

The WAVE

VOLUME 19 – 7

Newsletter
of the University
Women of Flagler



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March 2025 Meeting News

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DATE: Saturday, March 8, 2025

TIME: Meeting will begin at 11:30AM; doors open at 11:00AM

PLACE: Grand Haven Golf Club
500 Riverfront Drive, Palm Coast
(enter at Waterside Parkway main gate)

SPEAKER: **Micki of Padma Yoga, teaching Chair Yoga (please dress comfortably and have a light breakfast)**

COST: \$25.00 (\$26.00, if using "Square" via the UWF website)

RSVP: **By Tuesday, March 4, 2025**
to Pat Rhodes at Prhodes15@hotmail.com

REGISTRATION:
Please make a reservation for the meeting via email to prhodes15@hotmail.com.
Make your check payable to "UWF" for **\$25.00** and mail to:
Pat Rhodes
35 Riverview Bend, So., #1815
Palm Coast, FL 32137

Lunch menus will vary each meeting, so please let Pat know your choice. This month the selections are: **1. Salmon BLT:** grilled salmon on a brioche bun with bacon, lettuce, tomato served with a side of kettle chips; **2. Chicken Ranch Wrap:** chopped chicken, lettuce, tomato, shredded cheddar cheese and homemade ranch dressing in a grilled wrap; **3. Spring Salad with Grilled Shrimp:** baby romaine, golden tomatoes, asparagus tips, radish, cucumbers, white balsamic dressing.

Please note: The venue'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](mailto:prhodes15@hotmail.com) or call Pat (386-264-7130) by **March 4th**, so your reservation payment can be donated to the UWF Scholarship Fund. Thank you!



UNIVERSITY WOMEN
OF FLAGLER

From the Co-Presidents

Robin Hall & Trish Le Net



Trish Le Net (left) and Robin Hall

Dear Members and Friends,

As we head toward spring in a few weeks, we think of beautiful days ahead, new possibilities and the Day of Games on Friday, March 28th! It's our last big fundraiser of the year. Pat Rhodes and Karen Flaherty have already started the plans and passed out the sign-up sheets to make the lasagnas, breakfast breads, cookies, and for help in the kitchen, setting up, taking down and helping with the baskets and gift cards for the silent auction. Even though they are experts at doing this, as always, it takes a team to make it work. Donna and Sheila have started selling the tickets. Thank you **all** for volunteering! It's work, but it's fulfilling and fun!

Do you like submarine sandwiches, subs as salads or cheesesteaks? Jo Dervan has organized a fundraiser that's called Spirit Night at Jersey Mike's. All you have to do is go to Jersey Mike's on March 4th from 4 -8 PM (near the Metro Diner in Island Walk) and order some of their delicious menu options. UWF will earn a percentage of the entire revenue during those hours.

Our annual new member lunch will be held on March 21st in conjunction with Lunch Bunch at Betty Stefflick Preserve. (New members will be offered lunch.) Come, bring a brown bag lunch and welcome our new members!

Please remember to nominate the member you think has exhibited the most UWF SPIRIT this year. There are unsung heroes within our midst, and this is an opportunity to show our appreciation. We will honor the top three (unranked) nominees at our April General Meeting. The nomination form is available in this month's WAVE (see page 10) and includes the details. Please hand deliver or email your completed form to Robin and Trish, or simply just email us with your nominee and the reasons why you are nominating this person.

In Friendship and Service,

Trish and Robin



Coming up: Tuesday, March 4th
Spirit Night at Jersey Mike's—all menu items!

EAT A SUB, MAKE A DIFFERENCE!

SPIRIT NIGHT

Tuesday, March 4 • 4pm-8pm



Good goes beyond the sub! Join us **Tuesday, March 4th** in support of the **University Women of Flagler**. We're happily donating **15% of sales** in support of this fundraiser. So stop by, enjoy some great subs and help Jersey Mike's support this worthy cause.

VALID ONLY AT:

250 Palm Coast Parkway • Palm Coast, FL • 386-585-4582

Valid 3/4/2025 only. See store for details.

Also Coming Up: Friday, March 28th
Our Springtime Day of Games



UNIVERSITY WOMEN OF FLAGLER
PRESENTS

**DAY OF
GAMES**

TICKETS: \$35/PERSON

FRIDAY, MARCH 28TH
9:30AM-2:30PM

Palm Coast Community Center
305 Palm Coast Parkway NE
Palm Coast 32137

Please join us for a fun day of Mah Jongg, Mexican Train, Canasta, Bridge, Scrabble or any game of your choice.

Bring friends and fill a table of 4, 6, or 8.

**Breakfast: Breads, Coffee, Tea.
Luncheon: Home-made Lasagna, Salad, Desserts, Coffee and Tea are included.**

Raffles and Door Prizes

Tickets available at UWF
February and March
General meetings

Contact Donna Daly Boggs or
Sheila Platt at
uwflagler@gmail.com

Or phone Donna 386-313-5231
Sheila: sasha0608@aol.com
386-237-5545 (cell)

University Women of Flagler is
a 501.c.3 non-profit
organization (FEIN: 42-
1700627). This fundraiser
benefits UWF's Scholarship
Program.

Calendar of Upcoming Activities, Events and Fundraisers

Event	Dates	UWF Contact
UWF General Meeting	Saturday, March 8th 11:30am at Grand Haven Golf Club	Pat Rhodes
Jersey Mike's Fundraiser	Tuesday, March 4th 4-8pm	Jo Dervan
Bookminders	Monday, March 10th at 1pm Via Zoom	Jane Mealy
Lunch Bunch and New Members Lunch	Friday, March 21st 12 noon at Betty Steflik Preserve	Edda Steinmeier Nancy Hazo & Valerie Herndon For Membership
Spring Day of Games	Friday, March 28th Palm Coast Community Center 9:30am-2:30pm	Pat Rhodes, Karen Flaherty
Please note TIME CHANGE: UWF General Meeting And Scholarship Luncheon	Saturday, May 17th New Start Time: 10:30am Doors open at 10am	Pat Rhodes

Jersey Mike's Fundraiser:

Plan ahead for Tuesday, March 4th

Once again we will be holding a fundraiser at Jersey Mike's in Island Walk shopping center. The date is **Tuesday, March 4th from 4pm to closing at 8pm**. A percentage of all sales of the sub sandwiches, hot sandwiches or sub ingredients as salads in that time period will be donated to our organization. No identification is required and the sale from every customer will contribute to our profit.

The subs are available with hot or cold fillings and served on three different types of bread. And recently, they added salads that can be made from any of their famous sub ingredients! The subs can be either full or half sized with a variety of toppings. Drinks and chips are also for sale.

Please try to purchase any menu items at the store on that day and ask your friends and neighbors to do so as well.

Jo Dervan, Jersey Mike's fundraiser chair



Programs for 2024-2025

Janice Nickol, Vice President for Programs

Date	Program	Location
March 8th	Micki of Padma Yoga Chair Yoga	Grand Haven Clubhouse
April 12th	P. Ansley Wren-Key, Ph.D. Coastal Engineering Admin. On "Beach Erosion"	Grand Haven Clubhouse
May 17th Scholarship Luncheon and Installation of Officers	Honoring our new Scholarship Recipients. Introduction of new recipients and updates from Former Scholarship students.	Grand Haven Clubhouse

March General Meeting Program

Chair Yoga Presentation with Member Participation

Micki Higgins has a E-RYT 500, Professional Master Level, YACEP, and is a Certified LVCY Chair Yoga Teacher, as well as the several certifications listed below in the teachings of Yoga. Micki's passion for the practice of yoga grew from a "once in a while stress relief class," into a lifetime of teaching, learning, and sharing the art of Yoga from several levels, nationally known instructors, and her own studio teachers.

We will learn the art and benefits on Saturday, March 8th, of Chair Yoga, which can be done by anyone, any age, or mobility. It will benefit our balance, strength, and coordination in ways that yoga without a chair may not be able to target as quickly. Micki is also certified for:

- Certified Discovery/Kripalu Yoga Lead Teacher for the RYS 200 Program
- Certified Yin Yoga Teacher
- Certified LVCY Chair Yoga Teacher

Please dress in comfortable clothing, and eat a light breakfast. It is best to do Yoga on a light stomach.

Janice Nickol, Programs Vice President

Day of Games: Volunteers needed to help provide — yes, another memorable event!

DAY OF GAMES ON FRIDAY, MARCH 28th!

YOUR SUPPORT IS NEEDED! To make the day a success, we are in need of volunteers to help set up, take down, and assist with food and prizes. We also need volunteers prior to the event to make lasagna, breakfast breads or cookies/brownies for desserts. As always, our guests love the raffle baskets we have on hand, so we need donations for those baskets and door prizes (no wine, please, as we have lots of bottles left from the Mystery Dinner!). You can also ask your favorite beautician, nail salon, restaurant, or gift store for a gift card donation. Items can be brought to the March 8th general meeting, or give us a call, and we will be happy to come and pick them up! There will be sign-up sheets at the upcoming meeting, as well as Day of Games flyers and donation request letters that you can use as you're talking to your favorite restaurants and salons.

For Information or to volunteer /donate, please contact:

Pat Rhodes at prhodes15@hotmail.com or 386-264-3893

Karen Flaherty at karen.c.flaherty@gmail.com or 386-693-4263 (office)

Membership Report:

Valerie Herndon and Nancy Hazo, Membership Co-Vice Presidents

Our membership has increased by one, to 70 members, with a returning member renewal. Current members are encouraged to invite someone who may be interested in UWF to the General Meetings or any other UWF events.

We have seven March Birthdays and wish each one an enjoyable day and a happy, healthy 2025.

Pat Driscoll	3/11
Karen Flaherty	3/18
Susan Wildman	3/22
Sheila Platt	3/26
Ethel Keith	3/29
Patricia Healy	3/29
Sue Mitchell	3/31



Our annual spring “Welcoming Luncheon” is just around the corner! Please join us at Betty Steflik Preserve on Friday March 21st from 12 noon until 2. Potential new members are invited as guests to attend this Spring Luncheon held in conjunction with the regularly scheduled Lunch Bunch meeting.

In addition, The Membership Committee has purchased a booth at the Bunnell Springfest 2025 which is held on Rt. 100 across from the Government Services Building at Joanne B. King Park (300 Citrus Street, Bunnell) from 10am-5pm. This allows more public exposure to what the UWF is and does for the community. We have written information to hand out to those who are interested. If you can, please join us at the table or stop by!

Murder Mystery: A Taste for Wine & Murder—The Recap

What a fun night! UWF's fundraiser on January 31, 2025, was a HUGE success. The Flagler Beach Woman's Club was filled with dinner guests for the presentation of "A Taste for Wine and Murder" set at the Underwood Wine Estates in Napa Valley, California. The cast (Jo Dervan, Kay Forest, Linda Jaeger, Agnes Lightfoot, Bill Moya, Susie Moya, Rick Sabol and David Sckolnik) and the dinner guests were on a quest – who killed Barry Underwood, the owner of the Underwood Wine Estates? Between courses, the cast revealed clues and information to highlight what happened in September five years before. At the end of the evening, the murderer was revealed, and the winning tables were awarded prizes.

Thanks to all who made this event possible: the cast, cooks, kitchen help & servers, bartenders, ticket takers, 50/50 ticket sellers, set-up and clean-up crews, those who donated wine & supplies, and the UWF Board. With your help, UWF raised over \$5000 from this event.

Your very grateful event coordinators,
Linda Jaeger and Edda Steinmeier

Nominations for the new Fiscal Year

Following are the UWF Board Positions needing to be filled by April 2025. The positions will begin July 1, 2025.

As per the UWF By-Laws, we need to fill the following positions this year: President-Elect, Program Vice President, Corresponding Secretary and Treasurer. As of this writing, Program Vice President still needs to be filled.

If you are currently in one of these positions and want to continue to serve, you are welcome to serve again (see Tenure Section below). Nominations will begin now until the March General Membership meeting. The Nominating Committee will report to the members at the March meeting, after receiving the consent of each nominee.

A description for each position can be found in the By-Laws section of the UWF Directory:

By-Laws

ARTICLE VII-OFFICERS

Section 1: Officers (all positions are described)

If you have any questions or would like to become a Board member in any of the open positions, please call or send an email to:

Janice Nickol 386.793.0500 email: jnickol2@cfl.rr.com

Donna Daly Boggs 386-313-5231 email: djaymesd@gmail.com

Susan Moeser email: sjmoeser@gmail.com

Membership renewals for FY2025-26

A friendly reminder that we're coming up on membership renewal time. Please mail your \$50 membership dues to:

Linda Jaeger, Treasurer
76 Colechester Lane
Palm Coast, FL 32137

The dues deadline is June 30. If you will be attending the March, April or May meetings, you can give Linda your check in person. Checks should be made payable to UWF. You may also pay with a credit card through Square on the UWF website www.uwflagler.org. The Square fee has been added making the total \$52.00 via credit card.

Anyone not paying by July 1st will be notified by a member of the Membership Committee. A member whose dues remain unpaid after July 31st shall be dropped from membership. **This renewal notice does not apply to members who joined after January 1, 2025.**

Adventure Girls Updates

As always, I appreciate any suggestions you might want to make for upcoming Adventures! Just drop me a note or call! Remember, there will be a five-dollar scholarship donation for each adventure. But once you've paid \$20, you are set for the year.

Here's what's coming up for March and April:

Monday, March 3rd from 8:30 to 5PM: Discover Bus trip to Silver Springs State Park and glass bottom boat ride. The cost is \$70. Call the Palm Coast Community Center at 386-986-2323 to register. We will meet at the Community Center at 305 Palm Coast Pkwy at 8:15 to ride the bus. There is a restaurant available, if you'd like to purchase lunch.

Thursday, March 13th at 9:30AM: The Flagler Education Foundation has once again invited us to tour Flagler Palm Coast High School and Bunnell Elementary School. Details to follow. We will meet at Flagler Palm Coast High School. Lunch will be provided by the Culinary Class. Please let me know if you plan to attend, so we can give them an estimate of the number of attendees.

Saturday, March 29th from 1 to 3:30 PM—The Ormond Beach Garden Club's annual flower show and tea extravaganza will feature flower arrangements, demonstrations, plant sales and raffles. Jack Dunlop, Master Gardner and beekeeper will do a presentation on bromeliads.

Piano music by Glenn Lowry. Refreshments will be provided. The admission is five dollars at the door at the Casements, 25 Riverside Dr., Ormond Beach. Debbie Drumm has suggested that afterwards, we stroll the area to view the 18 Seward Johnson sculptures that are being displayed outdoors, nearby. For a map and more information go to www.ormondarts.com/sculptures.

Saturday, April 5th from 9 AM to 4 PM. The Garden Club at Palm Coast, as mentioned at our last meeting, has invited us to their 12th Annual Spring Festival and Plant Sale at Flagler Palm Coast High School. The admission is free.

Hope to see you on these adventures,
Holly

(To Contact Holly: call Holly Flynn. 518-269-5988 or email here at: Hollyflynn424@gmail.com)

Spirit Award Application: Due April 2nd

**February 2025
University Women of Flagler
Membership Recognition
Annual Spirit Award**

All UWF members, excluding current president(s), are eligible to be nominated.

Nominee: _____ is a deserving recipient of the UWF Spirit Award. Her dedication to UWF has been displayed in so many ways.

- S:** Spirit
- P:** Participation
- I:** Inspiring
- R:** Recruitment Efforts
- I:** Initiative
- T:** Team Player

Reasons for choosing this nominee. Please be specific.

Person Nominating: _____

Each member may nominate **one** person for 2024-2025. The three members with the most nominations will be chosen. The unranked recipients will be announced and honored at the 2025 April General Meeting; and featured in the WAVE and website.

Please hand deliver completed nomination form to Robin Hall or Trish LeNet.

OR

Please email completed nomination form to drrobin500@gmail.com and nwtrish@yahoo.com

Deadline is Wednesday, April 2, 2025.

Suggested Changes to the By-Laws in the Directory

Committees

Audit Outside auditor

BYLAWS

ARTICLE VII – OFFICERS

Section 2: Duties

i. President-Elect

vii. The President-Elect shall serve as chair of the Publicity Committee.

Section 4: Tenure:

All officers shall take office on July 1. All officers, except President-Elect and Past President, shall serve for a term of two years or until their successors are elected and assume office. They shall be eligible for re-election to the same office for one term only, with the exception of the Treasurer.—The incoming or continuing President may call a meeting of the Board of Directors or the Executive Committee prior to July 1 for the purpose of approving appointments and make plans for the coming year.

Section 6: Nominations:

A. Nominating Committee shall consist of three one members elected by the membership at the February meeting and two Board members elected by the Board of Directors.

POLICIES

IV. Affiliations

C. As a 5-01(c)(3) organization

IX. Scholarships

J. Scholarship award winners from the current year will be honored guests at the May meeting, at which their attendance is required. If circumstances warrant, a representative from the winner's family can attend in her stead.

Minutes from February 15, 2025 General Meeting

UWF General Meeting at Grand Haven Golf Club

Saturday, February 15, 2025

Open

Welcome

Pledge of Allegiance

Moment of Silence – We remember our military, our first responders, and those suffering.

Program – Denise Garcia, President of the Garden Club of Palm Coast

Inspirational Message – Rhenda Brodnax

Lunch

Business Meeting

Officer Reports

Motion to approve the Treasurer's Reports as reported in WAVE made and approved.

Monthly Operating Account 2024 -2025 Cash Flow Report for December actual and January preliminary.

Monthly Scholarship Account 2024-2025 Cash Flow Report for December actual and January preliminary.

Motion to approve January meeting minutes as reported in WAVE made and approved.

Membership – Valerie Herndon

There are 69 members. There will be a new member luncheon on March 21 in conjunction with Lunch Bunch. Every member is encouraged to recruit a new member to attend the March 8th General Meeting in time to be included in the New Member Luncheon.

UWF participated in the first Connecting Palm Coast Expo in January. We will also have a table at the Chamber of Commerce Spring Fest at the Joanne B. King Park in Bunnell from 10:00 to 5:00 on March 1st. Volunteers are needed for 2-hour shifts to man the exhibit. A banner has been ordered for use at events (paid for by a donation).

February Birthdays: Maralee Walsh-McDaniel 2/11, Pat Rhodes 2/12, Lee Ross 2/24, Valerie Herndon 2/27.

Scholarship – Dale Curran reported that the Scholarship Committee has met twice, and the names of the top ten applications were submitted to the Foundation.

Corresponding Secretary – Sheila Platt sent a thank you to William and Debra Baker for a \$200 donation to UWF made at the Mystery Dinner.

Committee Reports

Bylaws – Jane Mealy reported that the By-laws meeting will be held on February 20 by ZOOM. Anyone not on the Board wishing to attend should contact Jane to receive the meeting link.

Communications – Karen Flaherty requested that articles for the next WAVE be received by February 25. A picture of the Garden Club has been placed on the UWF Facebook page. The Website is being updated with the new logo.

Community Partnerships – Karen Flaherty reported that the logo and letterhead are complete and that 28 letters have been sent out asking for sponsors.

Non-Traditional Grants – Kay Forest read a thank you letter from the Family life Center. It can be found in the WAVE. The committee is looking at funding two CNAs through another organization.

(Continued on next page)

Minutes from February 15, 2025 General Meeting

(Continued from previous page)

Sunshine – Lee Ross reported that a card was sent to Pat Driscoll following an automobile accident and a letter was received from scholarship recipient Leila Jackson.

Fundraisers

Murder Mystery Dinner – Linda Jaeger reported that there were 102 in attendance at the dinner which earned \$5,100. Members were thanked for their hard work at this successful event.

Workshop – Trish LeNet reported that the Seniors vs Crime Workshop earned \$56.

Day of Games – Pat Rhodes reported that signup sheets for food and volunteers were on the tables. Donations are needed for the raffle, including things that will go well with wine that was left over from the Mystery Dinner. Gift cards are also needed. Pat or Karen can provide letters for donors regarding UWF 501(c)3 status.

Jersey Mike's – Jo Dervan reported that the event will be held March 4 from 4:00 to 8:00. UWF receives a percentage of all sales during those hours.

Food Truck Tuesday – No Report.

Interest Groups

Adventure Girls – Holly Flynn (event details in the WAVE)

Saturday, February 15th: the Boutique at Emmanuel's Closet at 1000 Palm Coast Parkway Southwest, Patel Plaza, Unit 108

Thursday, February 13th at 10AM: Audubon 's Birds of Florida, at the Hyatt Brown Museum of Art in Daytona Beach.

Monday, March 3rd from 8:30 to 5PM: Discover Bus trip to Silver Springs State Park and glass bottom boat ride.

Thursday, March 13 at 10 AM: Tour Flagler Palm Coast High School and Bunnell Elementary School.

Bookminders – Jane Mealy reported that the book for the next meeting is *Lies My Doctors Told Me*.

Lunch Bunch - February 21 at noon at the Betty Steflik Park in Flagler Beach.

Other Business

Spirit Award: Nomination Forms are available. Email your nomination to Robin or Trish. The top three unranked nominees will be recognized at the April General Meeting.

Nominating Committee: The Nominating committee will present a slate of candidates at the March meeting and in the WAVE. An election will be held at the April general meeting. Donna Daly Boggs, Susan Moeser and Jancie Nickol are on the committee. Please contact a member of the committee if you are interested in being considered for the positions of President Elect or Program Vice President.

Next Meeting: March 8 at 11:30 at Grand Haven Golf Club. The program will be Chair Yoga with Micki Higgins of Padma Yoga.

Share & Share – Luzibu Nsakala: \$150 collected (\$75 to the winner, \$75 to UWF)

Motion to Adjourn at 1:35

Respectfully Submitted: Jo Dervan and Susan Moeser, Co-Recording Secretaries

**Monthly Operating Account Cash Flow
July 2024 - June 2025**

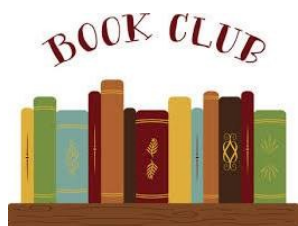
OPERATING ACCOUNT	2024-2025 Budget	January Actual	February Preliminary	Year to Date Actual
INCOME		\$13,932.78	\$13,327.68	
Day of Games Square Income	\$0.00	\$0.00	\$0.00	\$70.28
Donation Button Contributions (Square)	\$0.00	\$0.00	\$0.00	\$0.00
Membership Dues (\$50) 2024-2025	\$3,250.00	\$50.00	\$0.00	\$265.57
Membership Dues (\$50) 2025-2026		\$50.00	\$0.00	\$50.00
Miscellaneous Operating Income	\$0.00	\$0.00	\$0.00	\$50.19
Monthly Meeting	\$7,200.00	\$524.90	\$699.70	\$6,773.76
Monthly Share & Share	\$525.00	\$65.00	\$75.00	\$415.00
Scholarship Accruals	\$3,000.00	\$0.00	\$0.00	\$0.00
Total Income	\$13,975.00	\$689.90	\$774.70	\$7,624.80
EXPENSES				
Audit	\$0.00	\$0.00	\$0.00	\$0.00
Community Assistance	\$500.00	\$0.00	\$0.00	\$0.00
Directory*	\$500.00	\$395.00	\$105.00	\$500.00
Day of Games Square Transfer	\$0.00	\$0.00	\$0.00	\$70.28
Donation Button (Square) Transfer	\$0.00	\$0.00	\$0.00	\$0.00
Fees-Dept of Consumer Services	\$90.00	\$0.00	\$0.00	\$0.00
Fees-FL Non-Profit	\$170.00	\$0.00	\$70.00	\$70.00
Honors for Speakers	\$175.00	\$25.00	\$25.00	\$125.00
Insurance	\$635.00	\$0.00	\$0.00	\$631.48
Membership Committee	\$250.00	\$0.00	\$90.13	\$90.13
Memorials	\$200.00	\$0.00	\$25.00	\$100.00
Miscellaneous Operating Expense **	\$115.00	\$0.00	\$115.00	\$165.19
Monthly Meeting Expense	\$7,200.00	\$875.00	\$1,000.00	\$5,725.00
Office Supplies*	\$150.00	\$0.00	\$112.57	\$150.00
Presidents Expense & Meeting*	\$100.00	\$0.00	\$48.86	\$73.86
Program Committee	\$400.00	\$0.00	\$25.00	\$300.66
Publicity	\$125.00	\$0.00	\$0.00	\$95.23
Scholarship Accruals Transfer	\$3,000.00	\$0.00	\$3,000.00	\$3,000.00
Sunshine Fund**	\$40.00	\$0.00	\$40.00	\$40.00
Website	\$325.00	\$0.00	\$0.00	\$0.00
Total Expense	\$13,975.00	\$1,295.00	\$4,656.56	\$11,136.83
**funds to Community Sponsors Income for logo				
*funds for Vinny the Printer letterhead, etc				
TOTAL OPERATING CLOSING BALANCE		\$13,327.68	\$9,445.82	

**Monthly Scholarship Account Cash Flow
July 2024— June 2025**

SCHOLARSHIP ACCOUNT	2024-2025 Budget	January Actual	February Preliminary	Year to Date Actual
INCOME		\$41,234.04	\$49,293.09	
Adventure Girls	\$200.00	\$0.00	\$40.00	\$105.00
Book Minders 2024-2025	\$200.00	\$0.00	\$0.00	\$10.00
Contributions from Individuals	\$3,000.00	\$6,665.00	\$0.00	\$7,415.00
Community Sponsors (\$40 sun,\$115misc op exp)	\$1,000.00	\$0.00	\$505.00	\$505.00
Correction Scholarship Income	\$0.00	\$0.00	\$0.00	\$0.00
Day of Games Nov	\$4,000.00	\$0.00	\$0.00	\$6,667.28
Day of Games March	\$5,400.00	\$0.00	\$1,295.00	\$1,295.00
Donation Button Contributions	\$0.00	\$0.00	\$0.00	\$0.00
Food Truck	\$500.00	\$0.00	\$0.00	\$0.00
Jersey Mike's	\$200.00	\$0.00	\$0.00	\$0.00
Honors (trans from Programs/speakers)	\$175.00	\$25.00	\$25.00	\$125.00
Lunch Bunch 2024-2025	\$200.00	\$0.00	\$0.00	\$80.00
Memorials for Scholarship	\$200.00	\$0.00	\$25.00	\$100.00
Miscellaneous Scholarship Income	\$425.00	\$0.00	\$56.00	\$56.00
Murder Mystery	\$4,000.00	\$1,000.00	\$1,595.00	\$6,295.00
Non-Traditional Student Grant	\$0.00	\$0.00	\$0.00	\$2,800.00
Scholarship Accruals (trans from Op midyr)	\$3,000.00	\$0.00	\$3,000.00	\$3,000.00
T-shirt fundraiser	\$200.00	\$0.00	\$0.00	\$150.00
Wreaths Across America	\$600.00	\$619.12	\$0.00	\$654.12
Total Income	\$23,300.00	\$8,309.12	\$6,541.00	\$29,257.40
EXPENSES				
Adventure Girls	\$0.00	\$0.00	\$0.00	\$0.00
Community Sponsorships Expense*	\$100.00	\$250.07	\$117.10	\$367.17
Correction Scholarship Expense	\$0.00	\$0.00	\$0.00	\$0.00
Day Of Games Nov Expense	\$1,000.00	\$0.00	\$0.00	\$938.38
Day Of Games March Expense	\$1,000.00	\$0.00	\$0.00	\$0.00
Early Learning Coalition/Dolly Parton	\$1,500.00	\$0.00	\$0.00	\$0.00
Food Truck	\$0.00	\$0.00	\$0.00	\$0.00
Miscellaneous Scholarship Expense	\$0.00	\$0.00	\$0.00	\$0.00
Murder Mystery Jan 2025***	\$1,000.00	\$0.00	\$757.13	\$757.13
Non-Traditional Student Grant- Expense	\$4,000.00	\$0.00	\$0.00	\$0.00
Office Supplies-Scholarship	\$0.00	\$0.00	\$0.00	\$0.00
Scholarship Committee	\$550.00	\$0.00	\$0.00	\$0.00
Scholarship Award 2025 (5 new, 6 returning)	\$12,000.00	\$0.00	\$0.00	\$0.00
Take Stock In Children FC Ed Foundation	\$2,000.00	\$0.00	\$0.00	\$2,000.00
T-shirt expense	\$150.00	\$0.00	\$0.00	\$89.94
Total Expense	\$23,300.00	\$250.07	\$874.23	\$4,152.62
*** \$400 FWC rental 6/2024				
TOTAL SCHOLARSHIP CLOSING BALANCE		\$49,293.09	\$54,959.86	
TOTAL UWF ACCOUNT BALANCE		\$62,620.77	\$64,405.68	

BOOKMINDERS SCHEDULE FOR 2024-2025

DATE	BOOK	AUTHOR	HOSTESS / DISCUSSION LEADER
March 10	Lies My Doctor Told Me: Medical Myths That Can Harm Your Health	Dr. Ken Berry	Lee Ross
April 14	Bright Young Women	Jessica Knoll	Jo Dervan
May 12	Finding Margaret Fuller	Allison Pataki	Pat Cotton
June 9	Good Night Irene	Luis Alberto Urrea	Robin Hall
July 14	The River We Remember	William Kent Krueger	Susie Moya
August 11	The Heaven and Earth Grocery Store	James McBride	Sue Mitchell



Bookminders Group Chair: Jane Mealy
386-439-4811
janemealy@aol.com

All meetings will be held on Mondays **via Zoom at 1:00 pm.**

March Book Selection

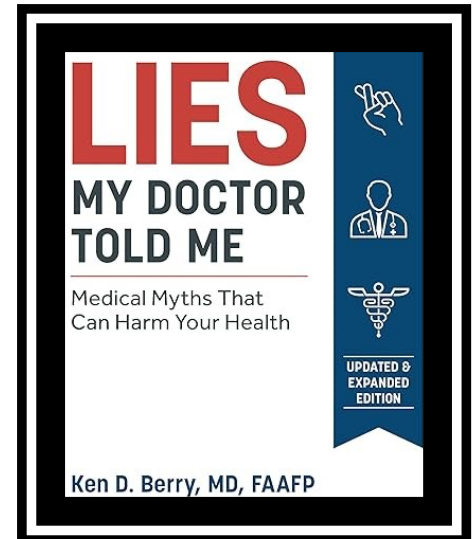
March's Book Selection: *Lies My Doctor Told Me: Medical Myths that Can Harm Your Health (Second Edition)*

By Dr. Ken Berry

“Trust me; I’m a doctor” no longer has the credibility it once did.

Nutritional therapy is often overlooked in medical school, and the information provided to physicians is often outdated. Advice to avoid healthy fats and stay out of the sun has been proven to be detrimental to longevity and wreak havoc on your system, and yet many doctors still regularly espouse this “wisdom.” What kind of advice is your doctor giving you? Is it possible you’re being misled?

Dr. Ken Berry is here to dispel the myths and misinformation that have been perpetuated by the medical and food industries for decades. This updated and expanded edition of Dr. Berry's bestseller *Lies My Doctor Told Me* exposes the truth behind all kinds of “lies” told by well-meaning but misinformed medical practitioners.



In this book, Dr. Berry will enlighten you about nutrition and life choices, their role in your health, and how to begin an educated conversation with your doctor about finding the right path for you. This book is a survival kit on your journey through the confusing, and often misleading, world of conventional medicine and includes such topics as:

- How doctors are taught to think about nutrition and other preventative health measures—and how they should be thinking
- How the Food Pyramid and MyPlate came into existence and why they should change
- The facts about fat intake and heart health
- The truth about the effects of whole wheat on the human body
- The role of dairy in your diet
- The truth about salt—friend or foe?
- The dangers and benefits of hormone therapy
- New information about inflammation and how it should be viewed by doctors.

Come out of the darkness and let Ken Berry be your guide to optimal health and harmony!

March Lunch Bunch at Betty Steflik Preserve

Our next meeting for **Lunch Bunch** is scheduled for **12PM on Friday, March 21, 2025 at Betty Steflik Preserve in Flagler Beach. This month we will host with the Membership Committee and honor our new members. Guests are welcome to join us!**

Come enjoy the quiet of the Preserve along the Intracoastal while enjoying your favorite salad or sandwich and beverage in the company of your fellow UWF members! There are picnic tables we can use, but if you prefer, you can bring your own chair.

Everyone is welcome! A donation of \$20 to our scholarship fund is all that is needed for the entire year. Do join us for a relaxing few hours on the third Friday of every month! For questions please contact: Edda Steinmeier at 386-237-7313 or at eddausi2@aol.com.

2024-2025 Officers



**UNIVERSITY WOMEN
OF FLAGLER**

Co-Presidents	Trish Le Net, Robin Hall
Past President	Josephine "Jo" Dervan
Programs Vice President	Janice Nickol
Membership Vice Presidents	Nancy Hazo, Valerie Herndon
Scholarship Vice Presidents	Pat Malak, Dale Curran
Recording Secretaries	Jo Dervan, Susan Moeser
Corresponding Secretary	Sheila Platt
Treasurer	Linda Jaeger
Assistant Treasurer	Pat Rhodes

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: Karen Flaherty

www.uwflagler.org
