

The Wave

VOLUME 13— 7

Newsletter
of the University
Women of Flagler



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Get your tickets now for the UWF Fashion Show
March 30, 2019
Hilton Garden Inn
Fashions by Chez Jacqueline

Contact Louel Larkin
kaimukilady@gmail.com or 386-445-4236

March Meeting News

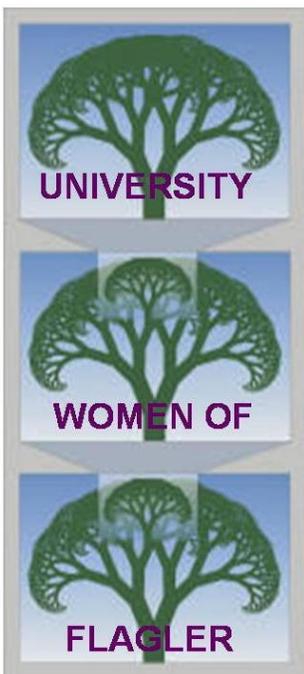
EVENT: UWF General Membership Meeting
DATE: Saturday, March 16, 2019
TIME: 9:00 AM
PLACE: Hilton Garden Inn, Palm Coast
PROGRAM: Catherine Seidle, ARNP, CFNP
TOPIC: [Health Care Tips for Women: What's New](#)
COST: \$15.00
RSVP: By March 11, 2019

Please make a reservation for the meeting by calling Karen Wolford at **386-864-8691** or emailing kwolford3@cfl.rr.com Mail a check for **\$15.00**, payable to **University Women of Flagler** to be received by **March 11** 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 call **Karen Wolford** so that your reservation payment can be donated to the Scholarship Fund.

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



From the Presidents

Dear UWF Members:

Spring is just about here, which means we are approaching one of our last fundraisers for this year. Back by popular demand, is our "Stepping into Spring" Fashion Show! Barbara Holley, Committee Chair for the Fashion Show, and her team have put together some fun surprises for the show, as well as classy styles for us to enjoy. It should be a "Show Stopper". Tickets are still available @ \$45 and if you want to purchase a full table there are still opportunities to do so. Please contact Louel Larkin for your tickets by Phone: 386-445-4236 or Email: kaimukilady@gmail.com. Remember this is our last push for raising funds toward our 2020 Scholarship Fund.



Pat Cotton

Janice Nickol

Speaking of "scholarships", the Scholarship Committee has been assiduously working and will tell you it's not easy to whittle a plethora of amazing young women applicants down to the three (3) we are able to honor. It makes one proud to see the outstanding young women coming out of our high schools. Each and every one of us can play a large part in the success of our mission. Your support of our activities and/or donations are always appreciated to assure and hopefully increase our offerings for next year.

As you are aware, the spirit of rotation keeps a group healthy. A nominating committee has recently been put into place to find members to fill the following two-year positions: President Elect, Corresponding Secretary, VP for Programs, and Treasurer. In addition, members are needed to complete the remaining year as Assistant Treasurer and as VP for Scholarships. The names of those nominated will be decided and brought to the General Membership at our March meeting. We will then vote as a Membership on each position at the April General Membership meeting. Please consider seeking a position and keep an open mind and heart if you receive a call to participate on the Board of Directors.

Have a wonderful Spring; enjoy the outdoors before it heats up too much. We are looking forward to seeing you at our Fashion Show. Please remember, we vote for the nominated positions in April and then in May we celebrate with lunch, install our new officers and honor our scholarship recipients.

Yours in friendship and purpose,
Janice and Pat

Women's Educational Support

University Women of Flagler have expanded our support to Flagler County women who are working towards degrees at Daytona State College. The Daytona State College Foundation runs the Helping Hands Program which seeks finances in our communities for their work. We have agreed to send The Foundation \$1,200 a year. A woman who needs a little bit of help for gas, food, bus fare, etc. may request help to balance out her budget so that she may continue in school. Helping Hands assesses the need and determines if a student qualifies for the aid. No stipend is to be greater than \$100 per semester.



UWF has received several donations to help start this stipend. In addition, we will utilize UWF's portion of the 50/50 and a Spare Change Jar at the General Meetings to fund our pledge to The Foundation. Please donate whatever you can so that we are able to service women residing in Flagler County who have sought to advance their education through non-traditional paths.

"STEPPING INTO SPRING" FASHION SHOW

Saturday, March 30th at 11 a.m.
At Hilton Garden Inn

Spring

Please join us for a celebration of Spring with fashions from Chez Jacqueline! Come at 11am to enjoy pre-show festivities, including vendors and an auction while light beverages are served. A delicious luncheon will be served at 12:30 while the models make their way around the room. Tickets: \$45.

Contact: Louel Larkin at kaimukilady@gmail.com or call: 386-445-4236.

Sponsored by
University Women
of Flagler

- Bring door prizes and scratch off lottery tickets for a lottery basket to the March 16th meeting. If you can't make the meeting, contact Barbara Holley or Donna Daly Boggs.
- If you have taken tickets from Louel and are unable to sell them, please return the unsold tickets by March 8.

February 9, 2019 Minutes

Hilton Garden Inn

Call to Order by Janice Nickol at 9:15am

Pledge of Allegiance was said and there was a moment of silence for lost loved ones, military here and abroad and first responders.

Inspirational talk by Rhenda Brodnax about why it is important that all of us help those who are threatened and why love is very important.

Membership Committee- Trish LeNet informed us that there are currently 87 members of the group. She is also planning to have UWF information table at the next Flagler Beach First Friday Event. She will be available to talk about our group to prospective members.

Trish introduced two guests: Kathy Donovan and Gail Harrison. She also introduced a new member Sheila Walls, who then told us about her life.

Jane Mealy explained how she disposed of the excess chocolate treats that were available at the play, *The Women*. Members of the Flagler Woman's Club sold them at an event and our net profit was \$100.

The Treasurer's Report, as printed in *The Wave*, was moved to accept, voted upon and filed for audit.

The minutes of the January General Meeting, as published in *The Wave*, were moved to accept and voted upon.

Breakfast was served at table rather than on a buffet. Most members seemed to prefer this method.

Our guest speaker, Mark Strobridge, an Under Sheriff in the Flagler County Police Department, introduced himself in a long but informative talk. Then he went on to explain some of the challenges facing the department and how they are trying to keep the county and its residents safe.

Barbara Holley told of the activities of the Fashion Show Committee. Members were encouraged to sell tickets to 7 friends and create a table for 8 at the event. She also explained that the committee is in need of small door prize gifts and asked members to bring them to the March meeting.

Nominating Committee members from the general membership are needed to join members from the executive board to produce a slate of officers for election at the April General Meeting.

Two 50/50 prizes were given.

Motion made to adjourn at 10:55am.

The next meeting will be on March 16th.

Respectfully submitted,
Josephine Dervan, Co-Recording Secretary

NOMINATING COMMITTEE NEWS

The Nominating Committee (Bettie Eubanks, Kay Forrest, Trish LeNet, Joanne Mason, and Rosemary Zattiero) is seeking candidates for the following offices: President-Elect, Program Vice President, Treasurer, and Corresponding Secretary.

According to our Bylaws, these positions are voted on at the April UWF General Meeting in odd-numbered years.

In addition, there are two vacancies to complete the term of office (one year) that have opened due to the resignation of the current office holders (Vice President for Scholarships and Assistant Treasurer).

Please consider helping UWF by volunteering or accepting a nomination to be a member of the Executive Board.

Auction Item from *The Women ...*

Dinner for Eight ... A Huge Success

Here are some photos from the dinner that was auctioned at ***The Women***. It was delivered January 30 to the successful bidders: Holly Flynn, Diana Baer, Carol Milewski. The meal was prepared by Edda Steinmeier (main course), Linda Jaeger (salad), Jane Mealy (polenta, asparagus), Nancy Carlton (hors d'oeuvres, wine & rolls), Joanne Mason (dessert).

Thanks to all who participated in this wonderful fundraiser.



UWF Mentorship Responsibilities

As grown women, it can still be challenging to enter “new groups”, so by serving as a UWF “mentor”, you will be able to provide that “transitional bridge” for new members. Overall, serving in a mentor role, you will be able to support the person by answering her questions when they arise and you can also encourage her active participation. Please consider using the ideas below which may be helpful as we enter this new mentorship program.

- Phone the new member approximately 10 days before the monthly meetings to encourage her participation. This should help her feel more welcomed into UWF.
- Availing yourself to sit with the new member for the first few months so you may be able to introduce her to others sitting at your table. Since we have incorporated the “lottery seating”, the new member will have the opportunity to “mix and mingle” more easily at each meeting if you are there helping with introductions.
- Discuss the various social activities within the organization (i.e. Bookminders, Playgirls, Gourmet Gals, Lunch Bunch, etc.). You may ask her to join you at one of the social activities that you participate in, thereby, making her feel more comfortable as she joins these new activities as well.
- Reinforce that UWF focuses our fundraising efforts towards women in Flagler County entering university settings. Encourage the new member to join you at one of the fundraising events you attend (and work on) so she may better understand her role within UWF.



New member Susan Waller
and mentor Louel Larkin

New member, Sheila Walls with her mentor, Pat Smith.



We are pleased to welcome Sheila Walls to UWF. Here is what she has to say about herself:

"I was born in and have lived and worked in central Maine most of my life although I am now a snowbird spending half the year in Florida. I have been married for 56 years to my husband, Nelson, and have two grown children employed in the field of public education and higher education. I have five grandchildren ranging in age from 3 to 21. They are all attending school ranging from pre-school to college.

My bachelor's degree is in education from the University of Southern Maine and I hold an associate's degree in medical laboratory technology from the University of Maine. My employment history involved being a teacher, laboratory technician, homemaker and owner-manager of two parent-teacher stores in Maine.

I spend my leisure time reading, walking, swimming and painting pieces for my craft/art hobby.

I admire the mission of the UWF: raising money and granting scholarships to students in need. Perhaps serving on the scholarship committee would be a good fit for me."

Let's greet her warmly!

Programs for 2018-2019

Karen Flaherty and Leila Hardison, Vice Presidents for Programs

| Meeting Date | Speaker/Title | Presentation Topic |
|-------------------------|---|--|
| March 16, 2109 | Catherine Seidle, ARNP, CFNP | "Health Care Tips for Women: What's New?" |
| April 13, 2019 | James Tager, Superintendent, Flagler County Schools | "Updates on Flagler Schools Programs: 2018-2019" |
| May 18, 2019 (Luncheon) | Scholarship Luncheon and Installation of Officers | Scholarship Award Recipients |

Breakfast meetings: Doors open at 9:00 AM.

Luncheon meetings: Doors open at 11:00 AM.

March's Speaker: Catherine Seidle, ARNP, CFNP

Catherine's colleagues often speak of her successes in empowering patients to assume responsibility for managing their own health.

For several years, Catherine worked at the VA hospital Intensive Care Unit, caring for a broad population of adults suffering a great variety of serious medical conditions. Over that time, she observed first-hand the superior outcomes achieved when patients could be motivated to accept active, informed roles in their treatment.

This led to Catherine's passion for *patient-centered* (as opposed to traditional *disease-centered*) medicine. She added professional training in such adjunct therapies as homeopathy, herbal remedies and Healing Touch. Her education in the most effective practices for *treating the whole person* continued with advanced studies in Functional Medicine. She became a Certified Functional Medicine Practitioner (CFMP).



Catherine gained invaluable knowledge and practical experience, particularly in dealing with conditions which demand continuing understanding and involvement from *the patients themselves* -- such as anxiety and depression, insulin resistance, food allergies, hormonal unbalance, just to name a few.

Catherine is proud of the highly individualized approach she brings to each patient's care. And she's equally proud of the way those patients respond and are actively participating in their personal healing.

Membership Report

Joanne Mason and Trish LeNet, Membership Co-Vice Presidents

If you have any changes to your contact information (name, address, telephone number, or email) please inform **Donna Daly Boggs** at djaymesd@earthlink.net.

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

If you know any member who needs some Sunshine, contact Stephanie Rast at srast973@aol.com so she can send a get well card, thinking of you card, or a sympathy card from UWF.

Treasurer's Report

Toni Donohue, Treasurer

Monthly Operating Account Cash Flow July 2018 - June 2019

| OPERATING ACCOUNT | 2018-2019 Budget | January Actual | February Preliminary | Year to Date Actual |
|--|-----------------------------|---------------------------|---------------------------------|--------------------------------|
| INCOME | | \$5,494.19 | \$5,136.69 | |
| Amazon | \$25.00 | \$0.00 | \$23.62 | \$41.20 |
| Correction Operating Income | \$0.00 | \$0.00 | \$0.00 | \$0.00 |
| Membership Dues 2017-2018* | \$3,500.00 | \$0.00 | \$0.00 | \$0.00 |
| Membership Dues 2018-2019 | \$0.00 | \$0.00 | \$0.00 | \$560.00 |
| Miscellaneous Operating Income | \$4,145.00 | \$0.00 | \$0.00 | \$0.00 |
| Monthly 50-50 Raffle | \$700.00 | \$0.00 | \$79.00 | \$216.00 |
| Monthly Meeting | \$7,300.00 | \$475.00 | \$375.00 | \$4,800.00 |
| Total Income | \$15,670.00 | \$475.00 | \$477.62 | \$5,617.20 |
| | | | | |
| EXPENSES | | | | |
| Community Assistance | \$2,000.00 | \$0.00 | \$0.00 | \$0.00 |
| Correction Operating Expense | \$0.00 | \$0.00 | \$0.00 | \$0.00 |
| Directory | \$1,300.00 | \$0.00 | \$0.00 | \$1,233.09 |
| 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 | \$70.00 | \$0.00 | \$70.00 |
| Historian | \$50.00 | \$0.00 | \$0.00 | \$0.00 |
| Honors | \$150.00 | \$0.00 | \$25.00 | \$100.00 |
| Insurance | \$600.00 | \$0.00 | \$0.00 | \$579.58 |
| Membership Committee | \$500.00 | \$257.50 | \$0.00 | \$257.50 |
| Memorials | \$250.00 | \$25.00 | \$0.00 | \$25.00 |
| Miscellaneous Operating Expense | \$0.00 | \$0.00 | \$0.00 | \$100.00 |
| Monthly Meeting Expense** | \$7,300.00 | \$480.00 | \$570.00 | \$3,760.32 |
| Office Supplies | \$100.00 | \$0.00 | \$0.00 | \$49.24 |
| Presidents Expense & Meeting | \$120.00 | \$0.00 | \$0.00 | \$0.00 |
| Program Committee | \$400.00 | \$0.00 | \$0.00 | \$245.00 |
| 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 | \$1,080.00 | \$0.00 | \$0.00 | \$304.48 |
| Total Expense | \$15,670.00 | \$832.50 | \$595.00 | \$6,724.21 |
| | | | | |
| TOTAL OPERATING CLOSING BALANCE | | 5,136.69 | 5,019.31 | |
| *Add \$2,555.00 from 2017-2018 Budget | | - | - | |
| **\$30 meal to got to Scholarship | | - | - | |

Monthly Scholarship Account Cash Flow
July 2018 — June 2019

| SCHOLARSHIP ACCOUNT | 2018-2019 Budget | January Preliminary | February Actual | Year to Date Actual |
|---|-----------------------------|--------------------------------|----------------------------|--------------------------------|
| INCOME | | \$21,677.29 | \$23,035.79 | |
| 15 Minutes of Fame | \$100.00 | \$0.00 | \$0.00 | \$0.00 |
| Belk Charity Days | \$0.00 | \$0.00 | \$0.00 | \$913.77 |
| Book Minders | \$200.00 | \$0.00 | \$0.00 | \$0.00 |
| Chez Jacqueline | \$500.00 | \$0.00 | \$0.00 | \$300.00 |
| Contributions from Individuals*** | \$0.00 | \$0.00 | \$100.00 | \$3,480.00 |
| Correction Scholarship Income | \$0.00 | \$0.00 | \$0.00 | \$0.00 |
| CRT Theatre Production | \$4,000.00 | \$2,223.35 | \$0.00 | \$5,013.35 |
| Dance The Night Away | \$500.00 | \$0.00 | \$0.00 | \$0.00 |
| Day of Games | \$3,000.00 | \$0.00 | \$0.00 | \$3,735.00 |
| Daytona State College Foundation | \$1,200.00 | \$0.00 | \$0.00 | \$910.00 |
| Fashion Show 3/30 | \$2,500.00 | \$0.00 | \$1,360.00 | \$1,360.00 |
| Gourmet Group | \$500.00 | \$0.00 | \$0.00 | \$0.00 |
| Honors - Scholarship | \$150.00 | \$0.00 | \$25.00 | \$100.00 |
| Lunch Bunch Group | \$350.00 | \$85.00 | \$0.00 | \$245.00 |
| Memorials - Scholarship | \$250.00 | \$25.00 | \$0.00 | \$25.00 |
| Miscellaneous Scholarship Income | \$6,030.00 | \$0.00 | \$0.00 | \$0.00 |
| Once Upon a Time | \$400.00 | \$252.10 | \$0.00 | \$252.10 |
| Paint with Twist | \$375.00 | \$0.00 | \$0.00 | \$0.00 |
| Playgirls | \$400.00 | \$125.00 | \$0.00 | \$200.00 |
| Workshops | \$1,000.00 | \$0.00 | \$0.00 | \$360.00 |
| Total Income | \$21,455.00 | \$2,710.45 | \$1,485.00 | \$16,894.22 |
| EXPENSES | | | | |
| Correction Scholarship Expense | \$0.00 | \$0.00 | \$0.00 | \$0.00 |
| CRT Theatre Production - Expense* | \$2,000.00 | \$1,351.95 | \$0.00 | \$1,351.95 |
| Dance the Night Away - Expense | \$250.00 | \$0.00 | \$0.00 | \$0.00 |
| Day Of Games Expense** | \$505.00 | \$0.00 | \$0.00 | \$535.00 |
| Daytona State College Found - Expense | \$1,200.00 | \$0.00 | \$0.00 | \$0.00 |
| Donation Flagler Community Ed Fund | \$2,000.00 | \$0.00 | \$0.00 | \$2,000.00 |
| Fashion Show - Expense | \$200.00 | \$0.00 | \$0.00 | \$0.00 |
| Miscellaneous Scholarship Expense | \$0.00 | \$0.00 | \$0.00 | \$0.00 |
| Paint with Twist - Expense | \$0.00 | \$0.00 | \$0.00 | \$0.00 |
| Scholarship Committee | \$300.00 | \$0.00 | \$0.00 | \$0.00 |
| Scholarship Awarded | \$15,000.00 | \$0.00 | \$0.00 | \$0.00 |
| Total Expense | \$21,455.00 | \$1,351.95 | \$0.00 | \$3,886.95 |
| *CRT Production deposit \$500 paid 6/18/18 | | | | |
| **Day of Games - \$150 paid 6/18/18 | | | | |
| ***\$250 for Flagler County Ed Fund | | | | |
| TOTAL SCHOLARSHIP CLOSING BALANCE | | <u>23,035.79</u> | <u>24,520.79</u> | |
| TOTAL UWF ACCOUNT BALANCE | | <u>\$28,172.48</u> | <u>\$29,540.10</u> | |

BOOKMINDERS SCHEDULE FOR 2018-2019

| DATE | LOCATION | TITLE | AUTHOR |
|----------|--------------------------|---|--|
| March 11 | Home of Pat Cotton | The Great Alone: A Novel and/or Educated: A Memoir | Kristin Hannah Tara Westover and Julia Whelan |
| April 8 | Home of Suzanne Timko | A Gentleman in Moscow: A Novel | Amor Towles |
| May 13 | Home of Jean Hunter | Barracoon: The Story of the Last Black Cargo | Zora Neale Hurston |
| June 10 | Home of Sherrie Thompson | The Dry: A Novel | Jane Harper |



All meetings will begin at 1:00 PM

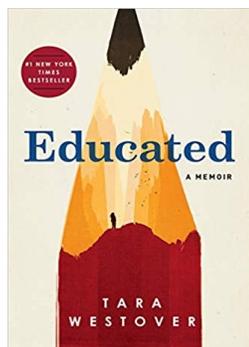
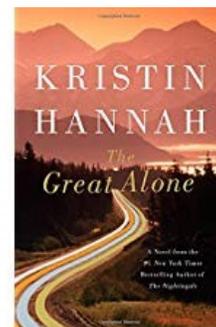
Jane Mealy
439-4811
janemealy@aol.com



March's Book Selections

In Kristin Hannah's ***The Great Alone: A Novel***, Ernt Allbright, a former POW, comes home from the Vietnam war a changed and volatile man. When he loses yet another job, he makes an impulsive decision: he will move his family north, to Alaska, where they will live off the grid in America's last true frontier.

In this unforgettable portrait of human frailty and resilience, Kristin Hannah reveals the indomitable character of the modern American pioneer and the spirit of a vanishing Alaska—a place of incomparable beauty and danger. *The Great Alone* is a daring, beautiful, stay-up-all-night story about love and loss, the fight for survival, and the wildness that lives in both man and nature.



Educated: A Memoir is an unforgettable memoir about a young girl who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge University

Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara's older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she'd traveled too far, if there was still a way home.



Play Girls Theater Group



The next planned Playgirls event, *Dames at Sea* has been replaced by **TICK TOCK BOOM!!** at CRT. Our tickets for *Dames at Sea* have been replaced with tickets for **TICK TOCK BOOM!!**

Play: **TICK TICK BOOM!**

Where: City Repertory Theater, 160 Cypress Point Pkwy, Palm Coast

Date: **Sunday, April 7, 2019 at 3:00pm**

Tickets: **\$28.00 (including \$5.00 for scholarship fund)**

Dinner : 6:00 at Carrabbas, 160 Cypress Edge (next to Walmart)

The theater had to change the play because the leads in *Dames at Sea* took off for another opportunity. **TICK TICK BOOM!** is an Obie-winning musical which chronicles the adventures of Jonathan Larson, the creator of *RENT*, as he navigates the treacherous waters of New York's young and vibrant arts scene. On the bright side, it is soon to be a movie produced by Ron Howard and directed by Linn-Manuel Miranda ("Hamilton"), so it should be good.



Let's finish the season in **STYLE**. Ronaele has reserved 20 seats for the Musical, **KINKY BOOTS** at the Peabody in Daytona Beach for **Tuesday, May 14th at 7:30pm**.

Play: **Kinky Boots**

Where: Peabody Auditorium, Daytona Beach

Date: Tuesday, May 14, 2019 at 7:30 pm

Tickets: \$45.00 (including \$5 for the Scholarship fund)

Dinner: BEFORE the play will be in Daytona Beach. Suggestions for a fun restaurant are appreciated.

Kinky Boots is about a man who is struggling to keep his family shoe business when the performer Lola arrives needing stilettos. The music was written by Cindy Lauper and the play is still showing on Broadway.

If you are interested in this final selection for the season, please contact Ronaele at 386-627-8033 or send a check for \$45 made out to Ronaele Bowman and mail to P.O. Box 353602, Palm Coast 32135.

Deadline: March 22, 2019

For more information contact

Ronaele Bowman

386-627-8033

hlbowman@gmail.com

Recipes from Lunch Bunch

Thanks to Jo Dervan for hosting the February Lunch Bunch

Baked Greek Shrimp with Tomatoes and Feta Recipe adapted from NY Times, made for Lunch Bunch by Jo Dervan

- Extra virgin olive oil
- 3 large Shallots, diced, about one cup
- 4 garlic cloves, minced
- Salt and pepper
- 2 pounds large ripe tomatoes
- 1 1/2 pounds large shrimp, peeled and deveined
- 4 oz Greek Feta cheese
- 1/2 teaspoon dried oregano
- 2 tablespoons roughly chopped mint



PREPARATION

- Put 4 tablespoons olive oil in a wide skillet over medium heat. Add shallots and garlic, season with salt and pepper and cook, stirring, until softened, about 5 to 8 minutes. Lower heat as necessary to keep mixture from browning. Remove from heat while preparing tomatoes.
- Fill a saucepan with water and bring to a boil. Add whole tomatoes and cook for about 2 minutes, until skins loosen. Immediately plunge tomatoes in a bowl of cold water to cool, then drain. With a paring knife, core tomatoes and slip off skins. Cut tomatoes into thick wedges.
- Heat oven to 400 degrees. Return skillet to stove over medium-high heat. Add tomato wedges and season with salt and pepper. Cook, stirring, until mixture is juicy and tomatoes have softened, about 10 minutes. Transfer mixture to a shallow earthenware baking dish.
- Put shrimp in a mixing bowl. Add 1 tablespoon olive oil, season shrimp with salt and pepper and stir to coat. Arrange shrimp over tomato mixture in one layer. Crumble cheese over surface and sprinkle with oregano.
- Bake for 10 to 12 minutes, until tomatoes are bubbling and cheese has browned slightly. Remove from oven and let dish rest for 5 minutes. Sprinkle with mint and serve.

Lunch Bunch

All Lunches will begin
at Noon

Contact Suzanne Gaguzis
by March 11
For the March luncheon
gaguzism@yahoo.com

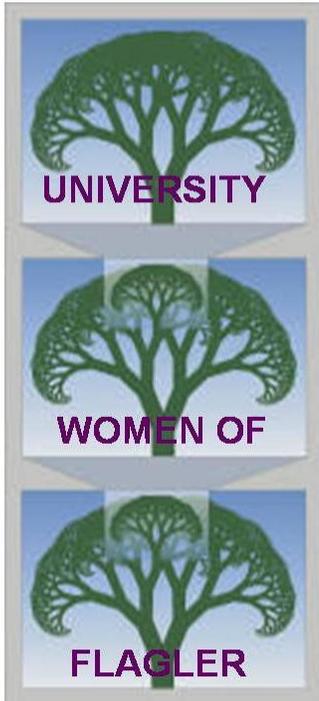
MAIN CONTACT

Edda Steinmeier
446-5403

eddausi2@aol.com

| Date | Hostess |
|----------|-----------------|
| March 15 | Suzanne Gaguzis |
| April 12 | Diane Parisi |
| May 17 | Jane Mealy |
| June 21 | Linda Jaeger |





2018-2019 Officers

| | |
|-----------------------------|--------------------------------|
| Presidents | Pat Cotton, Janice Nickol |
| Past President | Barbara Holley |
| Program Vice Presidents | Karen Flaherty, Leila Hardison |
| Membership Vice Presidents | Trish LeNet, Joanne Mason |
| Scholarship Vice Presidents | Maralee Walsh-McDaniel |
| Recording Secretaries | Jo Dervan, Sheila Platt |
| Corresponding Secretary | Mavis Smith |
| Treasurer | Toni Donohue |
| Assistant Treasurer | Jeanne Florio |

www.uwflagler.org

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.
Editor: Linda Jaeger

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

Find us on

