

# **SPWC Happenings**

GFWC St. Petersburg Woman's Club



November 2025

# Hosted by the Health & Wellness CSP



# Friday, November 14th @ 1:00 pm

Distribution of Stockings for Sallie House & Brookwood

### 2025 Officers

President ~~ Barbara Sundholm Past President ~~ Cathy Allen VP Programs ~~ Evelyn Nakelski VP Membership ~~ Cynthia Guillaume VP Daily Operations ~~ Cathy Allen VP Capital Expenditures ~~ Cathy Allen VP Fundraising ~~ Ashley Miller Recording Sec ~~ Roseanna Costa Corr. Secretary ~~ Cheryl Freeburg Financial Officer ~~ Liz Coerver Treasurer ~~ Carol Tillis Bookings Treasurer ~~ Beth Timberlake Evening Group ~~ Tyler Kornatowski Li Watts Publicity ~~ Josephine Spinelli Social Director~~Liz Pacheco

### 2025 CSP Chairpersons

Editor~~Carolyn DeFreitas

Arts & Culture ~ Marianne Snyder Civic Engagement~ Gail Brazzell Education & Libraries ~ Joyce Taylor Environment ~ Amy Skasko Health & Wellness ~ Annette McComas

### Mark Your Calendars

Tues, November 11 — Evening Group (6:30 pm)

- Fri, November 14, 1 pm General Meeting / ■ Hosted by Health & Wellness CSP. We will be distributing Christmas stockings for the children of Sallie House.
- Mahjongg—every Monday and Thursday from 2-4 pm (depending upon availability)
- Health & Wellness— every Wednesday from 1-3 pm
- First Friday Morning Games—10:00 am followed by lunch (depending upon availability)
- Bridge—twice monthly on Fridays at 1 pm (depending upon availability)
- Bunco—3rd Friday each month at 7pm



## Message from the President

Not having grown up in Florida, I was able to experience some of the seasonal things that were typical of someone living a little further north - colorful leaves, roadside apple stands, crisp mornings with clear air, and that ubiquitous pumpkin spice everything. I tend to get a little nostalgic around this time of the year, but also a little sad, this year especially. Entering the last quarter of the year I tend to take stock and ask myself "have I done all I could to be helpful or kind, have I learned anything useful, have I had a positive influence on anyone?" I have to admit I would give myself a low score, but I would give myself a few points for trying. (I hear we're our own worst critic.)

This year as your President has been full of challenges, but a lot of special moments, too. When I see what we've done as a club to help the community, I feel so much pride because I know it's all been done in the spirit of caring. With over 200 women working together, all with differing talents and experience, we might not always be in complete agreement, but the bottom line is we want to carry out our mission of community service, civic participation, educational programs and the preservation of our historic clubhouse. Our club membership has more than doubled in the past 5 years thanks to the extraordinary efforts of our past two and current Membership VP's and sometimes it's difficult to adjust to such rapid growth. But if we work together to achieve our goals, the St. Petersburg Woman's Club will remain a shining example of caring and community service."

Barbara Sundholm, President



# Membership

### Cynthia Guillama, VP; Cathy Parks, Assistant

### Jennie Jamison—Evening Group Committee Liaison

Our October Meeting was attended by **55** members and **10** Guests. New and Prospective Members were greeted at the door and provided a lovely Hawaiian Plumeria Flower clip to wear! They were warmly greeted by the membership!

SPWC now has 245 members with 53 new members— our club is growing rapidly!

Our next PRE-MEETING FOR NEW AND PROSPECTIVE MEMBERS will be held on November 14th at NOON, upstairs in the club-house sewing room. New members are welcome to attend as many times as you wish. VP of Operations, Cathy Allen, will attend and speak about her role in the Daily Operations and Capital Improvements of our historic clubhouse. This is a wonderful opportunity to meet other new members in a small setting and learn about volunteer opportunities!

During the General Meeting, new members are invited to sit at the RESERVED NEW MEMBER TABLE or MINGLE with our members!

#### **WELCOME NEW MEMBERS!**

Kim Blessinger, Bambi Landew, Becky Greene, Laurie Lombardi, Ashley Marbet Noccio, Victoria Quintana, Debra Raley, Anna Rita Razzetti, Barbara Stambaugh, and Pam Slocum

#### **WELCOM REJOINING MEMBERS!**

Katherine Ruetz, Katherine (Kitty) Safford

#### **ANNUAL MEMBERSHIP DUES**

Dues of \$75 must be paid by December 1st in order for you to be included in the SPWC Directory. Dues will be collected at the November General Meeting.

Payment methods include cash or a check made payable to SPWC.

Online credit card payments may be made at https://stpetersburgwomansclub.org/membership/.

#### Checks may be mailed to:

St. Petersburg Woman's Club / Attention: Membership

40 Snell Isle Blvd. NE

St. Petersburg, FL 33704

#### **LET'S MINGLE!!**

New to SPWC and to St. Pete? Long-time Resident?

Join us for the NEW 2-hour <u>Star Trolley Tour of OLD ST. PETE!</u>

The Star Trolley Old St. Pete Tour includes free entrance to the St. Petersburg Museum of History at the Pier. Membership, in collaboration with the Arts and Culture CSP, invite our members to learn more about our beautiful city and visit the St. Petersburg Museum of History Exhibit, Meddling: The Women Who Built St. Pete

The next public tour is scheduled for Saturday, December 6th at 9:00 a.m.

30 Seats are available!

Details (including ticket purchase) can be found at <a href="https://www.star-trolley.com/history/">https://www.star-trolley.com/history/</a>

Once tickets have been purchased, contact Cynthia Guillama at guillamacynthia@gmail.com

Lunch Social After the Tour!

### SPWC DIRECTORY SUPPLEMENT

The final 2025 SPWC Directory Supplement will be published in December via EMAIL BLAST. All new members and rejoining members from January-December 8<sup>th</sup> will be listed. A few printed copies will be available for members who have limited access to technology or request accommodation.

Please send any directory corrections or changes of personal information to Membership VP at quillamacynthia@gmail.com.

THANK YOU FOR YOUR MEMBERSHIP AND "LIVING THE VOLUNTEER SPIRIT"!



# Health & Wellness CSP

### Annette McComas, Chairperson; , Assistant, Mary Braisted

### We make and collect charitable donations

Hey, all my health-conscious sisters! Here's an update on our recent Health and Wellness activities. We delivered the quilts we've been working on to **Alpha House of Pinellas** (17 in all), 25 pillowcases,



laundry soap, dryer sheets, nursing pads, baby clothes, and diaper wipes. They were so grateful and said they really needed **Enfamil Gentlease Baby Formula and baby wipes**. Anyone can donate at 701 5th Ave N, St. Petersburg, FL 33701. We also delivered 6 neck pillows and 3 lap quilts to Palm Gardens and 20 children's pillowcases, 16 toys and 6 child's quilts to Ronald McDonald House in September.

For the **November General Meeting**, we'll have a special **guest speaker**, **Pia Jordan**, the author of 'Memories of a Tuskegee Airmen Nurse and her Military Sisters.' The book is about a four-year period from 1942 to 1946 during World War II when up to 20 women from the Army Nurse Corps worked at the base hospital where the future Tuskegee Airmen trained. We're planning to have a patriotic theme in honor of Veteran's Day that week and healthy snacks brought in by our CSP members.

Just a heads up that the **children's wish lists** and **Christmas stockings** for Sallie House and Brookwood will be available for members to choose at our **November 14th General Meeting**. Don't forget to return the stockings and any gifts that won't fit in the stocking at the December 12th General Meeting. No need to individually wrap gifts, and if they don't fit in the stocking, please put them in a large bag with the child's name on it. Thanks a bunch!



Our regular Wednesday meetings at 1 PM have been productive. Members are engaged in hands-on sewing and completing projects. We plan to fill more toiletry bags for the St. Pete Free Clinic on **November 19th**, but we need some additional travel-size shampoo, conditioner, and toothpaste. Also, if anyone has makeup/toiletry bags they received as a gift with a purchase, we can use those as well...minus the makeup.



Our club has 26 members using the **Charity Miles app**, who've racked up over **11,235** miles! Way to go Ladies!!! Keep up the good work! If you'd like to join us, click the QR code, set up "flying solo" and then join St. Petersburg Woman's Club team.



# Donation Requests

# ENVIRONMENT CSP (contact Amy Skasko for a more complete list)

Canned Food and Treats in sealed containers Sheets, blankets and towels, cleaning supplies Collars, leashes, and dishes Chew toys and stuffed toys Pop tops from soda cans

#### **HEALTH & WELLNESS CSP (Annette McComas)**

Children's Toothbrushes
Children's Toothpaste
Enfamil Gentlease Baby Formula
Baby Wipes for sensitive skin
Flannel, Pellon
Small toiletries

### **EDUCATION CSP (Joyce Taylor)**

Box tops for Education (now done on line) Campbell Soup Labels Cereal for summer in May (large boxes) School supplies in September

#### **EVENING GROUP (contact Tyler Kornatowski)**

Toothpaste & toothbrushes, Tampons / pads
Disposable razors; soap and lotion
New or gently used T-shirts (Large & X-Large); socks
Ball gowns and cocktail dresses for Goodwill's "Belle of the Ball"

### **Healthy Horizons**

provided by Health and Wellness CSP



# Sprint Interval Training (SIT): Benefits and Getting Started

Annoyed with being told to "slow down" as you age? Instead, how about kicking up your cardio for strength and vigor but approaching it differently than in the past. Women have long been told to do cardio at level 2 intensity, which is light to moderate. But research now shows that level 2 cardio often raises cortisol levels in women after menopause, increasing fat storage and contributing to poor sleep. SIT means to do higher intensity cardio work for short periods of time. SIT is best done on a stationary bike for super short 10-30 second sprints. The benefits are amazing:

- SIT increases lean muscle mass and reduces fat pretty quickly. Belly fat and body composition improve as SIT coaxes your body to burn fat quickly for energy.
- SIT strengthens and increases energy producing mitochondria. Mitochondria generate the energy needed to power cells, which become less effective as we age unless we coax it to strengthen.
  - SIT improves insulin sensitivity. Fasting blood sugar is lowered.
- SIT makes your body pump out higher levels of human growth hormone (HGH), which counteracts cortisol production. HGH tells the body to produce more lean muscle mass. Lean muscle mass promotes bone health.
- SIT reduces inflammation when done regularly.
- SIT improves cognition because it stimulates BDNF, brain-derived neurotropic factor, that is responsible for brain tissue health.

How to get started? Remember that you must start where you are with the intensity. You will improve rapidly. Anyone can do this, and if you need help, maybe hire a trainer at your gym to help. Twice a week is enough and it takes a short amount of time. Try riding the bike using 10 seconds on/30 off, 20 on/30 off, or 30 on/30 off, meaning to pump as hard as you can for 10/20/30 seconds, rest for 30 seconds, and then do it again, maybe for a total of 3 minutes. Work up to three 3-minute sessions, getting off the bike after each 3 minutes to let your heart rate drop to normal before starting a new set.

Source: Next Level by Dr. Stacy Sims



# Correspondence

## Cheryl Freeburg

Ladies, Let's enjoy the Fall weather, be safe, laugh a lot and enjoy everyday. It's my joy calling and sending cards to our friends of SPWC.

My Email address is cfreeburg@tampabay.rr.com. Cell # is 803-448- 6700



# Evening News

### Tyler Kornatowski & Li Watts, Co-Chairs

We had a full house on Tuesday evening and had to pull in extra chairs! Twenty-six lovely ladies were in attendance including several new and perspective members. We celebrated Li Watts birthday with a song and a flamingo cupcake arrangement.

On September 27, Evening Group volunteers including Goodwill employee Jennifer Brackney helped nine-teen young women select formal dresses at no cost at **Goodwill's Belle of the Ball Boutique**. It was a heartwarming experience (see photo) and we look forward to arranging more Belle of the Ball volunteer opportunities in fall / spring to coordinate with the homecoming and prom seasons. Jennifer also announced **Goodwill's BookWorks** program to encourage literacy in our youth. Goodwill offers neatly packaged book sets for free. If you have access to a "Little Free Library" or local classroom in need of books, contact Jennifer.

On October 21, the **New Teacher Initiative**, led by Li Watts, celebrated at the Clubhouse with a Reception. New Teachers from St. Pete picked up their custom gift baskets, special guest Laura Hine Pinellas County School Board Chairperson spoke and guests enjoyed music, food and drinks.

On October 25, a team of 8 SPWC members led by Becky Crosson participated in the **CASA Scavenger Hunt** in downtown St. Pete. All donations go to CASA (Community Action Stops Abuse) to assist survivors of abuse with services, counseling and shelter and to prevent domestic violence in our community.

On November 18, **Albert Whitted Flying Club and Albert Whitted Preservation Society** is asking for help from SPWC to set-up, serve and clean-up during their **Spaghetti Dinner Fundraiser**. The organization offers scholarships for young aviators and promotes education, community service and flying opportunities. Please use this link to sign up and/or to make donations. Contact Eve Overby with any questions. <a href="https://www.signupgenius.com/go/8050D4AAFAD28A4F49-59591078-spaghetti">https://www.signupgenius.com/go/8050D4AAFAD28A4F49-59591078-spaghetti</a>

The Evening Group Committee meets monthly on the 2<sup>nd</sup> Tuesday with our next meeting at the Clubhouse on **November 11**. We gather @ 6:30pm to socialize then begin our meeting @7:00pm. **All are Welcome!** For more information and/or to get involved, contact Tyler Kornatowski <u>tylerkpta@comcast.net</u> or Li Watts <u>liwwatts@yahoo.com</u>

Our **Evening Group Book Club** meets monthly on the third Tuesday. On **November 18**, Pam Bergeron will host as we discuss <u>First Lie Wins</u> @6:30pm. Location TBD



Evening Group members Jennifer, Nanci, Pam, Grace and Sally are all smiles as they help young women select dresses at Goodwill's Belle of the Ball Boutique.



# Arts & Culture CSP

### Marianne Snyder, Chairperson; Mary Fletcher, Assistant

We have some fun activities for you to enjoy!

### Van Gogh Alive 360° at The Dalí Dome

Experience Van Gogh Alive 360° like never before. For the first time, this immersive experience fills The Dalí Dome with nearly 40-foot projections of color, motion and music, tracing Van Gogh's journey from early sketches to his most iconic masterpieces.

To purchase tickets, click on: https://tickets.thedali.org/webstore/shop/viewItems.aspx?cg=Main&c=MainDome

Scroll all the way down to: Thursdays After 5 Dome + Gallery Admission

Step 1 - select Thursday, November 6th / then 6:30 show / click button to the right of available

Step 2 – select ticket quantity / add to cart / checkout

Cost is \$31 which includes museum entrance from 5 to 8 pm and the dome

(you cannot just pay for entrance to the Dome)

Tickets may be limited for the 6:30 show so don't delay!

Dinner prior to the event

The Hanger Restaurant & Flight Lounge, 501 1st St. S

Reservation will be at 4:45 to give us enough time to have dinner, converse and walk over to the museum in time for the 6:30 show.

You must let Marianne Snyder know if you have purchased your **Dalí Museum** Thursdays After 5 Dome + Gallery Admission ticket and whether or not you will be joining us for dinner. **Dinner reservation deadline is October 30.** MarianneSnyder233@gmail.com

### Bill Edwards Foundation for the Arts at The Mahaffey Theater – Judy Hunt

Sign up sheets are available for the Live Performances and the BAM events.

Contact Judy Hunt for more information and to sign up <u>Judy-Hunt@outlook.com</u>

#### Arts Competition for our Club - Friday, January 9

It's not too early to be thinking about our **Arts Competition in January**. It takes place at our general meeting on **Friday, January 9th**. One of our categories is crafts such as ceramics, clay, beadwork, knitting, crocheting, embroidery, quilting and many more! Another is arts such as painting, drawing, etc. Our last category is photography – go through some of your photos and see which ones you may wish to print for the competition! More information will be coming but if you have questions now, please contact MarianneSnyder233@gmail.com

### District 14 Arts Competition at our Club - Wednesday, February 25

All members are welcome to attend whether or not you participated in the club competition. You will be able to see all of the 1st place winners from the District 14 clubs! There is so much talent out there!!!

#### The SHINE Mural Festival - ON YOUR OWN

SHINE celebrates its 11th Anniversary this Fall from **November 7 to 16**. There will be stunning large-scale murals and special events recognizing the transformative power of over a decade of public art. It is a community-wide event honoring the impact of mural art and artists in St. Pete. By using the walls and streets as canvas, SHINE transforms our shared spaces into a world-class outdoor gallery featuring top contemporary local, national, and international artists. Produced by the St. Petersburg Arts Alliance, SHINE has created nearly 170 murals throughout downtown and the surrounding arts districts since 2015. Shine will highlight local artists this year but will skip international artists in 2025, opting instead to invite just Bay area, regional, and U.S.-based painters—a change that will not be permanent.

#### POSSIBLE EVENTS/ACTIVITIES WE ARE CONSIDERING:

Tour of the renovated Holocaust Museum that includes Thor, a boat that saved Danish Jews from Hitler

Tour of City Hall

Tour of the Morean Art Center – possibly December

Embracing Our Differences in Poynter Park – March 7 to April 12 –

Girls Rock St. Pete – music for young girls – summer

Knit for a Cause – knit 4x4 inch squares & invite the community to attend

If you are interested in joining our CSP, our next meeting will be immediately following the next general meeting which is on Friday, November 14th at 1:00.

### **CAN YOU SERVE?**

The **Nomination Committee** is seeking women who are interested in leadership positions. Many times we hear "I'll help but I don't want to be in charge". We are always in need of helpers BUT **we also need leaders**. Think about what your skills and interests are and how you could serve.

We are currently looking for **Community Service Program** (CSP) heads for **Civic Engagement & Outreach** as well as for **Environment**. The links below are from the GFWC website and can provide more information regarding the two CSP's.

### Civic Engagement

https://72ee9f80-fa10-47fa-8c65-b1e60d5d4239.usrfiles.com/ugd/8c9a8a\_a50e824c05124d0e96eefde74ba84afd.pdf
Environment

https://72ee9f80-fa10-47fa-8c65-b1e60d5d4239.usrfiles.com/uqd/8c9a8a\_56d5f45380f045c7beb58389d01dfda8.pdf

I'm happy to answer any questions you may have so if you are interested or even think you may be, please contact me as soon as possible. <a href="mailto:MarianneSnyder233@qmail.com">MarianneSnyder233@qmail.com</a>



# Social Events

### Liz Pacheco, Chairperson; Arlene Smith, Assistant

Club Calendar

<u>Friday, November 7<sup>th</sup>, 10:00 a.m.</u> – First Friday Morning Games - Come and join us as we play the exciting game of Mexican Train. If you don't know how to play, we will teach you. It's very easy to learn and a lot of fun. We play from 10:00 a.m. until noon, and then we go out to lunch. Just let me know if you plan to attend.

<u>Friday, November 21<sup>st</sup>, 7:00 p.m.</u> - It's Bunco time! Bunco is a very social dice game. Again, if you don't know how to play, we will teach you. Very easy! And, there are magnificent? prizes! Just bring a snack to share and your own beverage. Just let me know if you plan to attend so I know the number of tables and chairs to set up.

<u>Friday, November 28<sup>th</sup>, 6:00 p.m.</u> Ladies Night Out - This month we will be going to The Hangar Restaurant and Flight Lounge, Albert Whittier Airport, 2<sup>nd</sup> Floor, 540 First Street South, St. Petersburg. Just let me know if you plan to attend so I can let the restaurant know how many people to expect. Attendance is not limited.

Liz Pacheco

Social Director

727-481-4821

lizpacheco02031946@gmail.com



# Cívic Engagement CSP

Gail Brazzell, Chairperson; Joy Sterling, Assistant

Civic Engagement CSP met to write Thank You/Support Letters to our local Veterans. These Cards were given to Veterans of 5 Wars on their Return HONOR FLIGHT from a day in Washington DC 10/21.(Mission54). Thanks to those who joined us to greet the Veterans at PIE along with many other groups of supporters.

Your final small stuffed animal donations for this year will be delivered to our local Police Officers for when they charged with protecting "at risk" young children.

We sincerely thank all SPWC CSP Committee & Members for supporting GRAND REOPENING General Meeting, Veterans & our local Police Officers this year of Service.

Civic Engagement joined Soo... Many Civic, Military & Individual Organizations to support our very appreciative & emotional U S A Veterans!!





# Mahjonng News

Mahjongg is available on both Mondays & Thursdays from 2 pm to 4 pm. We have provided lessons for 7 months from April to October. Eight instructors have taught 28 of our members. If you think you may want to be one of our teachers, we would be happy to have you join our team.

We will continue with lessons every month on the second Monday one month and the second Thursday the next month. The next lesson is on Thursday, November 13<sup>th</sup> at 2:00. We will also provide lessons on Monday, December 8<sup>th</sup> and Thursday, January 8<sup>th</sup>.

We will now be offering **supervised play for beginners** on these Thursdays in November and December: **November 6-13-18 AND December 4-11-18**.

Susan Rosenbaum has generously offered to supervise all 6 dates. Please note:

- This is not a lesson. Susan will be there to answer questions as they arise and keep the games moving.
- Members need to have taken a review lesson or played before
   Members need to sign up to play

For Mahjongg sign ups, members are to book online from our website CALENDAR found at <a href="https://stpetersburgwomansclub.org/club-events/">https://stpetersburgwomansclub.org/club-events/</a>

When you click on the Mahjongg event, a sign-up link will appear at the bottom. Clicking on the link will take you to Sign Up Genius

OR you can use the SignUpGenius links below:

### **Beginner Mahjong Play**

https://www.signupgenius.com/go/10C0544AFAD2AA0FBC16-59678310-members

### **Beginner & Review Mahjong Lessons**

https://www.signupgenius.com/go/10C0544AFAD2AA0FBC16-59507707-mahjong#/

### Mahjong Instructor Sign-Up

https://www.signupgenius.com/go/10C0544AFAD2AA0FBC16-59507140-mahjong



# Book Club News

### **Mary Braisted**

These are the dates and times of the next book club meetings and what we will be reading:

November 11 – 10:30 am – The Letter Carrier by Francesca Giannone

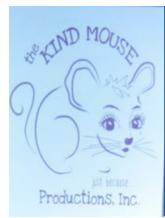
**December 9 – 11:30 am** – The Christmas Tree by Julie Salamon

Our holiday luncheon is scheduled for <u>December 9</u> and we will discuss The Christmas Tree. **Please note the change in time**. Books have not yet been chosen for January and February.

We are planning a trip to the newly renovated Barack Obama library (date to be determined). We will choose a book that relates to the library.

The book club is always open to new members. If you want to join, contact Mary Braisted at <a href="mailto:braisted636@gmail.com">braisted636@gmail.com</a>.

# Photo Gallery



Special thanks to
Evelyn Nakelski, VP
Programs, and our
members who
participated in the food
drive for The Kind
Mouse.





SPWC Three Generations Kitty Safford, Nancy Westphal, Katherine Ruetz





Welcome our new and prospective members!



# Photo Gallery



In September, several members of the SPWC attended the GFWC Fall Convention at the Rosen Hotel in Orlando



Our District 14 with St Pete members Annette McComas, Shannon Bailey, Barb Sundholm and Cathy Allen

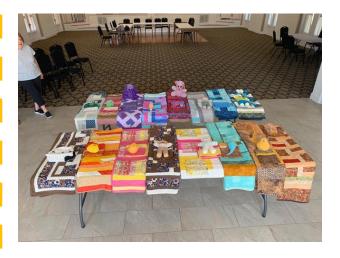






In October, the Health & Wellness CSP collected supplies and created quilts for Alpha House. Collections were also made at the October General meeting for the Kind Mouse. The totals were 228 lbs. of food with a value of \$648.

Thanks to all who donated and for your continued support.





### Club Calendar

<u>Friday, November 14th</u>: Club Day Meeting Hosted by Health & Wellness CSP Distribution of stockings for Sallie House & Brookwood

Every Monday & Thursday at 2 pm: Mahjongg.

Every Wednesday at 1 pm: Hands on projects with Health & Wellness

Twice a month on Friday at 1:00: Bridge

Every first Fri at 10 am: Games followed by lunch

Every second Tues at 7 pm: Evening group

Every third Friday at 7 pm: Bunco

Last Friday of the month: Ladies Night Out

Dates are subject to change if needs arise. Contact Social Director Liz Pacheco for more info.

#### **GFWC**

St. Petersburg Woman's Club 40 Snell Isle Boulevard NE St. Petersburg, FL 33704

### CLUB NEWSLETTER November 2025



### Happy Birthday!

		<b>.</b>	
Oct 01—Nancy Ruane	Oct 25—Grace Harrison	Nov 29—Jill Whelpley	Dec 25—Carol Tillis
Oct 02—Jan Brinkley	Oct 26—Evelyn Nakelski	Nov 30—Barbara Montanari	Dec 29—Louise Choate
Oct 02—Lucille Clark	Oct 29 –Kerry Ramsberger	Dec 01—Maureen Burns	Dec 29—Petra Urban
Oct 02—Claudia Griffin	Oct 31—Mary Spinelli	Dec 03—Cindy Stokes	Dec 30—Teresa Hartley
Oct 02—Jeanne Sanchez	Nov 05—Joyce Sterling	Dec 05—Antoinette Corey	Dec 31—Deborah Burke
Oct 02—Beth Timberlake	Nov 11—Annette McComas	Dec 06—Julie Hall	Jan 02—Becky Barie
Oct 04—Gaia Banovich	Nov 13—Brenda Tate	Dec 06—Tara Kipp	Jan 06—Sherry Cohen
Oct 05—Joanie Rubenstein	Nov 13—Esther Tonn	Dec 07—Mina Fracyon	Jan 08—Annette Baesel
Oct 06—Susan Kleine	Nov 14—Dawn Reid	Dec 07—Lisa Zamanillo	Jan 10—Lisa Rice
Oct 07—Barbara Gruters	Nov 16—Jeanne Nissenbaum	Dec 08—Maria Rossi	Jan 12- Pat Hayes
Oct 07—Li Watts	Nov 17—Jean Mathurin	Dec 11—Aziza Hood	Jan 13—Helen Bennett
Oct 08—Josephine Spinelli	Nov 18—Jeanne Bohnet	Dec 12—Suzanne Chesser	Jan 13—Monica Taylor
Oct 08—Mary Walton	Nov 20—Cynthia Guillama	Dec 14—Katharine Magrann	Jan 14—Diane Dudley
Oct 09—Janice Fleming	Nov 21—Marleen Collins	Dec 14—Carole Pope	Jan 15—Barbara Kirk
Oct 09—Lynda Jollay	Nov 21—Holly Tutun	Dec 15—Michel Sill	Jan 16—Mary Palumbo
Oct 11—Joyce Taylor	Nov 23—Elizabeth Hammer	Dec 18—Ann Cannon	Jan 21—Dayla Arabella
Oct 20—Suzi Cooper	Nov 24—Norma Allen	Dec 18—Laurie Marks	Jan 21—Terry Bazzone
Oct 21—Pamela Breen	Nov 25—Tyler Kornatowski	Dec 18—Dorothy Shuman	Jan 21—Margit Smith
Oct 21—Patricia Jordan	Nov 26—Emily Knight	Dec 19—Judy Lee	Jan 22—Irene Thompson
Oct 24—Gina Daro	Nov 28—Martha Stein	Dec 24—Carol Howard	Jan 26—Karen Mills

## A New Look is Coming to the SPWC Website

We are preparing to introduce an enhanced website that better represents our members and their dedication to volunteerism.

We are at the stage where we need members to review the following:

- Spelling and grammatical errors
- Information accuracy
- Site navigation
- m Spatial design

If you're interested in helping with this project, you'll need a smartphone, tablet, or computer. The project requires 1-2 hours of your time.

Did you know? The Public Relations website committee offers instruction in web design and management for anyone wishing to join their group.

