



# **GFWC Mount Dora Woman's Club, Inc.**

## **"Living the Volunteer Spirit"**



# **KEY NOTES**

**Suzanne Gibson**  
**President**

**March 2022**

**Roseanne Miller**  
**Editor**



### ***President's Corner***

Dear Members,

We are walking and talking into March and buzzing like a beehive! We have a membership chair who held a wonderful orientation for the new members, with many who want to be involved. I attended several committee meetings where the ideas just kept flowing and plans being made. I am inspired! Members are busy with club business and I feel the beat of positive energy in our club. Many members are "Fired Up" now. Are you? It's not too late!

Thanks for all you do!

**Suzanne**

### ***March Dates To Remember***

March 2 Luncheon & General Meeting  
March 13 Daylight Savings Time Begins  
March 16 ESO Book Club  
March 21 Walk n' Talk - Lake Gertrude  
March 24 Trivia Night Fundraiser  
March 30 Executive Board Meeting

### ***March Program***

*This month's Guest Speaker is*

**Cathy Lunday**  
**Library Manager**  
**W.T. Bland Library**

All Proceeds from the Opportunity  
Baskets will be donated to

The Children Area  
and  
Teens & Tweens Library Space



**\$15.00 per person**  
**Form a Team of 6**

**March 26**  
**24th, 7-9 pm**  
**Magical Meat Boutique British Pub**

**Tickets available at the March**  
**General Meeting and Luncheon.**



### **ARTS AND CULTURE**

Delores Deen, CH

Our talented ladies shone at the District Arts, Crafts, and Photography Contest in February. Each of the seven participants from our club was awarded either a first or second place ribbon. Congratulations to these ladies. The 1st place blue ribbon winners are: Claire Holland counted cross-stitch, Judy Knizner stamped cross-stitch, Flo Fenneman mixed media, and Delores Deen photography. Those receiving 2nd place red ribbons are: Gloria Wheeler pour paint, Gina Conway decorated mirror, and Donna Kelley wreath. Those receiving 1st place at District will advance to State competition in May at the State Convention.

A myriad of musical entertainment and craft shows are on the March calendar. The State Theatre in Eustis is hosting Sir Paul McCartney's Tribute. Artist John Babcock presenting PAUL IS ALL: A Beatles 101 Musical History Tour on Friday, March 4th at 8:00 p.m. On Sunday the 6th, The Downtown Darlings perform with a collection of country classics, modern mashups, and dazzling duets. In Mount Dora at the Ice House Theatre, the performance of The Andrews Brothers runs from March 11 - April 3. The musicals include the hits made famous by the Andrews Sisters on USO tours in the 1940s. At the Mount Dora Community Building on March 12th Kashmir - The Live Led Zeppelin Tribute is at 7:30. Mount Dora is the place to be on March 19 - 20 for the Mount Dora Spring Festival, which is ranked in the Top 50 Best Craft Festivals in the USA.



### **ENVIRONMENT COMMUNITY**

Irene Rosenberg, CH

Spring has arrived! Our last cold snap did enormous freeze damage to sensitive plants that weren't covered or protected. My garden looks dead and sad but new growth is just hours of pruning away. All of us that tend to our flowers and shrubs know what I'm talking about. OK, it's time to get busy and make our gardens smile again. Happy pruning!!



### **Civic Engagement & Outreach**

Gina Conway, CH

It was a full house at the Mount Dora Senior Center on February 22nd. The seniors enjoyed a continental breakfast, spaghetti lunch, games, puzzles, and fellowship. They were entertained by the sounds of the harp which was played flawlessly, so relaxing and beautiful. The seniors are so grateful for the Senior Center and all the volunteers from the GFWC Mount Dora Woman's Club.



### **EDUCATION AND LIBRARIES**

Alison Horvath, CH

Our speaker for March will be Cathy Lunday, Library Manager of the W.T. Bland Library in Mount Dora. Now that the Library is fully up and running again she has lots of information to share about its offerings.

We will be collecting your Kindergarten book donations at this meeting too.

Volunteers are being sought for the re-instituted annual Easter Egg Hunt held at the Library, on Saturday, April 16th from 9:00 to noon to help set up and tear down. The Club will gain sponsorship on their marketing for this experience and, of course, free coffee and donuts! Sign-up will be available at the meeting.



**HEALTH AND WELLNESS**

Mary Groeller

March is National Nutrition Month and this year's theme is Celebrate the World of Flavors. The goal of this theme is to nourish ourselves and to appreciate our diversity. We can easily do this by visiting restaurants that specialize in different cuisines. In our area, we have Chinese, Italian, English, Japanese, German, Mexican, Vietnamese, and many more to choose from.

If you're someone who enjoys cooking you can try spices from other countries such as curry powder from India, jerk spice from Jamaica, or wasabi from Japan.

Whether you're going to a restaurant or eating in remember the five food groups, whole grains, fruits, vegetables, dairy, and protein. Proper nourishment is essential to our good health.



**ESO**

Cathleen Arciero, CH

Our next meeting is on March 16th, at 1:30 pm, in the Archives Room at the Library. We have 2 books for our new group read. Nine Perfect Strangers by Liane Moriarty. The second read, The Residence by Kate Andersen Brower, is an inside look at the private world of the White House. See you at the General Meeting Luncheon on March 2nd!

# Have you signed up for the GFWC Florida Members Center?

This private area is where you will find GFWC Florida resource materials, forms, and manuals. GFWC Florida wants to make it as easy as possible for members to access and navigate information from GFWC Florida and GFWC.

Log onto [www.gfwcflorida.org](http://www.gfwcflorida.org) to join.



**WAYS & MEANS**

Vivian McGuire, CH

Thank you to all who came to our Bingo Fundraiser, to those of you who bought tickets but couldn't attend, and to all the volunteers who worked to make this fundraiser a huge success! Many people from the Mount Dora Senior Center and the Woman's Committee of Fine Arts came to support our fundraiser. It was a great afternoon and a good time was had by all!

**SAVE**

**THESE DATES!!!**



**Thursday , March 24th 7-9 pm**

**Magical Meat Boutique British Pub**

**322 Alexander St. Mount Dora, FL 32757**

**\$15.00 per person**

**Form a Team of 6**

**Join us for dinner at 6 pm**



***"Derby Days"  
Luncheon and Fashion Show***

**Saturday, May 5th**

**11:30 am**

**First United Methodist Church**

**"Get your Derby Hat Ready!"**

**More details to come.**





*Lynn Knott and Uta Pergler*

### ***March Walk n' Talk***



The March Walk n' Talk will take place March 21st, 10:30, at Lake Gertrude, Mount Dora. Plenty of parking where Park Place Drive meets Morningside Drive, a few blocks up from the Lake Cares Food Pantry. We will have a lovely stroll along the lakeside, enjoying the nice architecture, gardens, and birds! Flat and paved, about 1.7 miles more or less, as you wish! Just come if you can! Rain or Shine!

Please bring non-perishable food items, personal hygiene products, paper goods, or a donation for Lake Cares Food Pantry. We will walk over as a group and bring our donation to the Pantry.

### ***February Walk n Talk***



Denise Mulcahy, Suzanne Gibson, Delores Deen, Barbara Pauer, Karin Pierson, Alison Horvath, Mary Groeller, Gail Goldberg, Jerry Hardwick, Roseanne Miller and Reese enjoyed a hike on the boardwalk in Hickory Point Park!



### ***Spotlight On***

#### ***Denise "Dee" Mulcahy***

Denise, "Dee", was born in Fall River, Massachusetts (home of Lizzie Borden), where she lived with her parents and four siblings. She attended B.M.C. Durfee High School and then Bridgewater State College where she earned a B.A. in French/Education. She concluded that teaching French was not her calling so she began a career as a graphic artist. After her apprenticeship, she became the Art Director at a major printing company in Boston. In 1992 she took a Certified Nursing Assistant course to prepare herself to care for her brother who was ill. He passed away before she had a chance to finish but found her true calling in the healthcare field. She graduated LPN school in 1995 and earned her B.S. in nursing in 2003 from Rhode Island College. Dee loves to play guitar, write, and sing. When she lived up north she was a member of a duo, The Geri -Chix, who enjoyed visiting local nursing homes to entertain the residents. She is also a published poet.