:00 AM

Parliamentary Workshop - at GFWC Ruskin Woman's Club in Ruskin (Free Workshop)

- Please let Joyce Mathisen or Pam Anderson know if you would be interested in attending...we will be looking for a Parliamentarian Advisor to serve on the board for next year...maybe this is just the position for you!

Tuesday, March 7th 11:00 AM to 1:00 PM

Trinity Cafe

- 4 volunteers needed
- Each person is assigned a table to prepare for the guests. Once they arrive, we act as either servers, table hosts, or bussing. When they leave, we wipe down the tables.

Saturday, March 11th

2022-2024 GFWC Florida Leads Seminar - Palatka, FL

- Leadership Education and Development Seminar. Joyce Mathisen will be representing our organization.

Tuesday, March 14th @ 10:00 AM by Armature Works

Trash Free Waters Clean Up Crew-Keep Tampa Bay Beautiful

- This is GFWC Woman's Club of New Tampa event!
- Space is limited sign up will be available at the February Member Meeting
- Spend the morning on a pontoon boat cleaning up the Hillsborough River. Then join us for lunch at Armature Works.

Wednesday, March 15th @ 1:00 PM

General Meeting - Think Green for Spring

Speaker: Will Stone Hillsborough County Extension -How to Grow Herbs: Demonstration on how to make a theme three-tier herb garden which we will raffle to the group.

- Hands on Activity -Heart FELT & Friends of Joshua House- Goodie Bags for Easter
- Collections for military care package -Here are some military care package ideas that service members appreciate: Necessities, such as sunblock, socks, underwear, flip-flops, lip balm, and powder; Snacks including chips, salsa, nuts, cookies, beef jerky, non-melting candy and trail mix in packaging that isn't easily crushed. Drink mixes in single-serving packets are also a good addition. Games, - playing cards/poker chips, crosswords, or puzzle books; Stationery-Send paper, envelopes, address labels, and pens.
- Form Nominating Committee to recruit candidates for next year Board Positions; and a Bylaws Committee to review the club's Bylaws for updating, changes and additions.

March/April TBD

Pizza making class with Friends of Joshua House

March/April TBD

BUNCO - Final Bunco of 2022/2023

Saturday, April 8th 10:00 AM to 2:30 PM

@ Heritage Park in Land O'Lakes

District 8 Members Heartbeat Event

April 14th at 8 PM, April 15th at 7 PM, and April 16th at 3 PM

Volunteer Opportunity Penguin Project

- This is a great way to give back to the community - be an usher for a theater performance by children and young adults with disabilities – a program directed by New Tampa Players for the Penguin Project Organization.
- The production is “Beauty and the Beast Jr” and will be at the New Tampa Performing Arts Center

Monday, April 17th 11:00 AM to 1:00 PM

Trinity Cafe

- 4 volunteers needed
- Each person is assigned a table to prepare for the guests. Once they arrive, we act as either servers, table hosts, or bussing. When they leave, we wipe down the tables.

Wednesday, April 19th @ 1:00 PM

General Meeting - Honor Flight Mail Call for Flag Day 6/14

- Voting on Next Year’s Board and Bylaw changes.
- Hands on Activity -Writing cards to people in military service. “Honor Flight Mail Call’ for June 14th - Flag Day “Remembering All you do on Flag Day”. Cards will be designed by Tamali Saha’s son. Putting together care packages to go with the cards
- Collections for military care package -Here are some military care package ideas that service members appreciate: Necessities, such as sunblock, socks, underwear, flip-flops, lip balm, and powder; Snacks including chips, salsa, nuts, cookies, beef jerky, non-melting candy and trail mix in packaging that isn’t easily crushed. Drink mixes in single-serving packets are also a good addition. Games, - playing cards/poker chips, crosswords, or puzzle books; Stationery-Send paper, envelopes, address labels, and pens.

April 20-23, 2023

GFWC Florida Convention

- More information to follow.

Saturday, April 22nd @ 8:00 AM

Join us for March for Babies

- March for Babies Tampa Bay Saturday, April 22, 2023; George M. Steinbrenner Field [1 Steinbrenner Dr, Tampa, FL 33614-7064](https://www.steinbrenner.com/)
- Registration Time: 8:00 AM; Opening Ceremony Time: 8:45 AM; Walk Start Time: 9:00 AM.

Tuesday, May 9th 11:00 AM to 1:00 PM

Trinity Cafe

- 4 volunteers needed
- Each person is assigned a table to prepare for the guests. Once they arrive, we act as either servers, table hosts, or bussing. When they leave, we wipe down the tables.

Wednesday, May 17th @ 1:00 PM

End of Year Catered Luncheon with Pot Luck Appetizers and Desserts

- Installation of new officers

Saturday & Sunday June 10-12

2023 GFWC Annual Convention, in Louisville, Kentucky

- Registration is now open please read your GFWC News & Noteworthy Newsletter for more information

Wednesday, June 14th @ 1:00 PM

GFWC Planning Meeting

Share your ideas!

- If you have suggestions for future events or are interested in being part of the planning committee, please contact Joyce Mathisen at jmathisengfwc@gmail.com.

Future Events - For This Year or Next!

- Meal for Ronald Mc Donald House
- Lettuce Lake Nature Walk -Guided Nature walk at Lettuce Lake Park
- Cooking Demo and or Competition
- Flower Arranging Party

*Thank you for being the most important part of
GFWC Woman's Club of New Tampa.*