

# The Wave

VOLUME 14 – 5

Newsletter  
of the University  
Women of Flagler



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## January 2020 Meeting News

- EVENT:** UWF General Membership Meeting
- DATE:** **Saturday, January 18th, 2020**
- TIME:** Doors open at 9:00 a.m.; meeting begins at 9:15 am.
- PLACE:** Hilton Garden Inn, Palm Coast
- PROGRAM:** Richard Sirbu, Gerling Travel
- TOPIC:** Gals' Getaways – Short Trips and Travel Tips
- COST:** \$15.00
- RSVP:** **By Sunday, January 12, 2020**

Please make a reservation for the meeting by calling **386-986-9201** or via email to [patkaysmith19@cfl.rr.com](mailto:patkaysmith19@cfl.rr.com), and mail a check for **\$15.00**, payable to **University Women of Flagler** to:

**Pat Smith**  
**50 Winthrop Lane**  
**Flagler Beach, FL 32136**

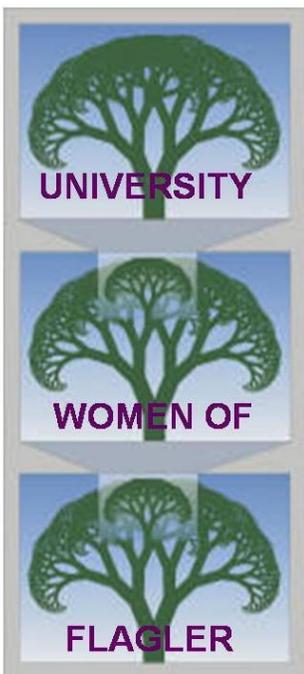
**Please note: The hotel's invoice to UWF is based on the number of reservations. If you make a reservation, but cannot attend, please understand that your payment is still required.**

If you prepaid and are unable to attend the meeting, please email or call Pat Smith by **January 12**, so your reservation payment can be donated to the UWF Scholarship Fund.

All meeting information is included in the UWF Directory and **The Wave**.

### **A FEW TICKETS LEFT FOR THE PLAY!**

There are still a few tickets left for each show for the UWF presentation of **"They're Playing Our Song"** at City Repertory Theatre on Saturday, January 11. It's a wonderful romantic musical that was such a big hit on Broadway. Please join us for a great fundraising event! (See flyer page 3)



## *From the Presidents*

### *Pat Cotton and Janice Nickol*



Pat Cotton

Janice Nickol

Dear UWF Members,

Happy New Year, and welcome to a new decade. Jim Gaffigan said it best on Sunday Morning "It's going to be 2020; what are we — The Jetsons?"

We hope your holidays were memorable and fun.

The remainder of our calendar has several scholarship "FUN(D)" raisers to appeal to almost everyone, we hope.

First up is our City Repertory event of "**They're Playing our Song**" on Saturday, January 11<sup>th</sup>. Contact Louel for tickets; we still have a few tickets available. This is such a fun event, great production, nibbles, wine, and beautiful auction items to bid on.

Next is Day of Games to be held on Friday, February 21, 2020. Tickets are on sale now and will be available at our January 18th membership meeting. Hurry as this event fills up fast! See more details in the WAVE (page 6).

If you cannot attend, there are a number of ways to demonstrate your support. It's always appreciated!

2020 is going to be like jetting into the future as we support our young Flagler County students with our scholarship funds.

Again, Happy New Year and welcome back to all who traveled this holiday season. We are looking forward to seeing you at our January meeting.

Yours in Service,

*Janice and Pat*



— HAPPY NEW YEAR —

# THEY'RE PLAYING OUR SONG



**WHEN**  
**January 11, 2020**  
**Matinee: 2:00 PM**  
**Evening: 7:30 PM**

Doors open 1 hour prior to  
the performance

**WHERE**  
**City Repertory Theatre**  
**160 Cypress Point Parkway, Ste B207, Palm Coast**



*They're Playing Our Song* (book written by Neil Simon) tells the musical story of the real-life relationship of Marvin Hamlisch and Carol Bayer Sager, as a wisecracking composer finds a new, offbeat lyricist while Broadway history is made.

Julia Davidson Truilo and Lloyd Bowers bring a vibrant charm to this song-filled love story.

**WWW.UWFLAGLER.ORG**

**UNIVERSITY WOMEN OF FLAGLER**  
NON-PROFIT 501 (C) 3 ORGANIZATION

**ADVANCE TICKETS**  
**\$40.00**  
Louel: 386-445-4236  
kaimukilady@gmail.com

**BEFORE THE SHOW**  
Appetizers, Desserts,  
Wine (good will donation)  
50-50  
Silent Auction



**BENEFITING**  
University Women of  
Flagler's Scholarship  
Fund for young women  
graduates of Flagler  
County Schools

## *December 7, 2019 Minutes*

### *Hilton Garden Inn*

The meeting was called to order by Co-President Janice Nickol.

Joanne Mason welcomed the 16 new members and 12 mentees.

Janice led the membership in the recitation of the Pledge of Allegiance and Moment of Silence for our military and first responders, and, on this anniversary of the Pearl Harbor attack, for those murdered on that site this past week.

Rhenda Brodnax presented the inspirational message.

Joanne reminded new members and mentors that the "New Member" breakfast would be held on January 21<sup>st</sup> at 10:00 AM at the Hilton Garden Inn.

The Treasurer's report and minutes of the November 16<sup>th</sup> meeting appeared in *The Wave* and were approved by the membership.

Jane Mealy thanked members who had brought children's gifts to the meeting. She reminded those who had signed up that the plant workshop will be December 12 at 10 AM, at the Hammock Garden's Nursery. She also reminded anyone who had not picked up the updated directory to get it from her. Finally, she announced that the next Bookminder's meeting would be at Pat Cotton's home on December 9<sup>th</sup>.

A champagne toast followed; this was a gift from the Hilton Garden Inn thanking us for our continued patronage.

Rhenda introduced Cheryl Floyd, a storyteller who enchanted us with her remembrances of her life growing up Cajun in Louisiana.

Linda Jaeger reminded members to purchase tickets for the City Repertory Theater event on January 11<sup>th</sup>.

Louel said she was selling tickets for the CRT event and the Day of Games on February 21<sup>st</sup>.

The meeting was adjourned at 1:30 PM.

Respectfully submitted,



Co-Recording Secretary

## *Programs for 2019-2020*

*Susan Moya and Mary DiStefano, Co-Vice Presidents for Programs*

<b>Date</b>	<b>Speaker</b>	<b>Topic</b>
<b>January 18</b>	<b>Richard Sirbu of Gerling Travel</b>	<b>Gals' Getaways – Short Trips and Travel Tips</b>
February 15	Stephanie Robinson	African American Cultural Foundation
March 21	Representative from Flagler College	Flagler College: From Historic Hotel to Current Societal Contributions
April 18	James Tager, Flagler Schools Superintendent and Students from Flagler County Career Exploration programs	Let's Hear from the Students: Flagler County's Flagship Choice Programs
May 16 (Luncheon)	Scholarship Recipients And Installation of Officers	Words of Wisdom from prior scholarship winners; introduction of current winners

Breakfast meetings: Doors open at 9:00 AM.

### *January's Guest Speaker: Richard Sirbu*

January 18th Speaker by Popular Demand

Richard Sirbu, a world-traveled group travel leader specialist will be our January 18th breakfast speaker. He has been in the business (now with Gerling Travel in Flagler Beach) for 21 years, and has traveled to 6 continents, been on 40+ cruises, and is known for his custom vacation packages. He's fun and has lots of ideas for us, as a group or as individuals.

A survey of UWF members last September revealed a notable interest in a "gals' get away" group within UWF. Richard will help us to further define what we might want to do. Other travel agencies have also been approached and are willing to speak to those of us who would like to pursue this activity. The nature and destinations for "UWF Gals' Getaway" have yet to be defined. I promise this will be an informative presentation with lots of tips and possibilities.

*Susie Moya, co-VP Programs*

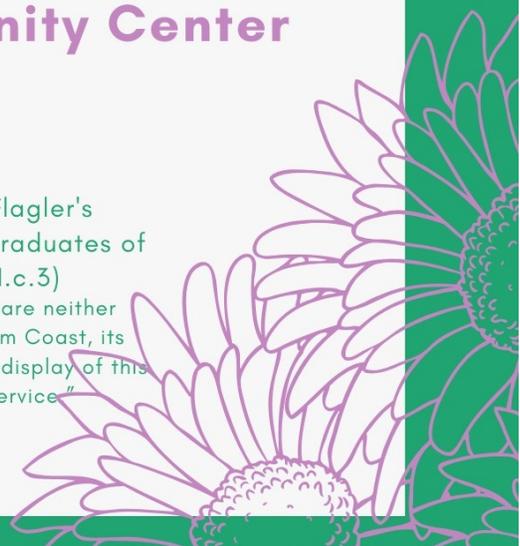
BRIDGE, MAH JONG,  
OR YOUR CHOICE OF GAME!

# UWF'S ANNUAL DAY OF GAMES

**Tickets: \$25/tables of 4, 6 or 8  
includes homemade lasagna luncheon,  
raffles, share/share and more  
Call or email Louel: 386-445-4236  
Kaimukilady@gmail.com**

**Friday, February 21, 2020  
from 9:30-2:30pm  
at Palm Coast Community Center**

Benefiting University Women of Flagler's  
Scholarship Fund for young women graduates of  
Flagler County Schools. (a 501.c.3)  
"Information contained in these materials are neither  
sponsored nor endorsed by the City of Palm Coast, its  
agents, or its employees. The distribution or display of this  
material is provided as a community service."



**Monthly Operating Account Cash Flow**  
**July 2019 - June 2020**

	<b>2019-2020 Budget</b>	<b>November Actual</b>	<b>December Actual</b>	<b>Year to Date Actual</b>
<b>OPERATING ACCOUNT</b>				
<b>INCOME</b>		\$5,620.50	\$4,649.71	
Amazon	\$50.00	\$14.21	\$0.00	\$20.64
Correction Operating Income	\$0.00	\$0.00	\$0.00	\$0.00
Membership Dues 2019-2020*	\$2,555.00	\$70.00	\$35.00	\$560.00
Miscellaneous Operating Income	\$5,430.00	\$0.00	\$30.00	\$30.00
Monthly Share & Share	\$700.00	\$90.00	\$0.00	\$249.00
Monthly Meeting	\$7,300.00	\$695.00	\$665.00	\$4,306.60
<b>Total Income</b>	<b>\$16,035.00</b>	<b>\$869.21</b>	<b>\$730.00</b>	<b>\$5,166.24</b>
<b>EXPENSES</b>				
Audit	\$630.00	\$0.00	\$0.00	\$630.00
Community Assistance	\$2,000.00	\$1,000.00	\$0.00	\$1,000.00
Correction Operating Expense	\$0.00	\$0.00	\$0.00	\$0.00
Directory	\$1,400.00	\$0.00	\$0.00	\$1,925.24
Early Learning Coalition Dolly Parton	\$1,500.00	\$0.00	\$0.00	\$0.00
Fees-Dept of Consumer Services	\$90.00	\$0.00	\$0.00	\$0.00
Fees-FL Non-Profit	\$70.00	\$0.00	\$0.00	\$0.00
Historian	\$50.00	\$0.00	\$0.00	\$0.00
Honors	\$225.00	\$25.00	\$0.00	\$75.00
Insurance	\$600.00	\$0.00	\$0.00	\$579.58
Membership Committee	\$600.00	\$0.00	\$0.00	\$0.00
Memorials	\$150.00	\$25.00	\$0.00	\$50.00
Miscellaneous Operating Expense	\$0.00	\$0.00	\$0.00	\$0.00
Monthly Meeting Expense	\$7,300.00	\$660.00	\$899.34	\$2,849.34
Office Supplies	\$100.00	\$0.00	\$0.00	\$0.00
Presidents Expense & Meeting	\$120.00	\$0.00	\$0.00	\$0.00
Program Committee	\$290.00	\$130.00	\$25.00	\$185.00
Publicity	\$100.00	\$0.00	\$0.00	\$0.00
Scholarship Accruals	\$0.00	\$0.00	\$0.00	\$0.00
Sunshine Fund	\$60.00	\$0.00	\$0.00	\$0.00
Website	\$750.00	\$0.00	\$0.00	\$35.98
<b>Total Expense</b>	<b>\$16,035.00</b>	<b>\$1,840.00</b>	<b>\$924.34</b>	<b>\$7,330.14</b>
<b>TOTAL OPERATING CLOSING BALANCE</b>		<b>4,649.71</b>	<b>4,455.37</b>	
*Add \$560.00 from 2018-2019 Budget				

**Monthly Scholarship Account Cash Flow**  
**July 2019 — June 2020**

<b>SCHOLARSHIP ACCOUNT</b>	<b>2019-2020 Budget</b>	<b>November Actual</b>	<b>December Actual</b>	<b>Year to Date Actual</b>
<b>INCOME</b>		\$15,251.52	\$16,501.52	
Belk Charity Days	\$1,000.00	\$384.00	\$0.00	\$584.67
Book Minders	\$200.00	\$0.00	\$0.00	\$0.00
Chez Jacqueline	\$300.00	\$246.00	\$0.00	\$246.00
Contributions from Individuals	\$0.00	\$155.00	\$20.00	\$355.00
Correction Scholarship Income	\$0.00	\$0.00	\$0.00	\$0.00
CRT Theatre Production	\$5,000.00	\$800.00	\$1,840.00	\$2,760.00
Dance The Night Away	\$500.00	\$0.00	\$0.00	\$0.00
Day of Games	\$4,650.00	\$0.00	\$1,475.00	\$1,475.00
Daytona State College Foundation	\$1,200.00	\$45.00	\$0.00	\$97.00
Flagler College Visit	\$300.00	\$0.00	\$0.00	\$0.00
Gourmet Group	\$500.00	\$0.00	\$210.00	\$230.00
Honors - Scholarship	\$225.00	\$25.00	\$0.00	\$75.00
Linda Cole Jazz	\$6,000.00	\$0.00	\$0.00	\$2,170.00
Lunch Bunch Group	\$350.00	\$0.00	\$75.00	\$192.00
Memorials - Scholarship	\$150.00	\$25.00	\$0.00	\$50.00
Miscellaneous Scholarship Income	\$0.00	\$0.00	\$0.00	\$0.00
Playgirls	\$400.00	\$0.00	\$0.00	\$0.00
Wreaths Across America	\$500.00	\$0.00	\$0.00	\$0.00
<b>Total Income</b>	<b>\$21,275.00</b>	<b>\$1,680.00</b>	<b>\$3,620.00</b>	<b>\$8,234.67</b>
<b>EXPENSES</b>				
Correction Scholarship Expense	\$0.00	\$0.00	\$0.00	\$0.00
CRT Theatre Production - Expense	\$2,500.00	\$0.00	\$0.00	\$532.09
Dance The Night Away - Expense	\$250.00	\$0.00	\$0.00	\$310.00
Day Of Games Expense	\$690.00	\$430.00	\$0.00	\$430.00
Daytona State College Found - Expense	\$1,200.00	\$0.00	\$0.00	\$1,000.00
Derby Race - Expense	\$200.00	\$0.00	\$0.00	\$0.00
Donation Flagler Community Ed Fund	\$2,000.00	\$0.00	\$0.00	\$2,000.00
Linda Cole Jazz- Expense	\$3,174.00	\$0.00	\$0.00	\$1,481.45
Miscellaneous Scholarship Expense	\$361.00	\$0.00	\$0.00	\$0.00
Office Supplies-Scholarship	\$100.00	\$0.00	\$0.00	\$0.00
Scholarship Committee	\$300.00	\$0.00	\$0.00	\$0.00
Scholarship Awarded	\$10,500.00	\$0.00	\$0.00	\$0.00
<b>Total Expense</b>	<b>\$21,275.00</b>	<b>\$430.00</b>	<b>\$0.00</b>	<b>\$5,753.54</b>
<b>TOTAL SCHOLARSHIP CLOSING BALANCE</b>		<b>16,501.52</b>	<b>20,121.52</b>	
<b>TOTAL UWF ACCOUNT BALANCE</b>		<b>\$21,151.23</b>	<b>\$24,576.89</b>	



## *Membership Report*

*Joanne Mason and Trish LeNet, Membership Co-Vice Presidents*

We are very happy to welcome new member Pat Driscoll this month:

### Pat Driscoll



Trish and I would like to introduce one of our newest members, Patricia Driscoll. Pat was born in Chicago and also lived in the suburbs of Chicago most of her life. Pat attended high school in Chicago and continued with her education by graduating from Boston University with her BS degree; Pat then followed her upper level education graduating with her Masters in Education from Loyola University, along with an MBA. Pat began her career as an English, History and Latin teacher, then moved on to Arthur Andersen's Consulting division and was in sales for 30 years.

Pat met Tom, her husband, in a health club in Chicago and they have been married for 27 years. They continue to fly back up to Chicago for most of the long Florida summer months. They live in the Grand Haven Community now, after spending a few years in Halifax, for a total of 15 years.

Pat has many interests: she is an avid golfer, plays Mahjongg, Bunko, Mexican Train and bridge! She also is involved in the GHWC, PEO, Women's Golf Association, Italian American Club, Friends of the Library and active in the Women's Guild St. Elizabeth Ann Seton Church. Pat also enjoys reading and belongs to several book clubs. She is now interested in joining the UWF Lunch Bunch, Gourmet Gals group and Bookminders. Her mentor will be Suzanne Timko.

Please be sure to welcome Pat at our next UWF meeting; you will enjoy learning more about her!

If you have any changes to your contact information (name, address, telephone number, or email) please inform **Donna Daly-Boggs** at [djaymesd@cfl.rr.com](mailto:djaymesd@cfl.rr.com).

Also, if you know anyone interested in joining UWF, invite her to accompany you to a general meeting or as a guest to one our events.

## *Wreaths Across America: Thank YOU!*

We had a successful campaign for our first year supporting Wreaths Across America. We bought 84 wreaths with a total contribution to our Scholarship Fund of \$420. Toni Donohue, Claudia Towne and I went to the Jacksonville National Cemetery on Saturday, December 14 for the annual Wreaths Across America event and we were able to place the wreaths on our husband's graves. It was gratifying to see the large number of people who came to honor our veterans. A sincere thank you goes to all of you who contributed to this worthwhile cause.

Stephanie Rast  
Chair, Wreaths Across America

## BOOKMINDERS SCHEDULE FOR 2019-2020

DATE	LOCATION	TITLE	AUTHOR
<b>January 13</b>	<b>Home of Linda Hagman</b>	<b>Dust Tracks on the Road or Zora and Langston</b>	<b>Zora Neale Hurston or Yuval Taylor</b>
February 10	Home of Susan Moya	The Leper Spy	Ben Montgomery
March 9	Home of Susan Waller	The Only Woman in the Room	Marie Benedict
April 13	Home of Carol Milewski, Marty Hedrick, and Holly Flynn	Lilac Girls	Martha Hall Kelly
May 11	Home of Trish LeNet	Small Fry	Lisa Brennan Jobs
June 8	Home of Pat Smith	Sold on a Monday	Christina McMorris

**All meetings will begin at 1:00 PM**

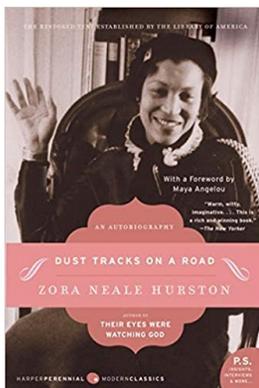
**Jane Mealy**  
**439-4811**  
[janemealy@aol.com](mailto:janemealy@aol.com)



*Any member who plans to attend a meeting should notify the hostess for that month several days prior to enable her to know how many participants will be present and have time to prepare.*

## January's Book Selections:

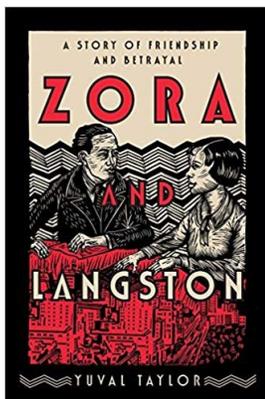
### *Dust Tracks on a Road* **or** *Zora and Langston*



#### **Dust Tracks on a Road: An Autobiography (Harper Perennial Modern Classics) by Zora Neale Hurston**

"Warm, witty, imaginative. . . This is a rich and winning book."—*The New Yorker*

*Dust Tracks on a Road* is the bold, poignant, and funny autobiography of novelist, folklorist, and anthropologist Zora Neale Hurston, one of American literature's most compelling and influential authors. Hurston's powerful novels of the South—including *Jonah's Gourd Vine* and, most famously, *Their Eyes Were Watching God*—continue to enthrall readers with their lyrical grace, sharp detail, and captivating emotionality. First published in 1942, *Dust Tracks on a Road* is Hurston's personal story, told in her own words. The Perennial Modern Classics Deluxe edition includes an all-new forward by Maya Angelou, an extended biography by Valerie Boyd, and a special P.S. section featuring the contemporary reviews that greeted the book's original publication.



#### **Zora and Langston: A Story of Friendship and Betrayal by Yuval Taylor**

*Zora and Langston* is the dramatic and moving story of one of the most influential friendships in literature.

They were best friends. They were collaborators, literary gadflies, and champions of the common people. They were the leading lights of the Harlem Renaissance. Zora Neale Hurston, the author of *Their Eyes Were Watching God*, and Langston Hughes, the author of "The Negro Speaks of Rivers" and "Let America Be America Again," first met in 1925, at a great gathering of black and white literati, and they fascinated each other. They traveled together in Hurston's dilapidated car through the rural South collecting folklore, worked on the play *Mule Bone*, and wrote scores of loving letters. They even had the same patron: Charlotte Osgood Mason, a wealthy white woman who insisted on being called "Godmother."

Paying them lavishly while trying to control their work, Mason may have been the spark for their bitter and passionate falling-out. Was the split inevitable when Hughes decided to be financially independent of his patron? Was Hurston jealous of the young woman employed as their typist? Or was the rupture over the authorship of *Mule Bone*? Yuval Taylor answers these questions while illuminating Hurston's and Hughes's lives, work, competitiveness, and ambition, uncovering little-known details.

<https://www.facebook.com/UniversityWomenofFlagler/>

# Find us on





*UWF members enjoying the December Lunch Bunch gathering at Jane Mealy's home; delicious Holiday Brisket recipe on next page!*

## *Lunch Bunch*

**Please contact Jean Gritman  
[jeangritman@aol.com](mailto:jeangritman@aol.com) by January 13th  
 if you will be attending the January 17th gathering**



### **LUNCH BUNCH SCHEDULE 2019 - 2020 All Lunches will begin at Noon**

Date	Hostess
January 17	Jean Gritman
February 14*	Joanne Mason
March 20	Linda Jaeger
April 17	Diane Parisi
May 15	Trish LeNet
June 19	TBD

**MAIN CONTACT**  
 Edda Steinmeier  
 446-5403  
[eddausi2@aol.com](mailto:eddausi2@aol.com)



\* note date changed from original schedule

# Lunch Bunch December Recipe: Holiday Brisket



EVERY DAY INSPIRED BY THE PAST

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## Holiday Brisket

Servings: 12 Servings  
Prep Time: 15 minutes

Cook Time: 7 hours

Kosher Key: Meat, Kosher for Passover

### Description

A savory, aromatic, slowly cooked brisket with tomatoes, onions, garlic, brown sugar, and a touch of vinegar. Kosher for Passover, Rosh Hashanah, Hanukkah.

### Ingredients

- 5-7 lbs brisket, first or second cut (do not trim fat - especially if it's grass fed)
- 1/4 cup extra virgin olive oil, divided
- 2 large brown onions, peeled and sliced
- 1 lb carrots, peeled and sliced
- 1 lb celery, peeled and sliced
- 28 oz tomatoes - whole, diced, or crushed (1 large can)
- 10 peeled whole garlic cloves
- 1/2 cup brown sugar
- 1/4 cup vinegar (I like apple cider vinegar, but white vinegar works too)
- 2 cups beef or chicken broth, divided

Salt and pepper

### Recipe Notes

**You will also need:** Large roasting pan, blender or food processor, large skillet, spatula, parchment paper, aluminum foil, large glass or ceramic baking dish (if making ahead), plastic wrap (if making ahead), sharp carving knife

**Gluten Free Note:** If you're cooking gluten free, make sure that your packaged products are certified GF.

### Instructions

1. Preheat oven to 300 degrees F. Rinse the brisket and pat dry. Rub both sides of the meat with black pepper and salt.
2. Heat a large skillet over a medium flame on the stovetop. Drizzle 2 tbsp of olive oil into the pan. Brown the brisket on both sides—it will take 4-5 minutes per side. A large brisket may overlap the edges of the skillet; you can brown it in stages, letting half the brisket overlap the edge, then adjusting it to brown the other half.
3. While brisket is browning, pour canned tomatoes, garlic, brown sugar, apple cider vinegar, and 1 1/2 cups broth into a blender or food processor. Add 2 tsp of salt (or 1 tsp if using a salted kosher cut of brisket) and 1/4 tsp of black pepper. Pulse till garlic is chopped small and all ingredients are combined.
4. Remove the browned brisket from the skillet.

## *Lunch Bunch December Recipe: Holiday Brisket (con't.)*

5. Drizzle 2 tbsp more olive oil in the pan and add the sliced onions. Saute them over medium high for a few minutes until they begin to soften and shrink in size.
6. Add the carrot and celery slices. Sauté for another 5-6 minutes until the onions are soft and browning and the vegetables are fragrant.
7. Pour the vegetables out of the skillet and onto a plate, reserve. Pour 1/2 cup beef or chicken broth into the skillet and let it heat up. Use a spatula to gently scrape up any brown bits that are clinging to the skillet. Turn off heat.
8. Pour half of the tomato mixture into a large roasting pan.
9. Place brisket on top of the tomato sauce, fat cap facing up.
10. Pour the sauteed vegetables across the top of the brisket, along with the broth and brown bits.
11. Pour the remaining tomato sauce over the top of the vegetables and brisket.
12. Cover the roasting pan tightly with a layer of parchment paper followed by a layer of foil. The parchment forms a protective layer between the meat and sauce (which is acidic) and the foil.
13. Place brisket into the preheated oven. Let it roast undisturbed for 5 to 7 hours. It will take about 1 hour per pound of meat (leaner cuts of meat like grass fed may take longer—test for doneness). Brisket is ready when it flakes tenderly when pierced with a fork. You can let it cook even longer for a soft, shredded texture if that's what you prefer. When fully cooked, the brisket will have shrunk in size.
14. I recommend making this brisket ahead; allowing it to sit in the refrigerator for 1-2 nights will improve the flavor. If you would like to do this, skip ahead to where it says "Make Ahead Directions." If you are not making ahead, continue reading.
15. Remove brisket from the pan and let it rest on the cutting board fat-side up for 20-30 minutes. Meanwhile, pour the sauce and vegetables from the roasting pan into a smaller saucepan. Skim fat from the surface of the cooking sauce, then reheat the sauce till hot (not boiling).
16. Cut fat cap off the brisket, then cut the brisket in thin slices against the grain. Serve topped with hot tomato sauce and softened veggies.
17. **Make Ahead Directions:** Open the foil to vent and let the brisket slowly return to room temperature. Switch the brisket and sauce to a ceramic or glass dish (metal from the roasting pan can react with the acid in the sauce, which can cause an off taste if left to sit). Cover with plastic wrap and place in the refrigerator. Let the brisket chill overnight, or up to two days. You can also freeze the brisket if you prefer.
18. One-two hours before serving, remove the brisket from the refrigerator and preheat your oven to 350 degrees F. The fat in the sauce will have risen to the top, turned white, and solidified. Use a spoon to scoop the fat bits out of the sauce and discard.
19. Take the brisket out of the dish and brush any excess sauce back into the dish. Place brisket on a cutting board, fat-side up. Slice the meat cold—first cut the fat cap off the brisket, then cut the brisket in thin slices against the grain.
20. Return the sliced meat to the dish and spoon sauce over it, making sure to spoon a little sauce between each slice. Cover the dish with a layer of parchment paper, then with foil, and place it in the oven.
21. Let the brisket roast for 45-60 minutes until heated through. You can cook it even longer to let it become more tender, if you wish. Serve with hot sauce and softened veggies.

## *Gourmet Gals: Hammock Gardens in December*

On Thursday, December 12th, fourteen UWF members participated in a planter workshop at the Hammock Gardens. A good time was had by all, beautiful planters were created for gifts or personal use under the guidance of a wonderful instructor, and UWF netted \$210.



## **Smile.Amazon.com for our Scholarship Fund**

From now on, after you register, when you go to **smile.amazon.com** 0.5% of all your purchases will be going to the UWF Scholarship fund. All you have to do is go to **Smile.Amazon.com**, enter **University Women of Flagler** in the rectangular white box. You only have to do this once. Then every time you go to **smile.amazon.com**, it will remember you and you will see Supporting University Women of Flagler in the upper left corner to remind you that a portion of your purchases will be rebated to UWF. Also, it will remember if you are a prime customer.

For more information, contact Claudia at [clagentow@earthlink.net](mailto:clagentow@earthlink.net)

## Let's Visit Whispering Meadows Horse Ranch

Whispering Meadows Ranch is a 100% volunteer-based, 501 (c)(3) non-profit organization dedicated to enriching the lives of those with disabilities and special needs through recreational, educational, and equine-assisted programs. They strive to be a place where visitors and their families feel welcomed and accepted unconditionally. The ranch's foundational principles are respect, kindness, and compassion.

Whispering Meadows Ranch is located on John Anderson Highway near Flagler Beach and offers a peaceful country setting with oak trees, green pastures and lots of room to roam. Several nature trails throughout the property offer creative and fun exploration of Florida's diverse plant and animal habitat. In addition, interactive stations such as nature's music, animal finds and an outdoor chalkboard make for an enjoyable outdoor experience.

Currently, the ranch has five horses: Cheyenne, Star, Niblet, Lollipop and Lil' Girl, who are adored by all! The horses love visitors, as this often means lots of attention and maybe a few treats.



The equestrian area has room to groom and tack up the horses with a separate washing area close by for nice, soapy baths. There is a wheelchair-accessible mounting ramp with shaded viewing areas nearby. The centrally-located recreational and campfire area is where most of the activities at the ranch take place. Adjacent to the pasture and rec area is a 15'x 30' special sensory station with many playful activities for all to enjoy.

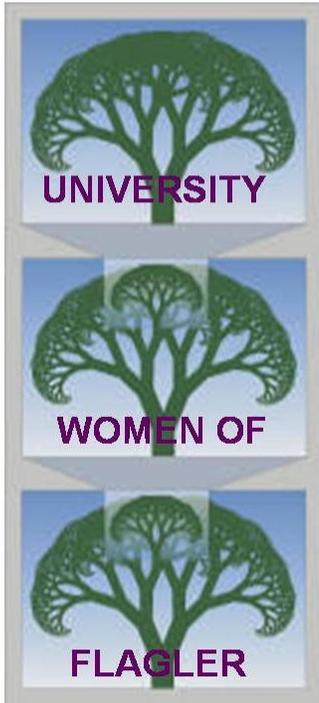
Whispering Meadows Ranch is a PATH (Professional Association of Therapeutic Horsemanship International) Member Center with certified riding instructors that manage all of the equine programs. The instructors provide a hands-on, friendly approach to encourage those who may be meeting a horse for the first time, educating them in equine safety as well as teaching them the skills to ride independently.

Jane Mealy has arranged for a group to visit this wonderful place on **Friday, March 6th at 10:00 AM**. The charge is \$25 (\$15 for our Scholarship Fund and \$10 as a donation to the ranch). Of course, those who attend will have the option of going to a local restaurant for lunch after the visit.

If you plan to go, please notify Jane prior to February 24th at:  
439-4811

[janemealy@aol.com](mailto:janemealy@aol.com)

Make your check out to Jane.



## 2019-2020 Officers

Co-Presidents	Pat Cotton, Janice Nickol
Past President	Barbara Holley
Program Vice Presidents	Susan Moya, Mary DiStefano
Membership Vice Presidents	Trish LeNet, Joanne Mason
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Corresponding Secretary	Mavis Smith
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The University Women of Flagler (UWF) was founded in June 2006. The purpose of UWF is to unite graduates of regionally accredited educational institutions in order to promote equity, education, intellectual growth, individual worth, and development of opportunities for women and girls in the Flagler County area. UWF promotes positive societal change in the community; participates in the development and promotion of policies and programs through study, action, and public policy advocacy in areas related to its purpose, including community, cultural interests, and the maintenance of high standards in education; and maintains a fund for the purpose of rendering assistance, giving support, and providing funds for litigation to Flagler County area women whose civil liberties are threatened, infringed, or violated.

**The Wave** is the official newsletter of the University Women of Flagler.

Editors: Karen Flaherty and Linda Jaeger

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[www.uwflagler.org](http://www.uwflagler.org)

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