

THE WOMAN'S CLUB OF WINTER PARK, INC.

DECEMBER 2018 HIGHLIGHTS



President: Judy Allen
President Elect: Nancy Miles
Club Office: 407-644-2237
Email:
info@womansclubofwinterpark.com

Dear Ladies of the Woman's Club of Winter Park, Inc.,



As we continue to count our many blessing and give thanks, we now turn to one of the busiest times in the Woman's Club. You have always been a generous group of women, and now we have many opportunities to show our generosity to those with need in our community. Acts of generosity are a source of blessing to the giver as well as the receiver.

December 6th: Stockings for the Salvation Army need to be filled and returned. Remember to bring receipts.

December 13th: Toys (and receipts) due for 9 children living at the Winter Park Housing Authority. The children have asked for some large items. Please consider combining efforts with other members to provide some of these items. Contact Aycha in the office for what is still needed.

December 19th 9AM to 1PM Helping with a Christmas activity at the Winter Park Community Center.

Other dates to remember:

December 4th 9AM Decorate the tree in Central Park

December 8th Winter Park Christmas Parade: Meet at 8:45 AM on Whipple Avenue across from Casa Feliz.

December 13th: Holiday Luncheon. RSVP by Friday, December 7th. Cost: \$25. Bake sale and craft sale – 11:30AM. Entertainment by Belles and Bows.

We've had so many wonderful events during the last three months at the Woman's Club. I especially want to say a huge thank you to Sue Luongo for making the November 15th Lite Lunch so special. There is no one more generous than Sue – the salmon and vegetables were delicious! I hope that you will take some time for yourself to relax and enjoy the holiday season. And may you have a peaceful and blessed new year.

Judy Allen

December Programs



Thursday, December 6, 2018 2PM: Young at Heart Chorale

Directed by Jodi Tassos, the *Young at Heart Chorale* is a dynamic group of seniors ages 55 and over who love to sing. Their repertoire covers many styles and genres but specializes in favorite standards and show tunes. This group presents programs for a variety of community organizations throughout Central Florida. Join us as we enjoy their festive music program!

Thursday, December 13, 2018 11:30AM: Holiday Luncheon

Our Holiday luncheon will begin with our holiday bake sale and gift shop, followed by social hour. Lunch will be served at noon. We are delighted to welcome Belles & Bows as our holiday entertainment this year. Belles & Bows is an all female, holiday quartet that has been charming audiences in the Central Florida area for the past eight years. Belles & Bows is an offshoot of the larger music advocacy non-profit organization, Central Florida Vocal Arts. Decked in modern holiday attire, these lovely ladies add elegance, charm and class to private parties, corporate events and community festivals alike. We are delighted to share sentimental tunes like "Somewhere In My Memory" made famous by the movie Home Alone to jazz arrangements of classic tunes like "Up On The Housetop," to contemporary favorites such as Mariah Carey's "All I Want for Christmas is You". The ladies will share stories and holiday memories on a musical journey with audiences



Upcoming Events



Woman's Club Christmas Red Pepper Tree Decoration

December 4th, 2018, 9AM

Join us for the Woman's Club of Winter Park Annual Red Pepper Tree decoration!

Hint: There will be donuts and photos!

RSVP to Aycha at info@womansclubofwinterpark.com

Annual Winter Park Christmas Parade! Saturday, December 8th 2018, 8:00AM

Join us in your merriest Christmas sweater (or t-shirt if it is warm!) as we brag about our 103 years of service and scholarship on Saturday, Dec. 8. Meet us on Whipple, right is next to the golf course across from Casa Feliz by 8:45AM. The parade ends near the Woman's Club so parking there is a great option. Email Aycha to RSVP at info@womansclubofwinterpark.com





Save the Date...

The Woman's Club of Winter Park, Inc.
Scholarship Reception

Tuesday, December 18, 2018
6-8 P.M.

Hopefully you will be able to join us to have the opportunity to meet our new 2018 Scholars and Renewal Scholars. It is always a delightful evening!



Annual Scholarship Reception Tuesday, December 18, 2018

We invite you to meet our new scholars over a delightful evening from 6PM to 8PM on December 18th, 2018. Please RSVP to Aycha at the office to attend!

If you have any gift cards that you would like to donate to the Scholarship Committee for their drawing at the Scholarship Reception, please give them to Aycha! Thank you for your generosity

Dress for Success Event

As we have done for many years, we are supporting *Dress for Success*, which provides appropriate clothing to economically disadvantaged women for job interviews. Nearly 50 community organizations are served by *Dress for Success*. They accept separates, tops, slacks, jackets, suits, pocket books, closed toed shoes and some accessories. We will again be collecting this tailored clothing during the entire year. Your items can be dropped off at the Woman's Club prior to club meetings or by contacting Aycha at the office. Thank you!

Pat Miller



Woman's Club of Winter Park 2019 Scholarships

If you know anyone who might be interested in applying for the Woman's Club Scholarship... Scholarship Applications for 2019 are due **Friday, March 1, 2019**

Applications are on our website: www.womansclubofwinterpark.com



Message from the Scholarship Committee

It is with pride that the Scholarship Committee would like to reintroduce you to the 2018 "Renewal Scholars."



Elizabeth Abel
University of Florida



Sarah Barlett
Sanford University



Joseph DeRienzo
University of Florida



Sierra Hittel
University of Alabama



Sophie Krist
Presbyterian College



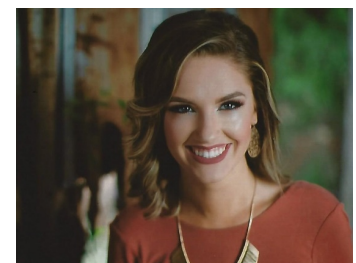
Alexandra "Sasha" Moore
Stanford University



Chantale Ninah
University of Central Florida



Shanara Ramirez
Rollins College



Trinity Turlington
University of North Carolina

Please Welcome Our New Members

Cindy Abeel (9/10)
903 Park Lake Circle
Maitland, FL, 32751
(407) 690 0086

Peggy Canary (12/17)
2816 Eastern Pkwy
Winter Park, FL, 32789
(407) 497 0654

Tish Stallard(11/6)
629 Penn Place
Winter Park, FL, 32789
(407) 415 3393

Leslie Thomas (2/16)
700 Melrose Avenue, H23
Winter Park, FL, 23789

Sara Woodward (12/03)
2837 Lake Baldwin Ln.
Orlando, FL, 32814

Deborah Williams (11/10)
502 Dunblane Drive
Winter Park, FL, 32792

December Birthdays!

Karen Berg 12/29
Christine Bush 12/31
Bev Cox 12/27
Jean Koivu 12/6
Frances Stultz 12/12
Sara Woodward 12/3

Karen Buchan 12/9
Ginger Campion 12/29
Pam Driscoll 12/31
Pat Miller 12/25
Elizabeth Taylor 12/13
Jackie Byrd Thompson 12/22

Christine Bucheli 12/8
Peggy Canary 12/17
Barbara Hughes 12/31
Julie Rankin 12/26
Jane Tims 12/23



A SEASON FOR HUGGING

By Aycha Williams

*“Never wait until tomorrow to hug someone you could hug today,
because when you give one, you get one right back your way.”*
Anonymous shared by Sonia Renaud, a Registered Respiratory Therapist.

Our preconceptions are formed by our limited life experiences that make up our opinions. These opinions become judgments that we pass, sometimes in the blink of an eye. In his book the Daily Stoic, Ryan Holiday tells us that our understanding of what something *is* is just a snapshot - an ephemeral opinion. To put it boldly, we look at the world with a bias. We are self-focused and we filter life with our subjective beliefs and past experiences. From an evolutionary standpoint, we pass judgment on strangers and friends as a mechanism for survival. We want to predict what is next, to stay safe. In reality unlike the prehistoric times, our life is no longer in danger and no, we don't need to control the universe.

Judgment can be passed with or without words. They say *eyes tell a million stories* for a reason. The receiving end of the un-approving looks and judgment always knows. And many a times, because words are not used, there is little room for communication for correction or acknowledgement.

Would world be a better place if there were other ways of understanding each other? One method I am practicing these days is called *other-focused listening*. Also referred to as *curious listening*, the method suggests that the feeling of “already knowing” will get in the way of truly hearing what is actually said or felt. It evolves around a powerful reality that we can never completely know how others think, feel or react. The act of other-focused listening may take time to master. However, it can be accomplished through mindful awareness and practice. There are many studies that show the kind of magic that happens when people feel heard and deeply listened to.

What else can we do in the now to avoid judgment? How can we come from a place of love in all things we do? As we are in the season of giving, sharing and forgiving, there is at least one other way I can think of. It really does the trick for me, every time. What if every time we feel judged, instead of feeling disappointed or sad, we take action and give our critic a hug. A hug helps us forgive on the spot and not carry the grudge. And, every time we catch ourselves judging another let's take a step back and pause, take a deep breath and reach for a hug, a soft touch or an act of kindness instead. Our short life's experiences are so limited, it is impossible for us to know what is happening in other people's lives for the things we judge them for. And hugs have so much healing power, it may help us grow our perspective, instead.

Sonia Renaud; a registered respiratory therapist and a friend, recently gave a speech about her experiences in healthcare as they relate to the subject matter. Her area of focus being patient care, she

emphasized how the hospitals are starting to acknowledge the need of patients for a warm touch. She mentioned how an increasing number of hospitals are providing *touch-therapy* for patients with cardiac issues, cancer, and chronic pain. "A hand being held or a hand on the shoulder... just this simple gesture... it can relieve pain, improve physical and emotional healing, manage stress, improve circulation...all because of the simple human touch," said Sonia in her speech. I was especially intrigued when Sonia shared a study from the Carnegie Mellon University[1]during her speech. According to this research, hugging is as vital to our health and wellbeing as much as proper diet and exercise... During a hug, the pressure receptor under the skin sends a message to the brain thru the vagus nerve which causes the love hormone oxytocin to be released. This in return lowers the heart rate and blood pressure, makes us less anxious, promotes positive thinking and gives an optimistic attitude. Hugs help us live longer because they reduce stress and enhance our immune system. In the said research the findings include an interaction between hug receipt and conflict exposure such that, receiving a hug was associated with reduced chances of interpersonal conflict on the day of the hug and the next day, for the participants of this research. Sonia said that a-hug-a-day may very likely keep the doctor away. I could not agree more. As a simple and warm addition to our daily routine hugs may help us stay more balanced, less anxious, happier and more agreeable in general. Sonia concluded her speech with the following anonymous quote: "Never wait until tomorrow to hug someone you could hug today, because when you give one, you get one right back your way."

Think of how hugs make us feel. Hug of love, hug of desire, hug of kindness and compassion, and hug of simple warmth. Consider judging less and hugging more this holiday season.

[1]<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0203522>



Join us for our

Holiday Luncheon

Thursday, December 13, 2018

*Featuring our popular annual
Holiday Bake Sale and Gift Shop
Sale begins at 11:00 - Social Hour at 11:30
Lunch served at Noon*

\$25.00 per person - Guests welcome!

Deadline for Reservations - Friday, December 7th

*Payment for this popular event must be received by deadline to insure
your reservation.*

RSVP by Friday, December 7th to Aycha Williams

Please make checks payable to The Woman's Club of Winter Park, Inc.

Name: _____
Seating Requests: _____
Paid amount: _____