

The Wave

VOLUME 14 – 3

Newsletter
of the University
Women of Flagler



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November Meeting News

- EVENT:** UWF General Membership Meeting
- DATE:** **Saturday, November 16, 2019**
- TIME:** Doors open 9:00 AM; Meeting begins 9:15 AM
- PLACE:** Hilton Garden Inn, Palm Coast
- PROGRAM:** John Sbordone and Diane Ellertsen
- TOPIC:** City Repertory Theater
- COST:** \$15.00
- RSVP:** **By Monday, November 11, 2019**

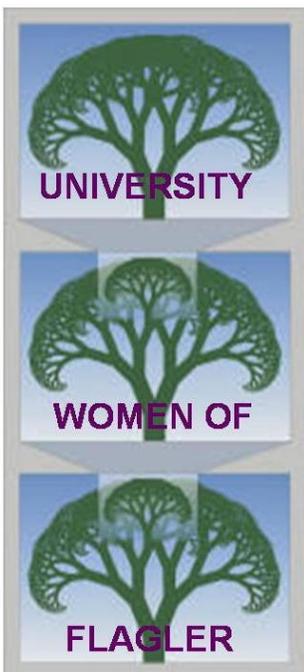
Please make a reservation for the meeting via email to patkaysmith19@cfl.rr.com or by calling **386-986-9201** and mail a check for **\$15.00**, payable to **University Women of Flagler** to:

Pat Smith
50 Winthrop Lane
Flagler Beach, FL 32136

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

If you prepaid and are unable to attend the meeting, please email or call Pat Smith by **November 11**, so your reservation payment can be donated to the UWF Scholarship Fund.

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



Belk Charity Sale Day
Saturday, November 9th from 7:00 am to close

From the Presidents

Pat Cotton and Janice Nickol



Pat Cotton

Janice Nickol

Hello All,

Wow, it is November already and we need to catch our breaths as we roll into the holiday season. UWF is in full swing right now with lots of great things going on.

Our "**Afternoon of Jazz**" was a wonderful event. Linda Cole and musician Pat D'Aguzzo were the ultimate entertainers. The Hilton provided an elegant and intimate venue and the food was plentiful and delicious. All who participated, and we did participate, were extremely pleased.

We have a lot to look forward to as we approach the holidays. Join us as we shop, save and add to our Scholarship Fund at Belk's Charity Sale; watch a crepe-making demonstration (and do some tasting); enjoy another great evening at our favorite Chez Jacqueline's; and create a Planter as a possible Christmas gift at Hammock Gardens. Oh, and buy a "Wreath Across America" to honor our Vets.

Your "**WAVE**" newsletter provides a plethora of information about past, current, and future events. Read it carefully and choose something new in which to participate; whether it be a lunch, book club or theater event.

Our November Meeting is on November 16th, the directors of City Repertory Theatre will be our guests. Our monthly meetings provide us with a great opportunity to learn about many facets of our Community. Please join us and learn more about this wonderful small theater in our midst.

See you around and enjoy this issue of the "**WAVE**".

Yours in Service,

Janice and Pat



THEY'RE PLAYING OUR SONG



WHEN

January 11, 2020

Matinee: 2:00 PM

Evening: 7:30 PM

Doors open 1 hour prior to
the performance

WHERE

City Repertory Theatre

160 Cypress Point Parkway, Ste B207, Palm Coast



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

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

WWW.UWFLAGLER.ORG

UNIVERSITY WOMEN OF FLAGLER

NON-PROFIT 501 (C) 3 ORGANIZATION

ADVANCE TICKETS

\$40.00

Local: 386-446-4236

kaimukilady@gmail.com

BEFORE THE SHOW

Appetizers, Desserts,

Wine (good will donation)

50-50

Special Auction



BENEFITING

University Women of Flagler's Scholarship Fund for young women graduates of Flagler

October 12, 2019 Minutes

Hilton Garden Inn

Meeting at the Hilton Gardens Inn was called to order by Pat Cotton at 9:15 am. Members stood for the Pledge of Allegiance and a Moment of Silence for loved ones and Military members and First Responders.

Rhenda Brodnax gave an inspirational talk on self-love and its importance to a woman's mental health.

Officers Reports-

Membership- VP Trish LeNet introduced guests and new members, Barbara Zimmermann, Phyllis Erno and Lynn Foraker. Each of these members introduced herself and gave a short biography. Trish also reported that currently there are 83 members.

Treasurer- The monthly report was published in **The Wave**. A motion was made and seconded to accept. Report was accepted.

Recording Secretary- The minutes from last meeting were published in **The Wave**. A motion was made and seconded to accept. Report was accepted.

VP for Programs - Susan Moya is seeking a co-Vice President for Programs.

Special Announcement-

Claudia Towne explained how a Qualified Charitable Distribution from an eligible member's 401k can benefit the UWF as well as the member.

Jane Mealy congratulated Bettie Eubanks on the completion of Quilty, a turtle that she decorated for the Palm Coast Arts Foundation. The turtle is installed in a park off Colbert Lane and Waterfront Park Road.

Break for Breakfast.

Susan Moya introduced the speaker, Helga van Eckert who is the Executive Director of the Flagler Department of Economic Opportunity. Helga spoke on the recent economic developments in Flagler County.

Events and Reports-

Afternoon Jazz Affair with Linda Cole- Rosemary Zattiero reminded members that Louel Larkin was selling tickets for this event which takes place on October 25th.

Belk's Charity Day- Pat Cotton is seeking members (a) to purchase tickets, and sell to friends and family; and (b) volunteer to sell tickets INSIDE Belk's. There will be a table provided just inside the door.

La Creperie & Chez Jacqueline events- Jane Mealy explained how the two events will both take place on November 7th. She is currently collecting money for both events.

Holiday Plant Activity- Jane Mealy has places for 6 more members for this activity at Hammock Gardens on December 12th.

The Flagler Dolly Parton Imagination Library through the Early Learning Coalition of Flagler and Volusia Counties, Inc. is holding a Food truck event in Central Park on October 15th.

Jane Mealy invited the newer members in UWF to consider joining the Bookminders and the Lunch Bunch. Information is in **The Wave**.

Wreaths Across America- For a \$15 donation from our members, this organization will place wreaths on the graves of veterans all over the USA. UWF will receive \$5 for each wreath that our members donate. Donations should be sent to Stephanie Rast before November 16th.

October 12, 2019 Minutes continued

Helping Hands- Louel Larkin explained that our group had donated \$1000 to this initiative at Daytona State College. Sums of \$50 or less will be given to female students in need.

Upcoming Events-

Pat Cotton reminded members that in 2020, our group will hold an event at the City Repertory Theatre as well as the annual Day of Games.

Meeting was adjourned by Pat Cotton at 11:10 am.

Respectfully submitted,
Josephine Dervan,
Co-Recording Secretary

Helga van Eckert,
Executive Director,
Flagler Department
of Economic Develop-
ment was the guest
speaker for October
guest speaker.



Calendar of Events

November 3	Arsenic and Old Lace Dinner after Play	Flagler Playhouse Chicken Pantry
November 7 3:00— 5:00 5:00 – 7:00	Crepe Demonstration Fashions	La Creperie Chez Jacqueline
November 9	Belk Charity Sale	
December 12 10:00 - Noon	Planter Workshop	Hammock Gardens
December 14	Wreaths Across America	National Cemeteries
January 11 2:00 & 7:30	They're Playing Our Song	CRT
January 21	New members & mentors	Breakfast at HGI
February	Day of Games	Time & Location TBD
March 27 6:00 – 9:00	Dance the Night Away	Flagler Woman's Club

Programs for 2019-2020

Susan Moya, Vice President for Programs

Date	Speaker	Topic
November 16	John Sbordone and Diane Ellertsen	City Repertory Theatre
December 7 (Luncheon)	Cheryl Floyd	Motivational Story Teller
January 18	Richard Sirbu and Mark Gerling, Gerling Travel and Julia Starling, Travel Leaders	Gals' Getaways – Short Trips and Travel Tips
February 15	Stephanie Robinson	African American Cultural Foundation
March 21	Representative from Flagler College	Flagler College: From Historic Hotel to Current Societal Contributions
April 18	James Tager, Flagler Schools Superintendent and Students from Flagler County Career Exploration programs	Let's Hear from the Students: Flagler County's Flagship Choice Programs
May 16 (Luncheon)	Scholarship Recipients And Installation of Officers	Words of Wisdom from prior scholarship winners; introduction of current winners

Breakfast meetings: Doors open at 9:00 AM.

Luncheon meetings: Doors open at 11:00 AM.

November's Guest Speakers:

John Sbordone and Diane Ellertsen

Leaders of the Palm Coast City Repertory Theatre will "entertain" us at our November 16 General Meeting. John Sbordone and his colleague Diane Ellertsen come with the highest educational and performance credentials. And, like many of us, they are feisty mavericks --they left the Flagler Playhouse and founded their own troupe debuting in 2011. They now have more than 30 diverse plays under their belts.



Both speakers love to "listen to audiences laugh and cry and feel part of the reality created on the stage". They don't like to do things that are safe! I feel confident this will be a spell-binding session. ~Susie Moya, UWF VP Programs

Membership Report

Joanne Mason and Trish LeNet, Membership Co-Vice Presidents

Joanne Mason and I would like to thank you for your cooperation with the lottery seating during the general meetings. It helps new members feel more welcome by not having to find a "free place" and it gives us all a chance to get to know each other better and discover what wonderful and interesting people we truly are! We would also like to thank our mentors who have helped new members feel "at home" here in UWF.

We are in the process of planning the New Members and Mentors Breakfast which will be held on January 21, 2020 at 10 AM at the Hilton Garden Inn. More details to follow.

Membership total: 86

Joanne and Trish



Meet Our New Member: Alicestine Ashford

We are thrilled to welcome Alicestine Ashford as our newest member. Here is what she has to say about herself:



"I was born in Hempstead, Texas 50 miles from Houston. During my early years, including my high school years, my family lived in Houston. After high school, I enrolled in a Baccalaureate program in Nursing Education, but after two and half years, I changed my major to Psychology. I attended the University of California Los Angeles (UCLA) and graduated with a Baccalaureate in Psychology and a Master Degree in Public Health.

My earlier professional experiences were in hospital administration, in both acute medical care and rehabilitative care in Maryland and California. After satisfying experiences in management and training, I was accepted to the Doctorate program in Education at the University of San Francisco. Upon receiving the Doctorate degree, I became Director of the Master Program in Public Health Administration at Charles R. Drew University of Medicine and Science Los Angeles, California (an affiliate of University of California Los Angeles). I developed and received Accreditation by the State of California for the program. This experience was both challenging and rewarding. My other professional education experiences have included appointments at the University of Missouri – Columbia and at Florida A & M University, College of Pharmacy – Institute of Public Health, in Tallahassee, Florida.

I moved to Palm Coast permanently one year ago with my husband, Jerry."

Please give Alicestine a warm welcome when you see her! Rhenda Brodnax will serve as her mentor.

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 or as a guest to one our events.

Monthly Operating Account Cash Flow
July 2019 - June 2020

	2019-2020 Budget	September Actual	October Preliminary	Year to Date Actual
OPERATING ACCOUNT				
INCOME		\$5,656.74	\$7,601.74	
Amazon	\$50.00	\$0.00	\$0.00	\$6.43
Correction Operating Income	\$0.00	\$0.00	\$0.00	\$0.00
Membership Dues 2019-2020*	\$2,555.00	\$70.00	\$105.00	\$420.00
Miscellaneous Operating Income	\$5,430.00	\$0.00	\$0.00	\$0.00
Monthly Share & Share	\$700.00	\$90.00	\$69.00	\$159.00
Monthly Meeting	\$7,300.00	\$2,475.00	\$415.00	\$2,946.60
Total Income	\$16,035.00	\$2,635.00	\$589.00	\$3,532.03
EXPENSES				
Audit	\$630.00	\$0.00	\$0.00	\$630.00
Community Assistance	\$2,000.00	\$0.00	\$0.00	\$0.00
Correction Operating Expense	\$0.00	\$0.00	\$0.00	\$0.00
Directory	\$1,400.00	\$0.00	\$1,595.00	\$1,595.00
Early Learning Coalition Dolly Parton	\$1,500.00	\$0.00	\$0.00	\$0.00
Fees-Dept of Consumer Services	\$90.00	\$0.00	\$0.00	\$0.00
Fees-FL Non-Profit	\$70.00	\$0.00	\$0.00	\$0.00
Historian	\$50.00	\$0.00	\$0.00	\$0.00
Honors	\$225.00	\$0.00	\$0.00	\$0.00
Insurance	\$600.00	\$0.00	\$0.00	\$579.58
Membership Committee	\$600.00	\$0.00	\$0.00	\$0.00
Memorials	\$150.00	\$0.00	\$0.00	\$25.00
Miscellaneous Operating Expense	\$0.00	\$0.00	\$0.00	\$0.00
Monthly Meeting Expense	\$7,300.00	\$675.00	\$615.00	\$1,290.00
Office Supplies	\$100.00	\$0.00	\$0.00	\$0.00
Presidents Expense & Meeting	\$120.00	\$0.00	\$0.00	\$0.00
Program Committee	\$290.00	\$15.00	\$15.00	\$30.00
Publicity	\$100.00	\$0.00	\$0.00	\$0.00
Scholarship Accruals	\$0.00	\$0.00	\$0.00	\$0.00
Sunshine Fund	\$60.00	\$0.00	\$0.00	\$0.00
Website	\$750.00	\$0.00	\$0.00	\$35.98
Total Expense	\$16,035.00	\$690.00	\$2,225.00	\$4,185.56
TOTAL OPERATING CLOSING BALANCE		\$7,601.74	5,965.74	
*Add \$560.00 from 2018-2019 Budget				

Monthly Scholarship Account Cash Flow
July 2019 — June 2020

SCHOLARSHIP ACCOUNT	2019-2020 Budget	September Actual	October Preliminary	Year to Date Actual
INCOME		\$14,986.06	\$14,938.68	
Belk Charity Days	\$1,000.00	\$0.00	\$110.00	\$200.67
Book Minders	\$200.00	\$0.00	\$0.00	\$0.00
Chez Jacqueline	\$300.00	\$0.00	\$0.00	\$0.00
Contributions from Individuals	\$0.00	\$0.00	\$130.00	\$130.00
Correction Scholarship Income	\$0.00	\$0.00	\$0.00	\$0.00
CRT Theatre Production	\$5,000.00	\$0.00	\$0.00	\$0.00
Dance The Night Away	\$500.00	\$0.00	\$0.00	\$0.00
Day of Games	\$4,650.00	\$0.00	\$0.00	\$0.00
Daytona State College Foundation	\$1,200.00	\$21.00	\$0.00	\$21.00
Flagler College Visit	\$300.00	\$0.00	\$0.00	\$0.00
Gourmet Group	\$500.00	\$0.00	\$0.00	\$0.00
Honors - Scholarship	\$225.00	\$0.00	\$0.00	\$0.00
Linda Cole Jazz	\$6,000.00	\$950.00	\$1,000.00	\$0.00
Lunch Bunch Group	\$350.00	\$35.00	\$0.00	\$0.00
Memorials - Scholarship	\$150.00	\$0.00	\$0.00	\$0.00
Miscellaneous Scholarship Income	\$0.00	\$0.00	\$0.00	\$0.00
Playgirls	\$400.00	\$0.00	\$0.00	\$0.00
Wreaths Across America	\$500.00	\$0.00	\$0.00	\$0.00
Total Income	\$21,275.00	\$1,006.00	\$1,240.00	\$351.67
EXPENSES				
Correction Scholarship Expense	\$0.00	\$0.00	\$0.00	\$0.00
CRT Theatre Production - Expense	\$2,500.00	\$32.09	\$0.00	\$532.09
Dance The Night Away - Expense	\$250.00	\$0.00	\$310.00	\$310.00
Day Of Games Expense	\$690.00	\$0.00	\$0.00	\$0.00
Daytona State College Found - Expense	\$1,200.00	\$1,000.00	\$0.00	\$1,000.00
Derby Race - Expense	\$200.00	\$0.00	\$0.00	\$0.00
Donation Flagler Community Ed Fund	\$2,000.00	\$0.00	\$0.00	\$2,000.00
Linda Cole Jazz- Expense	\$3,174.00	\$21.29	\$300.00	\$0.00
Miscellaneous Scholarship Expense	\$361.00	\$0.00	\$0.00	\$0.00
Office Supplies-Scholarship	\$100.00	\$0.00	\$0.00	\$0.00
Scholarship Committee	\$300.00	\$0.00	\$0.00	\$0.00
Scholarship Awarded	\$10,500.00	\$0.00	\$0.00	\$0.00
Total Expense	\$21,275.00	\$1,053.38	\$610.00	\$3,842.09
TOTAL SCHOLARSHIP CLOSING BALANCE		\$14,938.68	15,568.68	
TOTAL UWF ACCOUNT BALANCE		\$22,540.42	\$21,534.42	

Linda Cole: An Afternoon Jazz Affair



Linda Cole, our local celebrity jazz singer and her accompanist, saxophonist Pat D'Aguzzo delighted the audience Friday afternoon at the Hilton Garden Hotel during the "Jazz Affair" fundraiser put on by the University Women of Flagler. Linda sang songs from the American jazz songbook of such greats as Duke Ellington, Nat King Cole, Louis Armstrong, and George & Ira Gershwin. They also performed several Motown hits that brought some members of the audience to their feet in dance. Pat performed two solo numbers. In attendance were Charlie Ericksen and David Sullivan, Flagler County Commissioners.



Wreaths Across America



Thanks to all of you who gave me checks at the September meeting. We are well on our way to a successful fundraiser! The deadline for checks is the meeting on November 16. You can either give me checks on that date or mail them to me at 115 Riverview Bend South, Unit 2124, Palm Coast, FL 32137. Checks should be made out to Wreaths Across America.

The donation receipts are for your records or for the records of any friends or family who may donate a wreath. If you are giving me checks from anyone other than yourself I also need the Tally Sheet listing the other donations. If you have any questions, give me a call at (386) 864-8880. Thanks for your support!

Stephanie Rast
Chair, Wreaths Across America



Saturday, November 9: Belk Charity Day Sale

HELP! SHOPPERS NEEDED!

UWF is participating in the Belk Charity Sale this Fall. Last year's endeavors netted almost \$1,400 to our Scholarship Fund from 3 different sales. It is a no cost opportunity for us to earn money for our Scholarships. We just need your participation and your help.

Buy your ticket to the event. Contact Pat Cotton or Linda Jaeger. The \$5.00 cost goes directly into our coffers and you get \$5.00 off of your first purchase. WIN, WIN!

Thank you to the volunteers who have agreed to sit at a table inside Belk, Palm Coast, and sell tickets to incoming customers. This is an excellent opportunity to involve the community in our efforts and to introduce our organization and our Mission.

Saturday, November 9, is the Charity Day Sale. Doors open at 7:00 am. Discount coupons will be honored the entire day. The first 100 customers will receive an additional discount coupon upon entering the store.

Pick up a few extra tickets and sell or give them to family and friends. Please call or e-mail Pat.

Pat Cotton pat.cotton@me.com
919 656-7388

Linda Jaeger scubadome@aol.com
631-875-3799

Interest Groups – Specific details are listed in *The Wave* and on the UWF website uwflagler.org

Bookminders – A group of UWF members that meets on the second Monday of each month at 1:00 PM to discuss books from a variety of genres. Each month, a member hosts the meeting at her home and begins the discussion. These meetings are interesting, yet rather informal in nature. Additional members are always welcome.

Gourmet Gals – A group of UWF members will meet for a specific event (ex., tour of Whitney Laboratory, Ravine Gardens, workshop to create a planter, etc.) and lunch at a restaurant. All members are always welcome.

Lunch Bunch – A group of UWF members that meets on the third Friday of each month at the home of one of the group members for a casual meal prepared by the hostess and lots of congenial conversation. This is the perfect way to experience new recipes, tantalize your taste buds and make new friends. Additional members are always welcome.

Play Girls Theater – Four or five times a year, a group of UWF members attend a selected play together which is preceded by a meal at a pre-arranged restaurant. Tickets for the play are purchased in advance, with checks payable to the main contact. All UWF members and their guests are welcome to attend.

Donations Needed for January Fundraiser

Help us keep expenses to a minimum — please donate a bottle of wine (red or white) for the fundraiser, ***They're Playing Our Song*** to be held at the City Repertory Theatre on Saturday, January 11. There will be two performances of this crowd favorite: a matinee at 2:00 PM and an evening show at 7:30 PM. The doors will open one hour prior to each performance. We will be providing appetizers and desserts before the show and at intermission.

Again this year, there will be a Silent Auction. Some items that we have already received for the Silent Auction are a dinner for eight, and an RCI excursion (you will have the choice of location and time based on their catalog). We are hoping to offer culinary items, pretty dishes and glasses, prepared baskets (we'll take empty baskets as well), centerpieces, jewelry and purses to round out our culinary and travel theme. Do you have a favorite restaurant or salon that would provide us with a gift card? How about using the reward points you accumulate during your holiday shopping and use them to purchase a gift to donate? Consider shopping for UWF during the Belk Charity Day Sale on November 9.

Please bring your donations to the November or December general meetings. If you have questions or need a pick up, contact Linda Jaeger at 631-875-3799 or scubadome@aol.com.

Tickets are on sale now. Contact Louel Larkin to make your reservation (see page 3 flyer). Bring a friend, your spouse, a family member. This looks to be a most enjoyable event based on the book by Neil Simon with music by Marvin Hamlisch and lyrics by Carol Bayer Sager.

BOOKMINDERS SCHEDULE FOR 2019-2020

DATE	LOCATION	TITLE	AUTHOR
November 18	Home of Rhenda Brodnax	Where the Crawdads Sing	Delia Owens
December 9	Home of Pat Cotton	Killers of the Flower Moon – The Osage Murders and the Birth of the FBI	David Grann
January 13	See note below	Dust Tracks on the Road or Zora and Langston	Zora Neale Hurston or Yuval Taylor
February 10	Home of Susan Moya	The Leper Spy	Ben Montgomery
March 9	Home of Susan Waller	The Only Woman in the Room	Marie Benedict
April 13	Home of Carol Milewski, Marty Hedrick, and Holly Flynn	Lilac Girls	Martha Hall Kelly
May 11	Home of Trish LeNet	Small Fry	Lisa Brennan Jobs
June 8	Home of Pat Smith	Sold on a Monday	Christina McMorris

The group decided to go to the Zora Festival in Eatonville on a date in January to be determined once the festival organizers announce the dates. This year, it was held 1/26-2/3, but who knows We thought that we would meet for lunch in a restaurant where we could discuss whichever book each member decides to read. More to come on this.

All meetings will begin at 1:00 PM

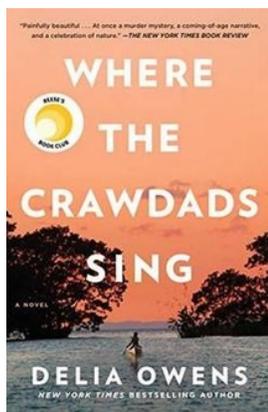


Jane Mealy
439-4811
janemealy@aol.com



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

November's Book Selection



For years, rumors of the "Marsh Girl" have haunted Barkley Cove, a quiet town on the North Carolina coast. So in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect Kya Clark, the so-called Marsh Girl. But Kya is not what they say. Sensitive and intelligent, she has survived for years alone in the marsh that she calls home, finding friends in the gulls and lessons in the sand. Then the time comes when she yearns to be touched and loved. When two young men from town become intrigued by her wild beauty, Kya opens herself to a new life--until the unthinkable happens.

Perfect for fans of Barbara Kingsolver and Karen Russell, *Where the Crawdads Sing* is at once an exquisite ode to the natural world, a heartbreaking coming-of-age story, and a surprising tale of possible murder. Owens reminds us that we are forever shaped by the children we once were, and that we are all subject to the beautiful and violent secrets that nature keeps.

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

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

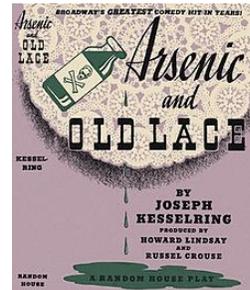
Find us on



Play Girls Theater Group

Date: Sunday, November 3
Time: 2:00 PM
Play: Arsenic and Old Lace
Place: Flagler Playhouse, Route 100, Bunnell
Tickets: \$27.50 (includes donation to Scholarship Fund)

Contact Joan Riley with any questions. Call or text 386-237-5476 or email NDC61@aol.com



Let Joan know if you plan to join the group at the Chicken Pantry for dinner after the play.



Lunch Bunch

Contact Nancy Carlton
ncarlton102@aol.com
 by November 18
 if you will be attending
 the November 22nd gathering

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

Date	Hostess
November 22*	Nancy Carlton
December 20	Jane Mealy
January 17	Jean Gritman
February 21	Joanne Mason
March 20	Linda Jaeger
April 17	Diane Parisi
May 15	Trish LeNet
June 19	TBD

MAIN CONTACT

Edda Steinmeier
 446-5403
eddausi2@aol.com



* note date changed from original schedule

Sweet Pepper Poppers

October Lunch Bunch Hostess: Edda Steinmeier

Ingredients

- 1 pound sweet mini peppers, tops cut and cored
- 1/2 pound ground turkey
- 1 1/2 tablespoons taco seasoning
- 2 tablespoons water
- 3 ounces cream cheese, softened
- 1/4 cup black beans
- 1/4 cup corn
- 1/4 cup pepper jack cheese
- Garnish: cilantro



1 Instructions

1. Preheat oven to 400 degrees F. Place prepared peppers on a baking sheet; set aside.
2. Cook ground turkey in a medium sauce pan until no longer pink, about 5-7 minutes. Drain and place back in sauce pan. Add in taco seasoning and water, cook 2 more minutes.
3. Turn heat to low, mix in cream cheese until melted and blended together. Turn off heat.
4. Stir in black beans and corn.
5. Add a dollop of the meat mixture to each mini pepper. Once each pepper is filled, bake for 15 minutes. Sprinkle pepper jack cheese on top of each.
6. Bake an additional 3-5 minutes, or until cheese is melted.
7. Garnish with cilantro, serve & enjoy!

9 Tips for a Healthy Thanksgiving

Thanksgiving only comes around once a year, so why not go ahead and splurge? Because gaining weight during the holiday season is a national pastime. Year after year, most of us pack on at least a pound (some gain more) during the holidays -- and keep the extra weight permanently.

But Thanksgiving does not have to sabotage your weight, experts say. With a little know-how, you can satisfy your desire for traditional favorites and still enjoy a guilt-free Thanksgiving feast. After all, being stuffed is a good idea only if you are a turkey!

1. Get Active

Create a calorie deficit by exercising to burn off extra calories before you ever indulge in your favorite foods. Eat less and exercise more is the winning formula to prevent weight gain during the holidays. Increase your steps or lengthen your fitness routine the weeks ahead and especially the day of the feast.

Make fitness a family adventure. Take a walk early in the day and then again after dinner. It is a wonderful way for families to get physical activity and enjoy the holiday together.

2. Eat Breakfast

While you might think it makes sense to save up calories for the big meal, experts say eating a small meal in the morning can give you more control over your appetite. Start your day with a small but satisfying breakfast -- such as an egg with a slice of whole-wheat toast, or a bowl of whole-grain cereal with low-fat



milk -- so you won't be starving when you arrive at the gathering.

Eating a nutritious meal with protein and fiber before you arrive takes the edge off your appetite and allows you to be more discriminating in your food and beverage choices.

3. Lighten Up

Whether you are hosting Thanksgiving dinner or bringing a few dishes to share, make your recipes healthier with less fat, sugar, and calories. There is more sugar and fat in most recipes than is needed, and no one will notice the difference if you skim calories by using lower calorie ingredients.

Try using fat-free chicken broth to baste the turkey and make gravy. Use sugar substitutes in place of sugar and/or fruit purees instead of oil in baked goods. You can also try plain yogurt or fat-free sour cream in creamy dips, mashed potatoes, and casseroles.

4. Police Your Portions

Thanksgiving tables are bountiful and beautiful displays of traditional family favorites. Before you fill your plate, survey the buffet table and decide what you're going to choose. Then select reasonable-sized portions of foods you cannot live without.

Don't waste your calories on foods that you can have all year long. Fill your plate with small portions of holiday favorites that only come around once a year so you can enjoy desirable, traditional foods.

5. Skip the Seconds

Try to resist the temptation to go back for second helpings. Leftovers are much better the next day, and if you limit yourself to one plate, you are less likely to overeat and have more room for a delectable dessert. Choose the best bets on the buffet. While each of us has our own favorites, keep in mind that some holiday foods are better choices than others.

White turkey meat, plain vegetables, roasted sweet potatoes, mashed potatoes, thin gravy, and pumpkin pie tend to be the best bets because they are lower in fat and calories. However, if you keep your portions small, you can enjoy whatever you like.

6. Slowly Savor

Eating slowly, putting your fork down between bites, and tasting each mouthful is one of the easiest ways to enjoy your meal and feel satisfied with one plate full of food, experts say. Choosing whole grains, fruits, vegetables, broth-based soups, salads, and other foods with lots of water and fiber add to the feeling of fullness.

7. Go Easy on Alcohol

Don't forget those alcohol calories that can add up quickly. Have a glass of wine or a wine spritzer and between alcoholic drinks, enjoy sparkling water. This way you stay hydrated, limit alcohol calories, and stay sober.

8. Be Realistic

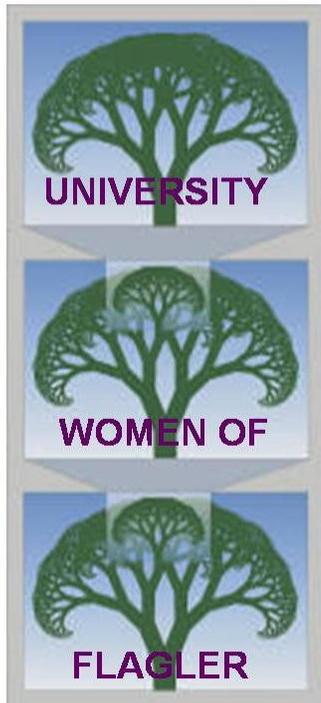
The holiday season is a time for celebration. With busy schedules and so many extra temptations, this is a good time to strive for weight maintenance instead of weight loss.

This way, at the start of the new year you will be ahead of the game if you can avoid gaining any weight over the holidays.

9. Focus on Family and Friends

Thanksgiving is not just about the delicious bounty of food. It's a time to celebrate relationships with family and friends. The main event should be family and friends socializing, spending quality time together, not just what is on the buffet.

Source: www.webmd.com



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The University Women of Flagler (UWF) was founded in June 2006. The purpose of UWF is to unite graduates of regionally accredited educational institutions in order to promote equity, education, intellectual growth, individual worth, and development of opportunities for women and girls in the Flagler County area. UWF promotes positive societal change in the community; participates in the development and promotion of policies and programs through study, action, and public policy advocacy in areas related to its purpose, including community, cultural interests, and the maintenance of high standards in education; and maintains a fund for the purpose of rendering assistance, giving support, and providing funds for litigation to Flagler County area women whose civil liberties are threatened, infringed, or violated.

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

Editors: Karen Flaherty and Linda Jaeger

www.uwflagler.org
