

# The Wave

VOLUME 12— 7

Newsletter  
of the University  
Women of Flagler



## March Meeting News

### Inside this issue:

<b>Membership</b>	<b>2</b>
<b>Minutes</b>	<b>3</b>
<b>Financials</b>	<b>5</b>
<b>Bookminders</b>	<b>7</b>
<b>Longmire Event</b>	<b>9</b>
<b>UWF Yard Sale</b>	<b>12</b>
<b>Announcements</b>	<b>13</b>
<b>Officers</b>	<b>17</b>

- EVENT:** UWF General Membership Meeting
- DATE:** Saturday, March 17, 2018
- TIME:** 8:30 a.m. coffee; 9:00 a.m. Breakfast
- PLACE:** Hilton Garden Inn
- PROGRAM:** Stu Gaines, ElderSource
- TOPIC:** Resources for Seniors, Caregivers and Adults with Disabilities
- COST:** \$15.00
- RSVP:** By March 12, 2018

Please make a reservation for the meeting via email to [kwoford3@cfl.rr.com](mailto:kwoford3@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 12, 2018 to: Karen Wolford, 25 Lakeside Way, Palm Coast, FL 32137

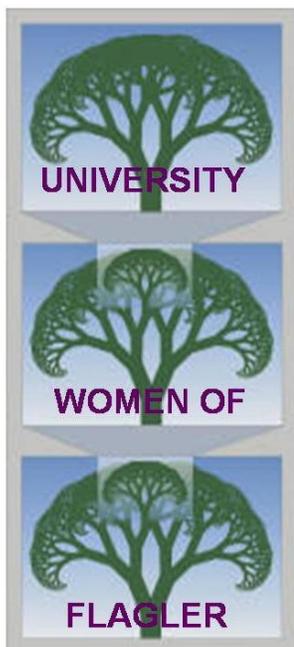
**Please note: The hotel's invoice to UWF is based on the number of reservations. If you make a reservation, but cannot attend, please understand that your payment is still required.** If you prepaid and are unable to attend the meeting, please email or call Karen Wolford, so that your reservation payment can be donated to the Scholarship Fund.



## From the President

Hello Everyone,

It's March, and as usual, we have a lot going on! This month we begin planning for next year. As you know, UWF's primary function is to provide scholarships for high school graduates. It takes all of us working together to make that happen. So, look for your opportunity to serve and get involved! Our nominating committee co-chairs Trish LeNet and Edda Steinmeier have put together a list of nominees to serve in positions for 2018-



## *President's Message continued*

2020. If you are interested in serving or getting more involved please contact them.

Also, soon you will receive a survey via Survey Monkey. We are looking for feedback on how we can increase attendance at our meetings as well as ideas for speakers and activities for next year. Please take the survey and share your thoughts!

**Coming soon, a spring yard sale at the Hilton!** For our next fundraiser, we are hosting an indoor yard sale on April 14<sup>th</sup> at the Hilton. The cost to have a table to sell items is \$50. **You keep all of your earnings!** The fee includes: use of a table and advertising on Facebook, Penny Saver, radio calendar and promotional flyers. Other organizations you belong to can purchase a table as well! They can use this as a fundraiser by reserving a space and selling items donated by their members. In fact, **if you don't want to rent a space for yourself, please donate items that we can sell at the UWF table. Bring items to the next meeting** on March 17 to help us fill our table. You may also drop off items at the Hilton and leave them for Janice Nickol, the event chairperson. Reserve your table and help us get the word out to other individuals and organizations!

**Are you interested in trying something new for the Playgirls?** That's one of the questions Ronaele Bowman is asking! Would you like to include husbands or friends for dinner and a show at Flagler Playhouse? The play South Pacific is coming to the Flagler Playhouse on April 13<sup>th</sup> at 7:30 and on April 15<sup>th</sup> at 2pm. Let Ronaele know, if including guests is something you would like to do. If there is a positive response, she will make it happen! Our regularly scheduled Playgirls event for April is "Bad Jews" a comedy at the Limelight Theatre on April 24<sup>th</sup>. Call Ronaele today (386)627-8033!

The next **Bookminders** meeting will be held at Matanzas Shores on March 12<sup>th</sup>. There are three books on the schedule. Select one or read all three. The **Lunch Bunch** will meet at the home of Linda Jaeger on March 16<sup>th</sup>. Please call the hostess if you plan to attend either of these events.

**Our website is back up and running!** As you know, our website was hacked and the host company took our site down. Our technology committee, Toni Donohue, Linda Jaeger, Barbara Mulroy, and chairperson, Claudia Towne, worked hard to get our site back up. Our special thanks to the committee for their many hours of work and persistence in getting the job completed.

Finally, thank you to everyone for your time and effort to make UWF successful. I appreciate your support and value your input. Remember to take a few minutes to complete the survey that will be coming to you soon via Survey Monkey.

I look forward to seeing you soon,

Barbara Holley, Ed.D.  
President



## *Membership Report*

**Submitted by Donna Daly-Boggs and Trish LeNet, Co-Vice Presidents, Membership**

We would like to welcome new member Dorna Haught, who was referred by Kathy Robison. Dorna received her Bachelor's degree from Slippery Rock University in Pennsylvania and was a teacher and bookstore owner.

Note: If you have any changes to your contact information (name, address, telephone number, or email) please inform the membership committee by emailing Donna Daly Boggs at [djaymesd@earthlink.net](mailto:djaymesd@earthlink.net).

If you know anyone interested in joining UWF, invite her to accompany you to a general meeting.

## *General Membership Meeting Minutes*

Barbara Holley called the meeting to order at 9am.

The Pledge to the Flag was made and a Moment of Silence was observed for first responders and emergency personnel.

### **Inspirational Message:**

Rhenda Brodnax was ill and so Susan Slater read the Inspirational Message to the group. Susan read a humorous letter by Andy Rooney about the value of middle aged women.

### **Membership:**

Trish LeNet introduced 2 guests, Pearl Clark and Rose Milsa. There are currently 99 members. A Nominating Committee has been formed to seek new officers for the coming year. Trish and Edda Steinmeier are the members from the Executive Committee and 3 other members from the general membership are being sought.

Trish is also taking orders for UWF nametags.

Breakfast was served.

### **Treasurer's Report:**

A motion was made and seconded to accept the report printed in *The Wave*. Motion was approved.

### **Minutes:**

A motion was made and seconded to approve the minutes of the last General Meeting as printed in *The Wave*. Motion was approved.

### **Speaker:**

Leila Hardison introduced the speaker, Sande Habali from the Florida Native Plant Society. She spoke about the preservation, conservation and restoration of native plants.

### **Longmire Event:**

Susan reported on the Craig Johnson/Longmire event held on February 3rd at the Florida Agricultural Museum. Craig's talk was well received. The food was delicious. Those in attendance had a great time.

### **Committee Reports:**

Jane Mealy reported that Bookminders will meet on Monday, February 12th at the home of Jo Dervan to discuss the *Underground Railroad* by Colson Whitehead.

Ronaele Bowman reported that Playgirls would attend a production of *The Nerd* at the Flagler Playhouse on Thursday, March 8th. The group would dine at the Chicken Pantry in Bunnell. The next play will be *Bad Jews*, at the Limelight Theater on Tuesday, April 24th.

Jane reported that Lunch Bunch would meet at the home of Nancy Carlton on Friday, February 16th.

The 50/50 was drawn and two winners were chosen.

Janice Nickol spoke about the UWF Yard Sale planned for Saturday, April 14th from 8am to Noon at the Hilton Garden Inn. The cost for vendors will be \$50 per table.

The meeting was adjourned at 10:50am.

Respectfully submitted,  
Josephine Dervan, Co-Recording Secretary

## *UWF March Guest Speaker: Stuart Gaines, President, Board of Directors, ElderSource*



Stuart Gaines, CPA/MBA has spent the past 25 years helping organizations provide cost effective programming for persons with health challenges. Mr. Gaines has advocated for persons whose needs are not met by the traditional health care system. He was one of the lead designers of the Illinois assisted living industry and authored the standards of dementia care incorporated into Illinois statutes. He has promoted home and community-based services and the use of Medicaid waivers to finance home care for the families of persons with dementia. Mr. Gaines is also recognized for his expertise in all facets of dementia programming and his ability to work with professional staff to provide person-centered care for those with a dementia.

Mr. Gaines has volunteered his time to a variety of not-for-profit organizations. He served the Alzheimer's Association of Greater Illinois as chair of the board of directors, and as a board member from 1998 to 2010. He currently serves as chair of the board of directors for the Alzheimer's Association of Central and North Florida. Mr. Gaines is also a board member of Seguin Services, an organization serving the disability community. In his volunteer roles at the Alzheimer's Association, he spearheaded the development of regulations for Alzheimer's units in both assisted living and skilled nursing facilities. He sat on the assisted living advisory boards of both the Illinois Department of Public Health and the Illinois Department on Aging from 2001 to 2005 and has been appointed to numerous blue-ribbon task forces on aging and dementia issues.

Mr. Gaines has shaped the direction of long-term care in both Illinois and Wisconsin. In 1989, Mr. Gaines co-founded Wisconsin-based ElderHaus Concepts, Ltd. and grew the business to national prominence. ElderHaus employed a variety of innovative approaches to dementia care, allowing persons with dementia to remain in their communities. At the time of its sale in 1997, ElderHaus had grown to 29 dementia-specific facilities and was one of the largest providers of dementia services in the nation.

Mr. Gaines is committed to meeting the needs of those struggling with the issues of aging and dementia.

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

Find us on



*From the Treasurer*

**Monthly Operating Account Cash Flow**  
**July 2017 - June 2018**

	2017-2018 Budget	January Actual	February Pre- liminary	Year to Date Actual
<b>OPERATING ACCOUNT</b>				
<b>INCOME</b>		\$10,413.19	\$7,531.19	
Amazon	\$25.00	\$0.00	\$13.97	\$13.97
Correction Income Operating	\$0.00	\$0.00	\$0.00	\$0.00
Membership Dues 2017-2018	\$3,500.00	\$35.00	\$17.50	\$892.50
Miscellaneous Income Operating	\$5,940.00	\$0.00	\$0.00	\$0.00
Monthly 50-50 Raffle	\$740.00	\$90.00	\$100.00	\$475.00
Monthly Meeting	\$7,300.00	\$698.00	\$510.00	\$5,280.00
New Member Breakfast	\$225.00	\$0.00	\$0.00	\$0.00
<b>Total Income</b>	<b>\$17,730.00</b>	<b>\$823.00</b>	<b>\$641.47</b>	\$6,661.47
<b>EXPENSES</b>				
Audit	\$600.00	\$0.00	\$0.00	\$600.00
Community Assistance	\$2,000.00	\$0.00	\$0.00	\$0.00
Correction Expense Operating	\$0.00	\$0.00	\$0.00	\$0.00
Directory	\$1,300.00	\$0.00	\$0.00	\$1,177.22
Fees-Dept of Consumer Services	\$90.00	\$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	\$0.00	\$50.00
Insurance	\$500.00	\$0.00	\$0.00	\$504.56
Membership Committee	\$500.00	\$0.00	\$0.00	\$0.00
Memorials	\$250.00	\$0.00	\$0.00	\$100.00
Miscellaneous Operating Expense	\$200.00	\$0.00	\$0.00	\$0.00
Monthly Meeting Expense	\$7,300.00	\$660.00	\$660.00	\$3,973.22
New Member Breakfast- Expense	\$225.00	\$0.00	\$0.00	\$0.00
Office Supplies	\$100.00	\$0.00	\$0.00	\$20.58
Presidents Expense & Meeting	\$120.00	\$0.00	\$0.00	\$0.00
Program Committee	\$665.00	\$0.00	\$15.00	\$297.45
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	\$19.30
Website	\$3,500.00	\$2,975.00	\$75.00	\$3,215.99
<b>Total Expense</b>	<b>\$17,730.00</b>	<b>\$3,705.00</b>	<b>\$750.00</b>	<b>\$10,028.32</b>
<b>TOAL OPERATING CLOSING BALANCE</b>		<b>7,531.19</b>	<b>7,422.66</b>	

# From the Treasurer

## Monthly Scholarship Account Cash Flow July 2017 — June 2018

	2017-2018 Budget	January Actual	February Pre- liminary	Year to Date Actual
<b>SCHOLARSHIP ACCOUNT</b>				
<b>INCOME</b>		<b>\$26,538.62</b>	<b>\$20,335.88</b>	
Book Minders	\$200.00	\$0.00	\$0.00	\$0.00
Chez Jacqueline	\$500.00	\$0.00	\$0.00	\$480.00
Contributions from Individuals	\$0.00	\$15.00	\$0.00	\$3,015.00
Correction Income Scholarship	\$0.00	\$0.00	\$0.00	\$0.00
Craig Johnson - Income	\$17,800.00	\$1,425.00	\$10,182.25	\$11,742.25
Day of Games	\$2,800.00	\$0.00	\$0.00	\$3,085.00
Garage Sale	\$1,675.00	\$0.00	\$0.00	\$0.00
Gourmet Group	\$500.00	\$0.00	\$0.00	\$115.00
Honors - Scholarship	\$150.00	\$0.00	\$0.00	\$50.00
Lunch Bunch Group	\$350.00	\$55.00	\$0.00	\$185.00
Memorials - Scholarship	\$250.00	\$0.00	\$0.00	\$100.00
Miscellaneous Income Scholarship	\$3,575.00	\$0.00	\$0.00	\$0.00
Once Upon a Time	\$250.00	\$637.00	\$0.00	\$637.00
Playgirls	\$350.00	\$85.00	\$0.00	\$285.00
<b>Total Income</b>	<b>\$28,400.00</b>	<b>\$2,217.00</b>	<b>\$10,182.25</b>	<b>\$19,694.25</b>
<b>EXPENSES</b>				
Chez Jacqueline Expense	\$0.00	\$0.00	\$0.00	\$0.00
Correction Expense Scholarship	\$0.00	\$0.00	\$0.00	\$0.00
Craig Johnson - Expense *	\$10,850.00	\$8,419.74	\$203.95	\$10,430.20
Day Of Games Expense**	\$500.00	\$0.00	\$0.00	\$195.93
Donation Flagler Community Edu Fnd	\$2,000.00	\$0.00	\$0.00	\$2,000.00
Garage Sale - Expense	\$250.00	\$0.00	\$0.00	\$0.00
Miscellaneous Scholarship Expense	\$0.00	\$0.00	\$57.90	\$57.90
Scholarship Committee	\$300.00	\$0.00	\$0.00	\$0.00
Scholaship Awarded	\$14,500.00	\$0.00	\$0.00	\$500.00
<b>Total Expense</b>	<b>\$28,400.00</b>	<b>\$8,419.74</b>	<b>\$261.85</b>	<b>\$13,184.03</b>
<b>*Craig Johnson - \$500 deposit made 4/17</b>				
<b>**Day of Games - \$305 Deposit made 6/17</b>				
<b>TOTAL SCHOLARSHIP CLOSING BALANCE</b>		<b>20,335.88</b>	<b>30,256.28</b>	
<b>TOTAL UWF ACCOUNT BALANCE</b>		<b>\$27,867.07</b>	<b>\$37,678.94</b>	

## *Bookminders Schedule for 2017-2018*

	LOCATION	TITLE	AUTHOR
March 12	Home of Carol Milewski, Holly Flynn, and Marty Hedrick	A Hope More Powerful than the Sea: The Journey of Doaa Al Zamel: One Refugee's Incredible Story of Love, Loss, and Survival	Melissa Fleming
		and/or	
		A Thousand Miles to Freedom: My Escape from North Korea	Eunsun Kim and Sebastian Falletti
		and/or	
		Strength in What Remains	Tracy Kidder
April 9	Home of Trish LeNet	Homegoing	Yaa Gyasi
May 14	Home of Jean Hunter	Born a Crime: Stories from a South African Childhood	Trevor Noah
June 11	Home of Barbara Holley	This Fight is Our Fight: The Battle to Save America's Middle Class	Elizabeth Warren

All meetings will begin at 1:00 PM

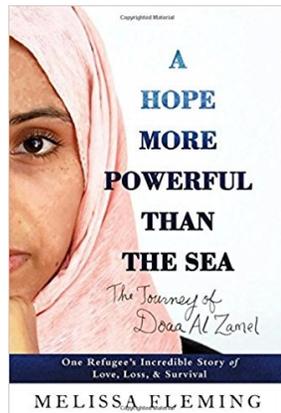
Jane Mealy  
439-4811  
janemealy@aol.com

## 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)

## Bookminders: March Selections



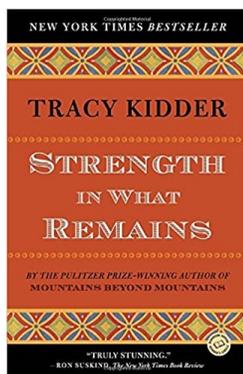
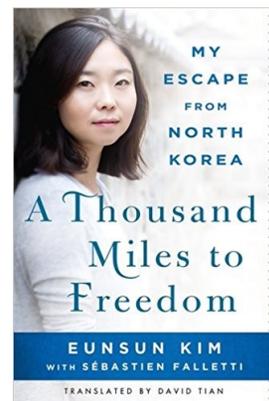
Adrift in a frigid sea, no land in sight, just debris from the ship's wreckage and floating corpses all around, nineteen-year-old Doaa Al Zamel stays afloat on a small inflatable ring and clutches two little girls—barely toddlers—to her body. The children had been thrust into Doaa's arms by their drowning relatives, all refugees who boarded a dangerously overcrowded ship bound for Italy and a new life. For days as Doaa drifts, she prays for rescue and sings to the babies in her arms. She must stay alive for them. She must not lose hope.

***A Hope More Powerful Than the Sea*** chronicles the life of Doaa, a Syrian girl whose life was upended in 2011 by the onset of her country's brutal civil war. This emotionally charged, eye-opening true story that represents the millions of unheard voices of refugees who risk everything in a desperate search for the promise of a safe future. In the midst of the most pressing international humanitarian crisis of our time, Melissa Fleming paints a vivid, unforgettable portrait of the triumph of the human spirit.

Eunsun Kim was born in North Korea, one of the most secretive and oppressive countries in the modern world. As a child Eunsun loved her country...despite her school field trips to public executions, daily self-criticism sessions, and the increasing gnaw of hunger as the country-wide famine escalated.

By the time she was eleven years old, Eunsun's father and grandparents had died of starvation, and Eunsun too was in danger of starving. Finally, her mother decided to escape North Korea with Eunsun and her sister, not knowing that they were embarking on a journey that would take them nine long years to complete. Before finally reaching South Korea and freedom, Eunsun and her family would live homeless, fall into the hands of Chinese human traffickers, survive a North Korean labor camp, and cross the deserts of Mongolia on foot.

Now, in ***A Thousand Miles to Freedom***, Eunsun is sharing her remarkable story to give voice to the tens of millions of North Koreans still suffering in silence. Told with grace and courage, her memoir is a riveting exposé of North Korea's totalitarian regime and, ultimately, a testament to the strength and resilience of the human spirit.



***In Strength in What Remains***, Tracy Kidder gives us the story of one man's inspiring American journey and of the ordinary people who helped him, providing brilliant testament to the power of second chances.

Deo arrives in the United States from Burundi in search of a new life. Having survived a civil war and genocide, he lands at JFK airport with two hundred dollars, no English, and no contacts. He ekes out a precarious existence delivering groceries, living in Central Park, and learning English by reading dictionaries in bookstores. Then Deo begins to meet the strangers who will change his life, pointing him eventually in the direction of Columbia University, medical school, and a life devoted to healing.

Kidder breaks new ground in telling this unforgettable story as he travels with Deo back over a turbulent life and shows us what it means to be fully human.

## February 3, 2018 the Longmire Fundraiser

Thanks to all UWF members and friends who helped make this day a memorable event. The Florida Agriculture Museum was the site of the interview and book signing by author Craig Johnson who shared wonderful stories in an atmosphere appropriate for Walt Longmire himself. The BBQ for the chuck wagon lunch was prepared right at the barn — oh how we anticipated enjoying that scrumptious chicken!





## Sheriff Meets Sheriff

The Florida Agricultural Museum's dairy barn was packed with 155 Longmire fans to hear Craig Johnson talk about his sheriff, Walt Longmire, and share plans for the sheriff's future. A lunch of *the best smoked chicken*, beans and slaw was provided by JC Curry caterers with plates of *the best cookies in Palm Coast* baked by UWF members on each table. The afternoon was topped off with music by the local band UpTUIT. Perfect weather, a perfect venue and a talk by a truly remarkable author made it an afternoon to remember.



Craig Johnson and Sheriff Rick Staly

## University Women of Flagler's Indoor Spring Yard Sale!



Time to clear out the Clutter!

**Saturday April 14, 2018**

at the

Hilton Garden Inn

8:00AM—12Noon

(Table set up 7:00AM Tear Down 12Noon)

**Doors open at 8:00AM**

\$50.00 for a Space, 6ft Table or just floor space and (2) Chairs

*(Proceeds from event space fee, & 50/50 sales go toward the UWF scholarship fund)*

*Space Price includes: Advertising, Facebook, Penny Saver, Promotional Flyers, & Radio Calendar Announcements*

50/50 Drawing, Pastries/Bake shop, Local Artist's, Healing oils, and More!

*Door Prize Drawing for Participants only*

To purchase a table/space contact: Janice Nickol @ 386.263.5002 or [jnickol2@cfl.rr.com](mailto:jnickol2@cfl.rr.com)

*Space is limited, reserve a spot soon!*



# Announcements



## Lunch Bunch



The March Lunch Bunch will be held at the home of Linda Jaeger on March 16th at noon.

Please let Linda know at [scubadome@aol.com](mailto:scubadome@aol.com) if you will be attending.

## Playgirls



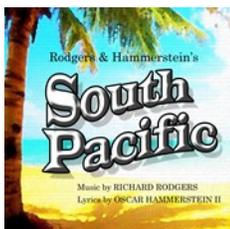
What: **The Nerd**  
 When: Thursday, March 8, 2018  
 Time: 7:30 pm  
 Where: Flagler Playhouse, Bunnell  
**Dinner will precede the play at the Chicken Pantry in Bunnell at 5:00 PM**

What: **Bad Jews**  
 When: Tuesday, April 24  
 Time: 7:30 pm  
 Where: Limelight Theatre, St. Augustine  
 Cost: \$20.00 (including scholarship donation)



*A fierce, biting comedy about family, faith and what you choose to believe, when you're chosen.*

Ronaele is taking reservations for **Bad Jews**. Checks should be made payable to Ronaele Bowman and received by March 24. We will meet for dinner in St. Augustine (TBD) before the play.



Some members have expressed an interest in adding another play, **South Pacific** at the Flagler Playhouse and inviting friends or spouses. It is playing at the same time as **Bad Jews**, and the available dates are **Friday April 13 at 7:30pm**, or **Sunday April 15 Matinee at 2:00pm**. If there is enough interest in **South Pacific**, Ronaele will plan it.

PLEASE email Ronaele Bowman by March 13 at [hlbowman@gmail.com](mailto:hlbowman@gmail.com) if you are interested and which date you prefer.

Please send checks payable to "Ronaele Bowman"

If there are any questions, please call Ronaele at 734-679-8732.

## *Announcements*

### *UWF 2018 –2020 Nominations*

Here is the slate of nominees for board positions:

**Assistant Treasurer:** Jeanne Florio

**Scholarship:** Dr. Maralee Walsh-McDaniel and Juni Bowes

**Membership:** Trish Le Net and Joanne Mason

**Recording Secretary:** Jo Dervan and Sheila Platt

We will vote at the general meeting on April 21. Installation of officers will be at the May 19 general meeting.



## *Upcoming General Meetings and Special Events*

**Don't miss out —Mark your calendars now!**

March 17      Stu Gaines, Elder Sources

April 21      James Tager, Superintendent Flagler County Schools and Election of UWF Officers

May 19        Presentation of Scholarship Recipients & Installation of Officers (Luncheon)

University Women of Flagler's Indoor Spring Yard Sale!



**Saturday April 14, 2018**

at the

Hilton Garden Inn

8:00AM-12Noon

**Doors open at 8:00AM**

## *Recipes from February's Lunch Bunch*

*Thanks to Nancy Carlton for hosting the February Lunch Bunch and providing these recipes.*

### **ROASTED SHRIMP AND PASTA**

Kosher salt  
Good olive oil  
1 pound pasta (I used Cavatappi)  
1/2 cup freshly squeezed lemon juice (3 lemons)  
Freshly ground black pepper  
1 ½ pounds (21 to 25 count) shrimp, peeled and deveined  
1 cup minced scallions, white and green parts  
1 cup chopped fresh dill or basil  
1 cup chopped fresh flat-leaf parsley  
1 hothouse (English) cucumber, peeled, seeded, and medium-diced  
1/2 cup small-diced red onion (optional)



Preheat the oven to 400 degrees F.

Fill a large pot with water, bring the water to a boil and add 1 tablespoon of salt. Add the pasta and simmer for 9 to 11 minutes (or follow box directions), stirring occasionally, until it's cooked al dente. Drain and pour into a large bowl. Whisk together the lemon juice, 1/2 cup olive oil, 2 teaspoons salt and 1 teaspoon of pepper. Pour over the hot pasta and stir well.

Meanwhile, place the shrimp on a sheet pan, drizzle with olive oil, and sprinkle with salt and pepper. Toss to combine and spread out in a single layer. Roast for 5 to 6 minutes, until the shrimp are cooked through. Don't overcook!

Add the shrimp to the pasta and then add the scallions, herbs, cucumber, onion (if using), 2 teaspoons salt, and 1 teaspoon pepper. Toss well. Set aside at room temperature for 1 hour to allow the flavors to blend, or refrigerate overnight. If refrigerated, taste again for seasonings and bring back to room temperature before serving.

### **Green Bean, Radish & Olive Salad**

Green Beans, trimmed and cut in half if they are too big  
Radishes  
Pitted kalamata olives, sliced in half  
Flat-leaf parsley  
1 teaspoon Dijon mustard  
1 Tablespoon red wine vinegar  
2 Tablespoons EVOO  
Kosher salt & fresh ground pepper



Fill a bowl with ice and water and set aside. Bring pot of water to a boil, salt the water and add the green beans... cook until bright green and just tender, 3 - 4 minutes. Drain & transfer to ice bath until cool. Drain thoroughly and pat the beans dry.

## *Recipes from February's Lunch Bunch cont'd*

Trim and slice radishes and combine with green beans, olives and parsley leaves in a medium serving bowl. \*\*\*

Whisk mustard, red wine vinegar and olive oil in small bowl, adding salt and pepper to taste. Toss the dressing with salad about 30 minutes prior to serving.

Note: You can adjust the quantity of green beans, radishes and olives depending on your individual taste.

\*\*\* You can also add sliced cucumbers for a variation. Peel cucumbers, split lengthwise and remove seeds using a melon baller or spoon. Cut into ½ inch thick slices on the diagonal.

### **Panettone Bread Pudding**

#### **Sauce**

- ½ cup whipping cream
- ½ cup whole milk
- 1 tablespoon sugar
- ¼ cup amaretto liqueur
- 2 teaspoons cornstarch



#### **Bread**

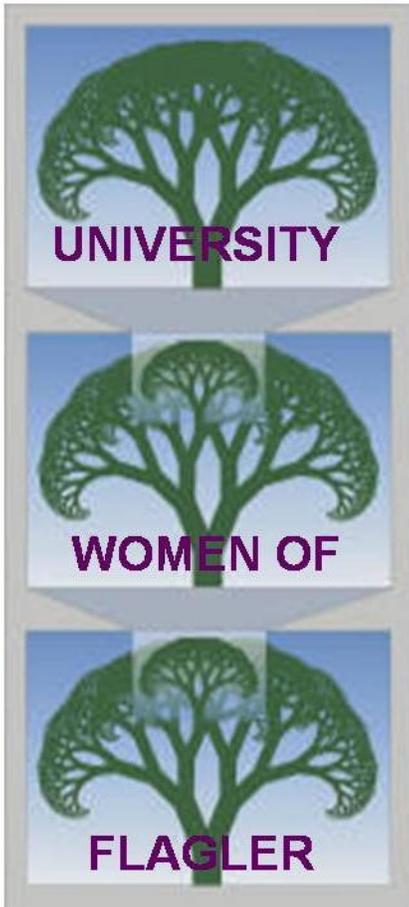
- 1 (1-pound) loaf panettone bread, crusts trimmed, bread cut into 1-inch cubes
- 8 large eggs
- 1 ½ cups whipping cream
- 2 ½ cups whole milk
- ¼ cup sugar

**To make the sauce:** Bring the cream, milk, and sugar to a boil in a heavy small saucepan over medium heat, stirring frequently. In a small bowl, mix the amaretto and cornstarch to blend and then whisk into the cream mixture. Simmer over medium-low heat until the sauce thickens, stirring constantly, about 2 minutes. Set aside and keep warm. (The amaretto sauce can be made 3 days ahead. Cover and refrigerate. Rewarm before serving.)

**To make the bread pudding:** Lightly butter a 13 by 9 by 2-inch baking dish. Arrange the bread cubes in the prepared dish. In a large bowl, whisk the eggs, cream, milk, and sugar to blend. Pour the custard over the bread cubes, and press the bread cubes gently to submerge. Let stand for 30 minutes, occasionally pressing the bread cubes into the custard mixture. (Recipe can be prepared up to this point 2 hours ahead. Cover and refrigerate.)

Preheat the oven to 350 degrees F.

Bake until the pudding puffs and is set in the center, about 45 minutes. Cool slightly. Spoon the bread pudding into bowls, drizzle with the warm amaretto sauce, and serve.



## University Women of Flagler

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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.

Copy Editor: Pat Cotton

Production Editor: Linda Jaeger

University Women of Flagler's Indoor Spring Yard Sale - April 14

