



# Abundance News

## GFWC Woman's Club of Stuart

"Celebrating 107 Years of Community Service"  
*A Member of the General Federation of Women's Clubs\**

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Paulette Holiday, Editor

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### From the Desk of President Jo Baxter

Many who responded to the survey of our members noted they missed seeing their Woman's Club friends and wished them well. So do I. March has been quite an unusual month, with virtually all activities cancelled or postponed indefinitely. It's given us all more time to reflect, relax and relish reconnecting with friends and family --- at a distance of course.

It's also been a time of seeing some of the good that happens when a crisis hits. People helping neighbors, sharing food and supplies. Taking time to show kindness to others. Appreciating the small things – even toilet paper!

We will have a lot of time during April – maybe beyond – to think about how blessed we are. I plan to do something different in April. Every day I am going to write down one thing I am thankful for. You might want to try it too.

Thankfulness helps us get through tough times. And when we do get through this tough time, we'll have even more to be thankful for.

Wishing you and your loved ones well!

**"As you grow older, you will discover that you have two hands,  
one for helping yourself, the other for helping others"**

*\*GFWC an International Women's Club  
dedicated to community improvements by  
enhancing the lives of others.*



**We're Coping in These Difficult Times...**It was wonderful to hear from so many of our club members about how they are coping during the virus pandemic. Most all who replied are staying home except for needed trips for groceries. Many are cleaning closets and tackling long-delayed chores. Most have not have problems getting food and supplies. Thanks to all of you who replied to our email survey. Following are some excerpts of responses from members. – Jo Baxter



**Paula Rosen** – I plan to remain home for as long as it takes. I have been sewing new cushions for my outdoor chairs and cooking up a storm with new recipes. I'm also working on my upcoming role as GFWC Florida District 10 director. (The positive of being home?) Doing projects long-neglected. Spending more time with our children and grandchildren, other family and friends, now that their lives have quieted down.



**Jacqueline Brock** – Working from home. Go to grocery stores, drop off supplies at my parents in assisted living. Ride my bike 5-10 miles every morning. Enjoying the yard and pool and being able to create. Also creative cooking and talking with old friends.



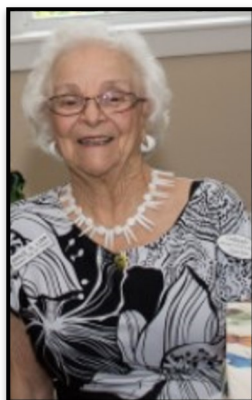
**Sandra Coughlin** – Staying home, getting all the little jobs I have put off done. (The positive?) Limiting exposure to the virus.

**Denise Clark** -Spending time at the pool, staying safe distances apart. Still walking our 5 miles with Laura Shepherd. I start drifting into her space and she says ...Hey, back up! I've got my net MRI on April Fool's Day so I am being very diligent to stay healthy. I need my infusions. It's going to be havoc up at UF but we will get through it.



**Dena Rahill** –I'm going to the Elliott Museum where I practice my crystal singing bowls. I walk the dog and go to the beach (I live on the beach.) Cleaning and organizing at home, trying new recipes.

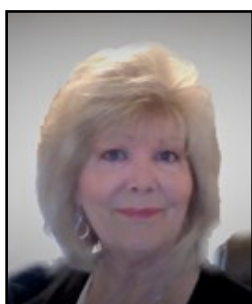
**Belinda Gilels** –I am staying home except for golfing and going to the grocery store. For golf, we have separate carts and keep about 10 feet apart. I am using our Peloton and binge-watching shows on Amazon. I am President of a Toastmasters club and we are using Zoom for online meetings. The most positive aspect of staying home is doing more yoga.



**Grace Linn** – Because of our ages, Fred and I are totally isolated, not only to protect ourselves but to protect others. We have plenty to do and I even can embroider now and then. We wish a safe recovery from this horrible pandemic. Many thanks to several folks who have volunteered to shop for our groceries etc., when we need them.



**Ruth Martini** – Staying home, sitting outside by the pool, under the umbrella, listening or reading books and playing games on my Ipad. Texting or Facetiming my daughters and friends. Initially I had time to properly rest, letting my body heal from a cold/flu. Other positives, reading lots of books and being outside relaxing.



**Jean Alicea** – I am confined for the most part in my home. My business is at a standstill which is concerning for me. I am finding it difficult to find water, some other groceries and paper products. I am practicing social distancing when I do go to a store. Who would have thought we'd be experiencing something this serious?

**Edwina Dunworth** –Going out to do shopping or walking once a day. Busy with church matters. No services of course, but phone calls, webinars, emails to help, Zoom vestry meetings. I have not found the positive in this situation so far, anxious and do not seem to have the time I anticipated to read.

**“DON'T WORRY 'BOUT A THING,  
CAUSE EVERY LITTLE THING'S GONNA  
BE ALRIGHT.”**

**--BOB MARLEY**



**Starr Lorenzi** – I am blessed to be in a community that is looking after each other. I can play golf because we walk and keep our distance. Time to reach out to old friends and distant family. A true God Wink: I was able to get groceries but alas, no T.P. I was down to my last roll and my neighbor knocks on my door with....yes...several rolls of you-know-what. I am appreciating so many things I took for granted.

**Elisabeth Gould** – We are staying home and taking this virus seriously. We have one daughter in lock-down in Norway and a son working in Shanghai and they keep us pretty well-informed. I have yet to be bored because there is always some cleaning or other stuff to do. Reading lots of books and magazines that have been on hold. Do you know of any members that need help? I am so new that I don't know everyone, but would love to help out.



**Susan Clifford** – Not going out, but doing art and gardening. (Most positive?) Beating my husband Bill at gin rummy. Of course he thinks he is a better player.



**Paulette Holliday** – Staying home and will continue until this is over! Working on the Woman's Club scrapbook, and spending too much time on Facebook and surfing the Web. My husband has been going to the store; a lot of brands are not available. (Most positive?) Not having to hurry in doing things.



**Janie Copes** –I have been busy at home taking care of my hubby who had open heart surgery on March 6 to fix an aneurysm in his aorta. He is doing well. Also busy organizing cabinets, closets, etc. Also walking, biking, and swimming pool. Taking Leo (Janie's dog) for lots of walks, texting friends and talking with family, etc. Also relaxing. I never realized just how hectic my life had become – it has been nice to relax a bit and enjoy our beautiful house! All is good, however, still searching for toilet paper!





**Judy Pinkley** – John and I are home for the long haul. Not taking any chances, our health is too important. I have a schedule. I walk in the A.M., do a workout with weights and floor work and then dress as if I am going to shop or whatever. We are fine with grocery supplies...Lisa makes sure we are okay. This week I am going through old photos and sorting out by family to make a history album for them. Of course, the minute they say we are all clear, everything will get thrown into a hand basket.



**Gail Kearney** – We have still been able to play golf here at Monarch so between morning walks and afternoon golf I am keeping pretty busy. Reading and watching Netflix as well. Doing more cooking but missing friends and family though.



**Mona Salisbury** – I am cleaning out closets, drawers and my office that are usually a low priority. As time goes by, I am watching more TV. More ironing is next. I've been going online to church regularly, going to Weight Watchers online to see faces and even had a Zoom free dance lesson from Fred Astaire for the regulars. Life is definitely solitary but we are trying.



**Barb Scharlau** – I've been cleaning house, outside gardening, watching lots of TV at night, reading. (The positive?) Our daughter is working her job from our home, and the three of us are together. Getting to see our neighbors and everyone cleaning each other out. The gym is closed so walking the neighborhood more.

**Barb Anderson** – My husband and I are staying home. Our children are making sure of that. On my birthday 3/21 the whole gang showed up at the end of our driveway to sing Happy Birthday – even MN and IA family were with us on Facetime. No hugs is hard! The plus of this is more time with my husband. We have been walking together, playing cards/games which we rarely do and reading and watching TV without that guilty feeling.

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**Lisa Geng** – I work from home so it's pretty normal for me outside of not being able to leave the house. I now do my exercise classes from home – Zumba and yoga. Some of my regular instructors are doing Zoom workout classes where I can socialize online with my friends. I'm planning a Zoom dinner party with friends we typically go out with. Couples night at home in each of our own houses eating dinner but talking on Zoom. My dogs are super happy; the environment from what I heard is loving this too.



**Terry Lebel** -- I have a pool and a bike and healthy legs, so swim, bike, walk. Also Scrabble with my husband Russ every afternoon. Also cocktails daily! (Most positive?) Reconnecting with family and God.



**Sandra Weaver** – Staying home 98% of the time. A little bit of closet cleaning but my cleaning service did come, YEAH! (Most positive) Talking with my kids and 8 grandkids more. Helping neighbors with getting groceries. Reading more and trying to be more kind to everyone who are so stressed.



**Gail Rice** – We take walks and drives. When we shop we try to patronize smaller stores. I have tackled the job of sorting and culling decades worth of photos. With paper towels in short supply I have switched to washable dish towels. I am trying to prepare more meals with ingredients we already have. Positives include more leisure time to enjoy our pool. Also making great progress on needlepoint projects.



**Laura Shepherd** – We have been doing plenty of exercise to keep healthy and sane. I have an elderly neighbor I take extra meals to. My Bible study and some Woman's Club friends have learned how to use Zoom and we connect online. Grocery shop for mom (**Sandy Wetmore**) who has been in strict quarantine. Miss everyone, but can see how God is making something good about these dire times.

## What's Coming Up...?

The Executive and Trustee Boards have been meeting via conference call, and here's an update of what's going on.

As you know, all club events have been cancelled for April. The Executive Board will meet April 15 to discuss plans for May. As of this date, it seems likely that the spread of the virus will continue, but we'll know more in a couple of weeks when we can get guidance from the Centers for Disease Control. We will make decisions at our April 15 meeting regarding cancelling or postponing May club events.

Also at the April Board meeting, the Board will review the Nomination Committee's slate of officers and budget for Fiscal Year 2020-2021. Upon the Board approvals, the full membership will vote on the budget and nominations via email.

At April's Trustee Board meeting today, Trustee Chair Sue Riordan reported that the installation of the hurricane shutters and windows will occur as planned this month. Our rental agent, Sandra Weaver, reported that thus far six events have been postponed. All indicated that they'd like to reschedule for the future, and two of the renters asked for their deposits to be returned.

Because we don't know how long it will be before we can safely hold gatherings at the club, we can't predict how the pandemic will affect our rental income for the year. Therefore, we are carefully watching expenses, and deferring unnecessary expenses.

We will keep you updated via email. Until we can meet again, let's work together to stay in touch and support each other. If you have any questions, feel free to call me or email me at [jobaxter0121@gmail.com](mailto:jobaxter0121@gmail.com).





**Note:** we are celebrating the 100th anniversary of women's right to vote this year, and I thought you'd enjoy this article from GFWC about Suffrage at 100. I found it fascinating; I think you will too. — Jo Baxter

### **Suffrage at 100: Commemoration & The Portrait Monument**



*Elizabeth Cady Stanton*



*Susan B. Anthony*



*Lucretia Mott*

The centennial of the 19th Amendment has presented an extraordinary opportunity to acknowledge and rethink how women and the suffrage movement have been commemorated in public places. Although the American preservation movement was largely spearheaded by women's groups, much of the 20th century's preservation efforts ignored the memorialization of women. Out of 5,575 outdoor sculptures portraying American historical figures, the Smithsonian has found that only 200 of these depict women.

Currently, there are only nine statues out of 200 which depict women in the U.S. Capitol Building's Statuary Hall. Only one of these statues is dedicated to women's suffrage. The Portrait Monument, which was commissioned by the National Woman's Party and sculpted by Adelaide Johnson, was gifted to the Capitol in 1921. It had been relegated to the basement until only 23 years ago.

The Portrait Monument depicts Elizabeth Cady Stanton, Susan B. Anthony, and Lucretia Mott, carved into beautiful white marble. All three women are figureheads of the suffrage movement but never lived to see their work come to fruition. At the time of dedication, the monument was engraved with an inscription that read: "Women first denied a soul, then called mindless, now arisen, declaring herself an entity to be reckoned." Congress immediately ordered the inscription wiped clean, and, declaring the statue "ugly," moved it to the crypt, which was then used as a storage closet.

Over the years, various attempts were made to bring the statue out of storage. However, Congress repeatedly stated that it was too heavy, too expensive, or too ugly to move. Finally, on May 14, 1997, the statue was moved to the Rotunda. The move was funded by donors around the country after the Capitol Preservation Commission refused to foot the bill.

Today, as we celebrate the 100th anniversary of women's right to vote, The Portrait Monument is still proudly on display. Its inscription is still missing.

To learn more about the Portrait Monument, please visit the [\*Smithsonian Magazine\*](#).



## Please Welcome these New Members to our Family!

### Cheryl Ichel

My husband and I have lived in Florida for more than 25 years. and moved here from New Jersey. We lived in Parkland for over 20 years and almost 5 years ago, moved to Tradition. I fortunately enjoyed 4 successful careers in my lifetime. My entire adult life I have been passionate about health and wellness because I have seen how lifestyle impacts our future. People need to take control of their health. That's how my 4th career began. I specialize in educating people about the link between nutrition and disease prevention. I teach people about health and wellness, and inspire them to make a difference in their lives and the lives of others.

### Nancy Schlag



For the past two years, I have been trying to recover from a stem cell transplant because of a brain tumor. I am a Snowbird and live in Palm City but travel to New Jersey for the summer. I have neuropathy in my ankles and legs so I have to take this

drug called gabapentin which makes me feel tired and affects my balance. I like to take classes at the gym 4 mornings a week but then I have to rest in the afternoon.

### *April Birthdays*

*Wanda Bennett - 4/9*

*Eula Clarke - 4/13*

*Cindy Drummer - 4/13*

*Martie Deverda - 4/13*

*Nancy Hayden - 4/16*

*Susan Clifford - 4/17*

*Mary Harrell - 4/18*

*Jacqui Brock LaLone - 4/19*

*Becky Bruner - 4/19*

*Polly Pharo - 4/20*

*Cheryl Ichel - 4/12*

*Starr Lorenzi - 4/22*

*Mary Howel - 4/24*

*Elizabeth "Betty" Mulligan - 4/28*

*Best Wishes on Your Birthday  
and  
Throughout the Coming Year!*

*We all need a good laugh in these times...  
I think we can relate to the following cartoon!  
Enjoy and Stay Healthy!*

