

THE WOMAN'S CLUB OF WINTER PARK, INC.

OCTOBER 2019 HIGHLIGHTS



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Dear Woman's Club members,

We were very happy to see so many members and guests at our Membership Tea and to experience the energy of a new season with great upcoming programs, opportunities to give back and, as always, the social connections that we build when we share a cup of tea in a pretty setting.

As always, a number of our members worked together to make our gathering an enjoyable one! Thank you ladies!

We have a great line up of programs this month, truly something for everyone. We will start the year off with a personal enrichment program and finish on Halloween with local "spooky" stories. In between, we will have a catered lunch on October 17th with piano music provided by international pianist Frederic Voorn from Amsterdam. For **new members**, the cost of our catered lunches is \$25 and you will need to reserve ahead of time. You will be able to pay by check, cash or credit card (\$2.50 surcharge) at meetings, on the Woman's Club website www.womansclubofwinterpark.com or by emailing Aycha in the office at info@womansclubofwinterpark.com Yes, you may invite a guest as well!

We are looking forward to our Artisan Showcase on November 2 and still have space for a few more vendors. For more information, email ArtisanShowcaseWP@gmail.com.

We look forward to seeing everyone on our **FIVE** October Thursdays!

Nancy Miles

October Programs



Thursday, Oct. 3rd, 2018: 2PM: A Labyrinth is Not a Maze!

Join Rev. Katrina Jenkins as she talks about how you can incorporate the labyrinth as a spiritual in your life. She will give a brief history of the the labyrinth--it's re-emergence in the 21st century as a tool for mindful reflection, problem solving and counteracting stress. Whether you have a lot or no experience of using the labyrinth, this talk will enable you to reflect on its usefulness.

Thursday, Oct. 10th, 2018: 2PM: Downsizing the Family Home, Marni Jameson

Join us to hear nationally syndicated columnist and author Marni Jameson with her tips on Downsizing! Marni is well known to area readers through her "At Home with Marni Jameson" column in the Orlando Sentinel. As well, Marni is the author of four home design books with a fifth book to be released Dec. 3rd. Marni will be signing books after her talk.



Thursday, Oct. 17, 2018, 11:30AM: Fall Luncheon & Frederic Voorn

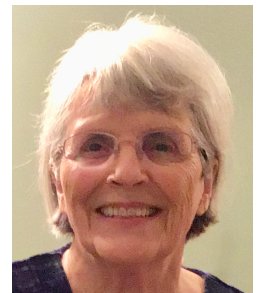
Award winning international musician Frederic Voorn will be joining us for our Fall Luncheon. In demand as a festival pianist and composer, we are lucky to hear him on this tour.

Frederic Voorn is a concert pianist and composer. He studied piano at the conservatories of Amsterdam and Utrecht. After receiving his performing arts degree, he continued his studies in London and in Moscow. As a pianist, Frederic Voorn has given concerts on four continents performing both on modern and historical instruments. He has given master classes in America, Canada, Indonesia and Russia. He has written articles for numerous music magazines, conducts three choirs and had his own Dutch radio program for 12 years. Mr. Voorn lives in Amsterdam, is married and has two sons.

Thursday, Oct. 24, 2018: 2PM: Our Journey with Alzheimer's

Lenore Dillard, Woman's Club of Winter Park member emeritus, was born in Huntington, West Virginia. She graduated from Marshall University with a degree in education and has spent much of her career teaching. Lenore has been married to her beloved husband for over 60 years. They moved to Winter Park in 1962 and have one daughter.

Lenore Dillard will share her journey as caregiver in her home for her husband who has Alzheimer's. She will describe her life and offer suggestions to all of us who have family members and friends with this issue. Lenore will bring several of her husband's paintings for a Silent Auction to benefit the Woman's Club Charitable Giving Programs.



Thursday, Oct 31, 2019: 2PM: "Andre the Ghost"

Life-long Winter Park resident Stockton Reeves IV spent many years as a board member of the beautiful Maitland Art Center which is rumored to have it's own "ghost", Andre. Stockton will talk about this and other local places where spooky occurrences have been noted.

Announcements and Meetings

Artisan Showcase

Our second Artisan Showcase will be held on Saturday, November 2nd at the Woman's Club. Artists are signing up and looking forward to once again share their creative handmade wares with our members and the public.

If you know a crafter/artist please tell them about our event. Tables are \$50 for non-members and a bargain price of \$30 for members and, yes, tables may be shared with a friend. Please find the Artisan Showcase flyer at the end of this newsletter for your friends that may be interested!



From the Charitable Giving Committee

From the Charitable giving Committee... For our October giving project, we will be doing a "Trunk or Treat" Halloween with the Winter Park Housing Authority at The Meadows for around 100 children.

We are asking members to contribute a bag of candy, toothbrushes, or a pumpkin to this endeavor.

You can bring them to the club beginning with our first meeting on October 3rd. Everything must be in by October 24. Please remember your receipts.

Our giving projects for the remainder of the year are as follows:

- November-stockings for The Salvation Army
- December- Christmas gifts for The Winter Park Housing Authority
- February-Valentine boxes for our member outreach
- March-supplies for The Russell Home for Atypical Children

Chris Bush, Charitable Giving Chair



Messages from the Scholarship Committee

Our Scholarship Committee has started their meetings. If you are interested in joining the committee please contact the scholarship chair Debbie Kirkwood.

SAVE THE DATE

Thursday, December 19th 6:00pm
For our annual SCHOLARSHIP RECEPTION at the Woman's Club

October Birthdays



10/1	Janet <u>Womble</u>	10/19	Barbara Willard
10/3	Kristy Dunlap	10/20	Carol Card
10/5	Alexandra Johnson	10/21	Drew Brooks
10/8	Sue <u>Luongo</u>	10/21	Kay Odell
10/9	Karen <u>Rodda</u>	10/23	Carolyn Bird
10/10	<u>Nataliya</u> Epperson	10/27	Joan Clayton
10/17	Susan Talcott	10/29	Bette <u>Blanchfield</u>

The Secret to a Long and Happy Life

“Only staying active will make you want to live a hundred years.”

Japanese Proverb

Did you know that Okinawa, Japan has the highest global average of where people live to be well over 100 years old? A mysterious name, *ikigai*, is a Japanese concept, which translates roughly as “the happiness of always being busy.”

Those who study why the inhabitants of Okinawa live longer than people anywhere else in the world believe that one of the keys – in addition to a healthful diet, a simple life in the outdoors, green tea, and the subtropical climate – is the *ikigai* that shapes their lives.¹

But how does *Ikigai* inspire people to live busy and active lives well into their 100s? Where does this uncommon joy that flows through the inhabitants of the rural town of Ogimi in Okinawa (with the highest life expectancy in the world) come from?

It turns out that tone of the secrets to happiness of Ogimi’s residents is feeling like part of a community. Here are a few things that Ogimi’s residents practice on a daily basis:

- From an early age they practice *yuimaaru*, or teamwork, and so are used to helping one another. Nurturing friendships, eating light, getting enough rest, and doing regular, moderate exercise are all part of the equation of good health, but at the heart what inspires these centenarians to keep celebrating birthdays and cherishing each new day is knowing that they can count on others.
- Forming social ties, having a broad circle of friends and good family relations is something these centenarians practice on a daily basis.
- *Moai*: Connected for life: It is customary in Okinawa to form close bonds within local communities. A *moai* is an informal group of people with common interests who look out for one another. For many, serving the community becomes part of their *ikigai*. The *moai* has its origins in hard times, when farmers would get together to share best practices and help one another cope with meager harvests. Members of a *moai* make a monthly contribution to the group. If a member is in financial trouble, they can get advance from the group’s savings. The feeling of belonging and support gives the individual a sense of security and helps increase life expectancy.

Sound familiar? We may not be in Ogimi, Okinawa, Japan; but here at the Woman’s Club we practice *ikigai* in all its ways! We are more than friends, in fact; we are more like an extended family. Woman’s Club is a place of support, respect and love where friendships are nurtured in the course of actively helping our community, preserving our club and providing opportunities to those that are in need. Being here for each other in good times and bad is an unwritten rule. In an age where we have to hear from medical doctors² that lack of socialization is one most the most serious threats to our health, here at the Woman’s Club we do what comes natural to us: to be with each other, for one another.

Here is to another year of staying happily busy, and to building and growing friendships while supporting our great community, one friendship at a time.

Aycha Williams

¹ *Ikigai, The Secret to a Long and Happy Life*, Hector Garcia and Francesc Miralles, Penguin Books, New York, 2014.

² *Mind, Mood & Memory, Ask the Doctor*, Maurizio Fava, October 2019.



Please join us for our

Fall Luncheon

Thursday, October 17, 2018

*11:30am, Lunch served at noon
\$25 per person, guests welcome!*

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

RSVP Deadline is Friday, October 11.

Please RSVP to Aycha or Maura in the Club office.

Name: _____

Guest(s): _____

Seating Requests _____

Amount Enclosed: _____

WOMAN'S CLUB OF WINTER PARK PROGRAM CALENDAR 2019-2020

OTHER DATES: Rummage Sale 8/31 Membership Tea - 9/19 Artisan Showcase 11/2

2019 OCTOBER	3 2 PM Reverend Katrina Jenkins, Rollins College A Labyrinth Is Not A Maze!	10 2 PM Marnie Jameson, <i>Orlando Sentinel</i> Downsizing / De-Cluttering	17 11:30 AM Frederick Voorn, Pianist Fall Luncheon Catered \$ RSVP	24 2 PM Lenore Dillard, Alzheimer's Caregiving	31 2 PM Andre the Ghost, Stockton Reeves VI Maitland Art Center
NOVEMBER	7 2 PM Steve Brown, The Glass Knife Restaurant, A Family Story	14 2 PM Charlene Edge, Author of <i>Undertow</i>	21 11:30 AM Jacob Pence with Pianist "Songs of Thanksgiving" Tasters Luncheon RSVP	28 HAPPY THANKSGIVING NO MEETING	
DECEMBER	5 2 PM Jason Fitton, The Concept and Creation of <i>Park Avenue Magazine</i>	12 11:30 AM Belles & Bows "Holiday Cheer" Christmas Luncheon Catered \$ RSVP	19 6:00 PM Scholarship Event Evening Catered RSVP	26 HAPPY HOLIDAYS NO MEETING	
2020 JANUARY	2 HAPPY NEW YEAR NO MEETING	9 2 PM Theresa Smith-Levin Performs Finding Your Voice	16 6:00 PM Founder's Day Event Evening Catered \$ RSVP	23 2 PM Matthew Cornell, Artist and Award Winner, Winter Park Sidewalk Art Festival	30 2 PM Ryan Frazier, Cinema Stories
FEBRUARY	6 2 PM League of Women Voters <i>Warriors for Democracy</i>	13 11:30 AM Rachel Arnett & Emile Doles "Dance & Songs of a Worldwide Love Affair" Tasters Luncheon RSVP	20 2 PM Aycha Williams, Health Coaching	27 2 PM Liz Doyle, Florida Embassy, Washington, DC	
MARCH	5 6 PM Marisa Worley, An Evening of Irish Dancing RSVP	12 2 PM Judge Larry Kirkwood Genealogy	19 11:30 AM Evelyn & Arthur Boutique, Fashion Show & Luncheon Catered \$ RSVP	26 2 PM Audubon Center, Birds of Prey	
APRIL	2 2 PM Clyde Moore, Bingo!	9 11:30 AM Welbourne Nursery Tasters Luncheon RSVP	16 2 PM Farm Gal Flowers Containers /Arrangements by Eileen	23 2 PM Tanner Johnson, Violin Silver Tea	30 2 PM Installation Tea Catered \$ RSVP