

The Wave

VOLUME 11— 7

Newsletter
of the University
Women of Flagler



March Meeting News

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EVENT: UWF General Membership Meeting
DATE: **Saturday, March 11, 2017**
TIME: **8:30 a.m.**
PLACE: Hilton Garden Inn
PROGRAM: **James (Jay) Gardner, Jr.**
Flagler County Property Appraiser

TOPIC: **What We Should Know About Our Property**
COST: \$15.00
RSVP: **By March 6, 2017**

Please make a reservation for the meeting via email to kwolford3@cfl.rr.com or by calling **386-864-8691** and mail a check for **\$15.00**, payable to **University Women of Flagler** to be received by **March 10, 2017** to:
Karen Wolford
25 Lakeside Way
Palm Coast, FL 32137

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 Karen Wolford, so that your reservation payment can be donated to the scholarship fund.

From the President

Hello Everyone,

It's hard to believe it is March already and we only have two more months before we take our summer hiatus. It is time to begin planning and organizing for next year.

March is the month when we begin looking for members who are willing to serve in a leadership role or just get more involved in UWF. There are a variety of ways to serve, none of which require an enormous amount of time but do require a consistent commitment.

One of the ways you can participate is as an officer. Officers are members of the executive board, which only meets once a month in addition to the regular meeting and of course, in this role you are helping to make decisions about the direction of the organization. The nominating committee, Jean Gritman, Susan Moya and Rhenda Brodnax, is working now to fill openings. If you are interested in serving as



Barbara Holley



President's Message continued

an officer, please give one of them a call. . . or they may be reaching out to you.

We also need members who are willing to chair our fundraising events. We will be surveying you, the membership, to select events for next year and asking for volunteers to help implement our plans. We are also looking for other fundraising ideas. Do you have any ideas to share?

We do know that Day of Games will take place in the fall. We are grateful to Pat Rhodes and new member, Karen Flaherty, for volunteering to co-chair this event! This activity is so successful each year because it has a very dedicated group of people who help. We appreciate their continued support.

Serving can be extremely rewarding. Getting more involved allows you to get to know some new people and develop new relationships that could lead to lifelong friendships. It gives you an opportunity to make a more meaningful contribution in our community. We have a wonderful organization with a lot of great women and we need more of you taking part in what we do. We want YOU!

All the Best,

Barbara Holley, Ed. D.

Membership Report

Submitted by Donna Daly-Boggs and Trish LeNet

The Membership Committee welcomes the following new members to UWF:

Sylvia M Bowes Jr. (nickname Juni)

BA Cornell University in French Literature
MS Cornell University in Education Administration
Retired Teacher, Administrator and Guidance Counselor;
Licensed Professional Counselor

Janet Mosher

BA South Florida University
MA Nova University
Teacher

Susan Saloom

BLS Psychology
Military & Veterans Arts Initiative Field Specialist;
National Initiative for Arts & Health in the Military at Americans for the Arts

Denise Yezbick

BA Eastern Michigan University
MA English, Eastern Michigan University
PhD in English, Wayne State University
Adjunct, Lawrence Technological University

To change your mailing or email address, contact Donna Daly Boggs at djaymesd@earthlink.net

To order badges, contact Trish LeNet at nwtrish@yahoo.com



February 18, 2017 General Membership Meeting

The second meeting of the year was held at the Hilton Garden Inn and was called to order by President Barbara Holley at 8:55am. Barbara led the membership in the Pledge of Allegiance and a moment of silence for deceased servicemen.

Rhenda Brodnax gave an inspirational talk on the importance of self-love and ended with a quote by Maya Angelou.

Membership

Trish LeNet stated that the current membership is 109 and that includes 3 student members. Trish also introduced 4 guests: Anne Bennett, Juni Bowes, Thelma Monk and Susan Saloom. The New Member Breakfast was held on February 7th at the Hilton Garden Inn and was a successful event. 18 people participated including 6 new members. Trish also mentioned that members can begin paying their 2017-2018 dues (\$35) immediately by mailing the check to Mary DiStefano.

Program

Karen Wolford introduced 2 speakers from the Alzheimer's Association of North & Central Florida. Dama Melendez spoke on the diagnosis of Alzheimer's and 10 warning signs of the disease. She also explained the work of the association. Pam Levin spoke of the Memories in Making program which allows Alzheimer's patients to express themselves by painting with watercolor. She showed us some examples of the patients' work.

Breakfast was served.

Business

Barbara opened the business meeting with a vote to accept the minutes of the January meeting and the Treasurer's report listed in ***The Wave***.

As part of the 10th Anniversary of UWF, Janice Nichol spoke about popular programs from prior meetings. Then she asked members to describe some of their favorite programs.

A Nominating Committee chaired by Maria Sayers will be putting together a slate of officers for the next year.

The Gourmet Gals group will be visiting Ravine Gardens State Park on March 9th.

Play Girls will have an outing to the Flagler Playhouse to see *The Foreigner* on March 16th at 7:30pm with an optional dinner beforehand at Terranova's restaurant in Bunnell.

A chair and co-chair are needed for the Day of Games to be held next season.

The book discussion group will meet at Trish LeNet's house on March 13th to discuss the book, *Picking Cotton* by Jennifer Thompson-Cannino and Ronald Cotton.

The Lunch Bunch will meet at Trish LeNet's house on March 17th.

The meeting ended at 10:50am.

Respectfully submitted,
Josephine Dervan, Co-Recording Secretary

New Additions to The Wave

We've proven that we have items to recycle—just look at our re-gifting auction at January's meeting. Always a success! Truly, one woman's junk is another woman's gold! So, why wouldn't it be a good idea to have a classified section in **The Wave**? No one likes to advertise her treasures in a regular newspaper, or God forbid, on Craigslist. Inviting strangers to your home or advertising something of value can invite trouble. So, the Board thought it would be a good idea to offer space in **The Wave** and came up with these guidelines.

- \$5.00 per Ad (checks made out to UWF and mailed to Pat Cotton)
- Each Ad runs for 60 days or appears in 2 issues unless cancelled sooner
- Ads may be renewed
- Household items, clothing, jewelry, sports equipment (shouldn't I part with that bag full of golf clubs in the garage?), pet items, gardening plants and tools, services, books, tickets . . .
- All monies collected from the Ads go to the Scholarship Fund
- Keep verbiage to 25 words or less, and
- ALL ADS MUST BE ACCOMPANIED BY A PICTURE!

Pat Cotton will receive copy and pictures via email at: pat.cotton@me.com If you have questions, let me know.

~Susan Slater

February Speakers: Memories in the Making Art Therapy and Alzheimer's Disease



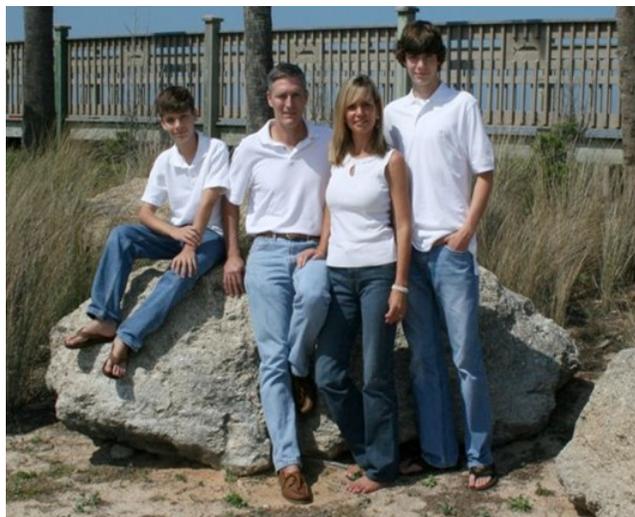
Speaker for the March Program

James E. Gardner, Jr., CFA State Certified General Real Estate Appraiser

James "Jay" Gardner, Jr., Flagler County Property Appraiser, has been a resident of the County since 1978. Gardner is married to Lisa and has two children, James and Adam. His involvement within our community has included the Flagler County Education Foundation Board, Chamber of Commerce Board and the Flagler County Rotary Club where he chaired the Boys' Mentor Program. In addition, he has been a Police Athletic League Wrestling Coach and is a graduate of the Flagler Leadership Institute.

After a short stint in the hotel business in New York City, Gardner became a real estate appraiser in 1986 and holds a State Certified General Real Estate Appraiser license and the Certified Florida Appraiser designation. He is a member of the Property Appraiser Association of Florida and the International Association of Assessing Officers. His election to the office of Flagler County Property Appraiser, beginning January 2005, came after 13 years of owning his own real estate appraisal firm with offices in Flagler and Volusia Counties.

His goal as your Property Appraiser is to prepare a fair and impartial tax roll and administer exemptions in accordance with the Laws of the Great State of Florida in a professional and courteous manner.



Meeting Procedures: Make a Reservation

Please make a reservation for the meeting via email to kwolford3@cfl.rr.com or by calling 386-864-8691. You will receive a confirmation email or return telephone call advising that your reservation has been made. Please mail your check at least 5 days prior to the meeting, in the amount of \$15.00 for a breakfast meeting or \$25.00 for a luncheon, payable to University Women of Flagler (UWF) to: Karen Wolford, 25 Lakeside Way, Palm Coast, Florida 32137. **Upon arrival at the meeting, please make sure that you check in at the Registration Desk.**

If you are paying in cash on the morning of the meeting, please have the exact amount. The Hilton Hotel prepares the food and bills UWF based on the number of reservations provided. If you make a reservation, but cannot attend, please understand that your payment is still required. If you pre-paid and are unable to attend the meeting, please email Karen Wolford, so that your reservation can be canceled and the payment can be donated to the scholarship fund. Your cooperation is greatly appreciated.

From the Treasurer

	2016-2017 Budget	January Actual	February Preliminary	Year to Date Actual
OPERATING ACCOUNT				
INCOME		\$11,134.97	\$11,028.21	
10th Anniversary Income	\$500.00	\$100.00	\$0.00	\$960.00
Amazon	\$25.00	\$0.00	\$0.00	\$0.00
Correction Income Operating	\$0.00	\$0.00	\$0.00	\$500.00
Membership Dues 2016-2017	\$3,500.00	\$0.00	\$0.00	\$1,172.50
Membership Dues 2017-2018	\$0.00	\$0.00	\$175.00	\$175.00
Monthly 50-50 Raffle	\$740.00	\$94.00	\$100.00	\$624.00
Monthly Meeting	\$7,000.00	\$727.00	\$45.00	\$5,679.00
Total Income	\$11,765.00	\$921.00	\$320.00	\$9,110.50
EXPENSES				
10th Anniversary	\$600.00	\$0.00	\$0.00	\$1,749.83
Audit	\$0.00	\$0.00	\$0.00	\$0.00
Community Assistance	\$1,000.00	\$0.00	\$0.00	\$0.00
Correction Expense Operating	\$0.00	\$0.00	\$0.00	\$250.00
Directory	\$1,300.00	\$0.00	\$0.00	\$1,057.60
Fees-Dept of Consumer Services	\$85.00	\$0.00	\$0.00	\$0.00
Fees-FL Non-Profit	\$70.00	\$70.00	\$0.00	\$70.00
Historian	\$0.00	\$0.00	\$0.00	\$0.00
Honors	\$150.00	\$0.00	\$25.00	\$125.00
Insurance	\$429.55	\$0.00	\$0.00	\$429.55
Membership Committee	\$540.00	\$216.00	\$0.00	\$493.50
Membership Website	\$220.00	\$0.00	\$0.00	\$0.00
Memorials	\$250.00	\$25.00	\$0.00	\$100.00
Miscellaneous Operating Expense	\$200.00	\$0.00	\$0.00	\$100.00
Monthly Meeting Expense	\$7,000.00	\$705.00	\$720.00	\$4,722.00
Office Supplies	\$250.00	\$0.00	\$0.00	\$9.40
Presidents Expense & Meeting	\$120.00	\$0.00	\$0.00	\$20.00
Program Committee*	\$665.00	\$11.76	\$0.00	\$81.76
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	\$25.15
Website**	\$1,050.00	\$0.00	\$311.88	\$861.88
Total Expense	\$14,089.55	\$1,027.76	\$1,056.88	\$10,095.67
TOAL OPERATING CLOSING BALANCE		11,028.21	10,291.33	
*Board voted at September 2016 meeting to				
**Board Voted at September 2016 meeting to				

From the Treasurer

SCHOLARSHIP ACCOUNT	Budget	January Actual	February Pre-liminary	Year to Date Actual
INCOME		\$30,905.47	\$29,102.51	
Book Minders	\$200.00	\$0.00	\$0.00	\$0.00
Chez Jacqueline	\$525.00	\$0.00	\$0.00	\$381.95
Computer Class - Income	\$200.00	\$0.00	\$0.00	\$0.00
Contributions from Individuals	\$6,000.00	\$0.00	\$50.00	\$3,211.00
Correction Income Scholarship	\$0.00	\$0.00	\$0.00	\$250.00
Day of Games	\$2,000.00	\$0.00	\$0.00	\$3,042.00
Gourmet Group	\$300.00	\$130.00	\$0.00	\$350.00
Honors - Scholarship	\$150.00	\$0.00	\$25.00	\$125.00
Late Night Catechism 2017	\$22,000.00	\$1,991.00	\$13,767.55	\$17,288.55
Lunch Bunch Group	\$300.00	\$50.00	\$40.00	\$315.00
Makeup & Skin Care for over 50 - Income	\$250.00	\$0.00	\$0.00	\$0.00
Memorials - Scholarship	\$250.00	\$25.00	\$0.00	\$100.00
Miscellaneous Income Scholarship	\$0.00	\$0.00	\$0.00	\$0.00
Once Upon a Time	\$250.00	\$381.00	\$0.00	\$381.00
Playgirls	\$300.00	\$0.00	\$90.00	\$190.00
Water Aerobics & Lunch - Income	\$120.00	\$0.00	\$0.00	\$110.00
Yoga - Income	\$240.00	\$100.00	\$60.00	\$280.00
Total Income	\$33,085.00	\$2,677.00	\$14,032.55	\$26,024.50
EXPENSES				
Chez Jacqueline Expense	\$0.00	\$0.00	\$0.00	\$0.00
Computer Class - Expense	\$200.00	\$0.00	\$0.00	\$0.00
Correction Expense Scholarship	\$0.00	\$0.00	\$0.00	\$500.00
Day Of Games Expense	\$500.00	\$0.00	\$0.00	\$501.62
Donation Flagler Community Edu Fnd	\$2,000.00	\$0.00	\$0.00	\$0.00
Late Night Catechism 2017 Expense*	\$10,500.00	\$4,479.96	\$1,649.00	\$6,720.96
Makeup & Skin Care for over 50 - Expense	\$250.00	\$0.00	\$0.00	\$0.00
Miscellaneous Scholarship Expense	\$0.00	\$0.00	\$0.00	\$46.74
Scholarship Committee	\$300.00	\$0.00	\$0.00	\$0.00
Scholaship Awarded	\$20,000.00	\$0.00	\$0.00	\$0.00
Water Aerobics & Lunch - Expense	\$80.00	\$0.00	\$0.00	\$65.80
Yoga - Expense	\$240.00	\$0.00	\$0.00	\$0.00
Total Expense	\$34,070.00	\$4,479.96	\$1,649.00	\$7,835.12
*Late Nite Catechism - \$2503.36 paid in March 2016				
TOAL SCHOLARSHIP CLOSING BALANCE		29,102.51	41,486.06	
TOTAL UWF ACCOUNT BALANCE		\$40,130.72	\$51,777.39	

Bookminders Schedule for 2016-2017

DATE	LOCATION	TITLE	AUTHOR
March 13	Home of Trish LeNet	<i>Picking Cotton: Our Memoir of Injustice and Redemption</i>	Jennifer Thompson-Cannino and Ronald Cotton
April 10	Home of Barbara Holley	<i>Trail of Tears: Rise and Fall of the Cherokee Nation</i>	John Ehle
May 8	Home of Jean Hunter	<i>My Brilliant Friend: Neapolitan Novels, Book One</i>	Elena Ferrante
June 12	Home of Sherrie Thompson	<i>The Summer Before the War</i>	Helen Simonson

All meetings will begin at 1:00 PM.

Contact Jane Mealy at 439-4811 or janemealy@aol.com for more information.

March Bookminders Selection

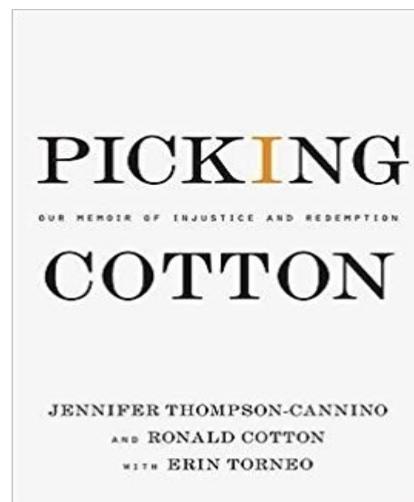
Picking Cotton: Our Memoir of Injustice and Redemption By Jennifer Thompson-Cannino and Ronald Cotton

The ***New York Times*** best selling true story of an unlikely friendship forged between a woman and the man she incorrectly identified as her rapist and sent to prison for 11 years.

Jennifer Thompson was raped at knifepoint by a man who broke into her apartment while she slept. She was able to escape, and eventually positively identified Ronald Cotton as her attacker. Ronald insisted that she was mistaken-- but Jennifer's positive identification was the compelling evidence that put him behind bars.

After eleven years, Ronald was allowed to take a DNA test that proved his innocence. He was released, after serving more than a decade in prison for a crime he never committed. Two years later, Jennifer and Ronald met face to face-- and forged an unlikely friendship that changed both of their lives.

With *Picking Cotton*, Jennifer and Ronald tell in their own words the harrowing details of their tragedy, and challenge our ideas of memory and judgment while demonstrating the profound nature of human grace and the healing power of forgiveness.



Announcements

General Meetings

March 11 (breakfast)

Jay Gardner, Flagler County Property Appraiser
What We Should Know About Our Property

April 8 (breakfast)

Steve Garten, Flagler County Public Safety Emergency Coordinator
Emergency Services for Flagler County

May 20 (lunch)

Scholarship Recipients and Officer Installation



Special Events

March 9 (11:00)

Tour of Ravine Gardens State Park **TBD**
 Lunch at Corky Bell's Seafood at Gator Landing

March 16 (7:30 pm)

The Foreigner **\$18.00**
 Flagler Playhouse

April (TBD)

Tour of the Southeast Museum of Photography
 Lunch at Café 101, Daytona State College

May 1

Tour of the Flagler County Emergency Ops Center
 Tour of Flagler County Sheriff's Office
 Lunch at the Chicken Pantry

Lunch Bunch

The next Lunch Bunch takes place on March 17 at noon.

Our hostess this month is Trish LeNet. I look forward to seeing you at 12 Edge Lane in Palm Coast.

Please don't forget to RSVP at 386 313 3092 or email her at nwtrish@yahoo.com.

Meanwhile, do try out Maria Sayers delicious recipe.

~Edda Steinmeier



Meat Lovers Stuffed Shells

Note: I made this dish for the Lunch Bunch at my house on February 17. This is my go-to dish when I have a lot of people, but I don't actually have a recipe. Most shell recipes use cheese fillings, but I am a carnivore so I devised a meat and cheese filling.

Note: I used the full 12 ounce box of jumbo pasta shells, (it made a 13 x9 pan and a square 8 x8 pan) but you need only a 13 x 9 pan for 8 ounces of shells, enough for ten people.

Last note, I promise: I make it differently every time, which is another reason I don't have a recipe. I'll do my best to tell you how I made it, but you should feel free to change it to your own taste. The cheese amounts are especially open to quantity adaptations.

12 ounce box of jumbo pasta shells

1 pound lean ground beef

1 pound bulk Italian sausage

1 large onion, chopped

2 garlic cloves, minced

¼ cup parsley, chopped

10 ounce package shredded spinach, well drained (optional)

2 eggs, beaten

1 15-ounce container ricotta

1 cup Mascarpone (optional; I used it because I had some left from another recipe)

1 ½ cups Parmesan, grated

16 ounces Mozzarella, grated

2 jars of your favorite pasta sauce (I used Barilla basil/tomato sauce, which I doctored up a little with some fresh, finely chopped basil)

Salt and pepper to taste

Boil the pasta shells only for 9 minutes, since they will be later baked; rinse in cold water

Brown ground beef and crumbled sausage until no longer pink; add salt, pepper, onion and cook until onion is soft, then add minced garlic and cook for about 1-2 minutes. Remove from the heat, add parsley and spinach, mix well, put in a big bowl

In a different bowl, whisk the ricotta, Mascarpone if used, one cup of Parmesan and 1 ½ cups of Mozzarella with the beaten eggs until well mixed. Salt and pepper to taste, then combine with the meat mixture. Spoon into shells; do not overstuff

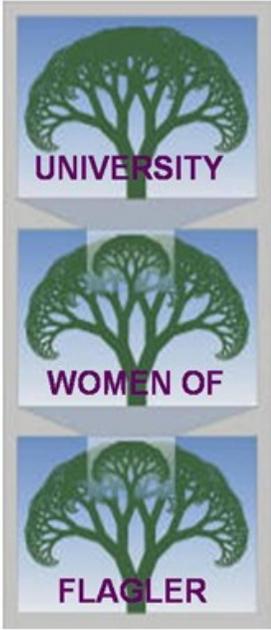
Cover the bottom of a 13 x9 pan with some of the pasta sauce; place the shells close to each other in one layer on top of the sauce. Pour the rest of the sauce over the shells (if you don't like a lot of sauce, do not use it all); sprinkle top with the rest of the Mozzarella

Cover pan with foil and bake in pre-heated 350 degree oven for forty minutes; remove foil, add rest of Parmesan and bake for 20 minutes. If you like a brown crust, broil for a couple of minutes. This can be assembled the night before, brought to room temp, and baked the following day.



Maria Sayers, February 2017

10th Anniversary of the UWF



UNIVERSITY WOMEN OF
FLAGLER

CELEBRATING
TEN YEARS OF

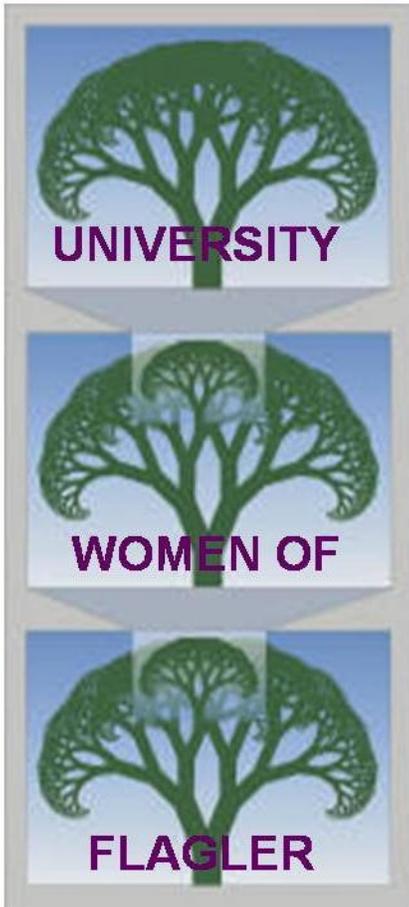


*providing scholarships for young women in
Flagler County*

September, 2016—December, 2017

A calendar picturing UWF’s history is available for a special sale price of only \$5. Contact Jane Mealy by email janemealy@aol.com or see her at the March General Meeting.

- April, 2017 – Presentations by each interest group.



University Women of Flagler

315 Lambert Avenue
Flagler Beach, FL 32136
Info@uwflagler.org

www.uwflagler.org

2016-2017 Officers

President

Barbara Holley

President Elect

Immediate Past President

Susan Slater

Program Vice President

Jan Kovacs, Karen Wolford

Membership Vice Presidents

Donna Daly Boggs, Trish LeNet

Scholarship Vice Presidents

Gina Barclay-McLaughlin,

Maralee Walsh-McDaniel

Recording Secretary

Jo Dervan, Donna Settles

Corresponding Secretary

Linda Jaeger

Treasurer

Toni Donohue

Assistant Treasurer

Mary DiStefano

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.

Copy Editor: Pat Cotton

Production Editor: Linda Jaeger

Reminder: Members may begin paying their 2017-2018 dues (\$35) by mailing the check to Mary DiStefano or paying the dues at the next General Meeting.