

Women's Club at UCF, Inc

NEWSLETTER

October, 2019

Fall issue 2019

INSIDE THIS EDITION:

- ♦ Annual Fall Luncheon
- ♦ Friendship Social
- ♦ Interest Groups Highlights
- ♦ Turtle Walk: A Special Event
- ♦ Thank you Ruthie!
- ♦ Membership Information



SAVE THE DATES:

- ♦ HOLIDAY TEA/COFFEE Dec 4, 10:00—12:00 (Burnett House on campus; Invitation soon)
- ♦ COOKIE EXCHANGE December 10, 6:00—8:00 pm (invitation email).
- ♦ New Members Orientation Jan 18, 10:00—12:00
- ♦ Annual Spring Luncheon Meeting April 27, 2020



FALL LUNCHEON AND MEETING

A lively crowd of new and legacy members, as well as a number of guests, attended the Women's Club at UCF annual Fall Luncheon held on Monday, September 23, at the Tuscowilla Country Club. Fall décor added to the beauty and charm of the event so beautifully planned by Mindy Moore and Roberta Shoopman, our Special Events Chairpersons.

Our president, Kathy Littlefield, introduced the featured speaker Dr. Jana Jasinski who is a Pegasus Professor and Vice Provost for Faculty



Excellence at UCF. Dr. Jasinski shared a powerful message about domestic violence and homeless women with data that focused on women in Florida.



Your generosity and commitment to our scholarship mission was evident as we recognized the two graduate students awarded the Sheila B. Somerville scholarships for this year. The recipients, Jeanetta Maxena and Richardson Louis, spoke with passion, confidence and poise as they shared their backgrounds and dreams ahead. Dr. Liz Klonoff, Dean

of the College of Graduate Studies, reminded us how important our scholarships are to enable these students to complete their degrees.



During the business meeting portion of the event, President Kathy Littlefield emphasized the work of the UCF Knights Pantry serving the needs of students for ten years. Vice President Linda Hennig updated club membership numbers and emphasized the dues renewal deadline. Teresa Riedel, Past President, presented a financial status summary on behalf of our treasurer who was unable to attend. A brief status Foundation activities was presented by Kathleen Hagerty, Foundation Liason. Prior to concluding the meeting, Kathy Littlefield recognized our guests, introduced the board members and Club officers, and announced upcoming events.

FALL LUNCHEON AND MEETING (Cont'd)



Thank you for your generous donations to the scholarship funds and to the UCF Food Pantry. The scholarship donation jars on the tables were nearly full and added \$600 to our funds. Following the meeting, your contributions of food, hygiene items, and professional clothing donations were delivered on campus to the delighted pantry volunteers.

Thank You All!

During our fall meeting, we emphasize our club's Interest Groups. The variety of events that our interest group leaders coordinate were in full Display and members took full advantage of the time to sign up for their interest groups of choice. Judy Simonet, Interest Groups Chair, summarized the status of the various groups and thanked the leaders for their efforts.



Thank you Margie Sloane for the Beautiful Luncheon Photographs

Membership Information

Linda Hennig, our Vice President, retired from the UCF College of Nursing in 2016 where she served for 27 years as teaching faculty and Associate Dean. On November 15, 2019, Linda returned to her college-of-nursing roots to catch up with former colleagues and to conduct an information session about our Women's Club at UCF.

Our membership renewal time period has concluded. But we always welcome new members who share our friendship with UCF and our mission. If you have any colleagues or friends who may be good candidates for joining our club, feel free to invite them to join, or contact Linda as she will be happy to talk with them. Membership information is available on our website <https://womensclub.cos.ucf.edu/>



Newsletter Publishing Anyone?

Thank You Ruthie! During the past four to five years, Ruthie Rieder has accumulated stories, expanded the content, edited, improved, and published our newsletter. However, due to other commitments, Ruthie has decided that she can no longer do so.

The time has come for another member in our club to take over publishing our newsletter. *Can this be you?* Share your love of writing, editing, and publishing with our organization. The newsletter is published three times a year (more if you are so inclined).

If interested, please contact Zalpha Hashem, via email, at zhaoviedo@aol.com



***Thank You Ruthie
for sharing your talents and
your time!***

WCUCF FRIENDSHIP SOCIAL

Enjoy the friendship!

Back by popular demand, October 21, 2019 marked our second WCUCF Friendship Social Event. Choices in hors d'oeuvres and drink, non-alcoholic and otherwise, were plentiful. We enjoyed a sampling of wines, food, and friendship in our own private setting at Tim's Wine Market in Avalon Park, co-owned by our own Dr. Keisha Hoerrner. All the members who participated had an enjoyable evening and are looking forward to the next one.



"Friends, good food, and fine drinks. What more can one ask for?"

INTEREST GROUPS HIGHLIGHTS

BOOKWORMS (DAYTIME)

Daytime Bookworms has had a terrific start of the new season. Our first selection *WHERE THE CRAWDADS SING* by Delia Owens was an intriguing mystery about a strong girl/woman who learned to survive on her own by using her wit, intelligence and lack of trust in human relationships. The different takes on the main character led to a very illuminating discussion.

Looks like DB is into strong women this year, whether fictional or real. The second selection was *THE GIRL WITH SEVEN NAMES: A NORTH KOREAN DEFECTOR'S STORY* by Hyeonseo Lee and David John. One of the comments by most members was how much we learned not only about North Korea, but about China and other Southeastern Asian Countries. The main author, Hyeonseo Lee, displayed courage, perseverance, self-discipline, decisiveness and intelligence to find for herself and her family a life free from tyranny. With North Korea so much in the news today, it was a timely selection.



"The more that you read, the more things you will know. The more that you learn, the more places you'll go." — Dr. Seuss

PAGE TURNERS

The PageTurners book club meets the third Wednesday of each month in the afternoon. We are a small group and meet in each others' homes. We occasionally take field trips or have guest speakers that support some of our reading selections.

Dr. Beth Barnes, a professor from UCF who taught classes about Jane Austen and a Women's Club member, recently led our discussion of "Pride and Prejudice." We enjoy selecting a classic once or twice a year. Our latest reading selection (October's) was "The Girls of Atomic City."



"It is a truth universally acknowledged, that a single man in possession of a good fortune, must be in want of a wife ." — Jane Austin (from Pride and Prejudice)

INTEREST GROUPS HIGHLIGHTS

ARMCHAIR TRAVELERS

Tourist season is officially underway. The Armchair Travelers pulled out their passports and embarked on their first adventure featuring Mary Burnett who narrated her guided tour of Southern Italy. Co-hostesses for the evening, Norma Verner and Kathy Esselstein, assisted Mary and provided a grand selection of delightful Italian taste treats.

"Grazie" to Mary, Norma and Kathy for a delightful evening!

The group continues to enjoy the hospitality of Legacy Pointe at UCF. The use of this venue enables the group to accommodate more travelers in "first class."

The program for November will feature the New Zealand Overseas Adventure Travel tour that five Women's Club's members (along with three husbands) experienced in February. Guest presenter Allyson Miller, a fellow traveler in the tour group, will share her wonderful video of the trip.

The current Armchair Travelers group (AT#1) is at capacity and a new group (AT#2) is in the process of forming. Lisa Gantz, who has volunteered to lead this new group, attended the October meeting in order to experience one of our programs. Stay tuned for the plans for this new group!



Buon Viaggio!

From Carol Pickler,

Armchair Traveler Coordinator

Coming Soon

Armchair Traveler II Interest Group

- Do you love to travel? Or love to travel vicariously?
- Do you enjoy seeing other destinations in the USA and all parts of the world?
- Do you want to share travel experiences and pictures with friends?

Due to popular demand, **Armchair Traveler II Interest Group** has formed and is now open to all members of the Women's Club at UCF. Travel adventures will be shared, with members and their spouses/partners, on the third Tuesday of the month under the leadership of Lisa Gantz, interest group leader. The first meeting will be held on January 21, 2020.

For more information, and to join this interest group, contact Lisa Gantz at Gantzsuperteam@gmail.com

INTEREST GROUPS HIGHLIGHTS Cont'd

TAKE A HIKE!

Hi Hikers, This season so far has been unusually warm and tricky for our hiking arrangements. Have no fear, as the weather cools off, we will get in gear.

First on our trails was the spooky Halloween celebration at the Audubon Center for Birds of Prey in Maitland. Enjoy some of the pictures of our group during our visit on October 31 at this urban, one of a kind education center.



In Nov. we will walk around the famous campus of Florida Southern College in Lakeland FL. We will enjoy the architecture of Frank Lloyd Wright as we tour the campus.

Our trails in February will lead us to the Blue Spring State Park. But no doubt, more outings will occur between now and then.

See you on the trails!



"The Eagle Has Landed" - Neil Armstrong

INTEREST GROUPS HIGHLIGHTS Cont'd

CULTURAL ARTS AND WELLNESS

The Cultural Arts and Wellness Group welcomed the 2019-2020 year with an event, on October 10, at the new innovative Health and WellBeing Center on Mizell Ave, in Winter Park. A private tour of the facility, including the Crosby Wellness Center, was well received as the group learned and appreciated the creative designs within the facility and the all inclusive amenities that are available, including a technical support desk, an open kitchen where chefs can cook and cater to your group, and a fresh garden to table café, Nourish.



The private tour was followed by attending a Growing Bolder Speaker series, where nationally recognized speaker Kay Van Norman presented "Creating a Vitality Portfolio". Marc Middleton, of Growing Bolder, hosted a Q&A with Ms. Norman that added to the inspirational talk.

Don't apologize for getting older, grow bolder!

INTEREST GROUPS HIGHLIGHTS Cont'd

INTERNATIONAL FRIENDSHIP

Peace, Harmony, and food were at the epicenter of our first friendship adventure on Oct 14. As we made our journey to Mims, FL, the bamboo tree-lined gravel driveway parted to a serene and unbelievable sight. There nestled in the woods was our destination, The White Sands Buddhist Center, a 30 acre property of peace and serenity. The group marveled at the huge statues that surround the pond.

These very large granite statues, including Siddhartha the original Buddha, were built and assembled in Vietnam. Then they were transported to Mims, in pieces, such that they could be reassembled in-place at the center. What a site for enlightenment and meditation, in the most unexpected place.

To add to the beauty and knowledge we experienced, our tour guide Ron Henderson provided us a detailed walk-through of the Temple, the prayer services, and the make up of the

Buddhist community that share services every Sunday. The service is started by ringing of the bell by the master monk and the procession of monks and nuns into the temple. All people of all faiths are welcome.



After enjoying the grounds, the tour, and of course visiting the gift center, we journeyed to Dixie Crossroads for a delicious meal at this iconic restaurant. Who can resist their fried rock shrimp special?

Join us for our next International Friendship adventure.

"Happiness never decreases by being shared."

— Buddha

INTEREST GROUPS HIGHLIGHTS Cont'd

Tech Curious

The Tech Curious group met on October 22 at the Orange County Central Library for a special presentation of Smart Home Devices — the latest home automation gadgets that allow you to do things like control appliances, change the temperature in a room, or even to see who is at your door with the touch of a button or the sound of your voice - to name just a few. They also provide education classes, on site and on-line, on a variety of computer topics and technical applications including computer basics, office productivity tools, and photo shop. They also offer a variety of classes on sewing and knitting.

In addition to the great lecture and demonstration of the smart devices, we received a tour of the "Dorothy Lumley Melrose Center" within the second floor of the library. What a treasure of technology, audio visual recording tools, virtual simulators, 3D and laser etch fabrication equipment, among many other resources that the center provides at no or minimal cost. They also provide education classes and instructions on proper use of the technology.

No wonder that Orlando Weekly called the Melrose Center the best underappreciated resource in the county.



GOLF

Fall and winter are great times for playing golf in Florida. Our group plays every Thursday at 10:00 a.m. We play nine holes on various courses in the area. We are an easy group to play with, no score cards needed.

If interested please contact Darlene at dbouley5@gmail.com for dates and location.



INTEREST GROUPS HIGHLIGHTS Cont'd

SPECTATOR SPORTS

Spectator Sports fans enjoyed another great presentation at UCF. On October 16, 2019, The Charge On Panel was back. The panel, consisting of several UCF alumni industry leaders, was emceed by the assistant Athletic Director and focused on the topic "Charge On: Rise Above" dealing with breaking barriers, overcoming adversity and rising above expectations through innovations in their industry.

Dr. Deborah Beidel, Pegasus Professor of Psychology, Medical Education and Director of UCF RESTORES PTSD Clinic was among the panel participants.

Enjoying and supporting UCF sporting events is next on our agenda of events.



CANASTA RULES!

Canasta Rules! is a new Interest Group this year. Canasta is an easy to learn card game, so join us even if you've never played. We meet the 1st Wednesday of the month at Legacy Pointe from 1:30 to 3:30 pm, and often meet a 2nd time during the month because we enjoy it so much!

For more information, contact Carol Darling at carolgdarling@gmail.com



"Just play. Have fun. Enjoy the game."
— Michael Jordan

INTEREST GROUPS HIGHLIGHTS Cont'd

Wine Tasting

The Wine Tasting group had a great and ghoulish time at the Oct 15th wine dinner, Night of the Living Red, at the Carrabba's restaurant in Winter Springs. Great food and wine, lots of laughs. Kudos to the Carrabba's team for making it an extremely fun evening. We even won some prizes.



*Red or White?
Yes, Please.*



The next event will be holiday wine swap in December. To join this group, contact Sue Chapman at chapmansue@yahoo.com

"Life is too short to drink bad wine" — Johann Wolfgang Von Goethe

INTEREST GROUPS HIGHLIGHTS Cont'd

Bookworm (Evenings)

There are few things better in life than sharing a good book with good friends.

The Evening Bookworms read a wide variety of books from exploring modern Native American life in There, There, to the experience of a female Jewish scribe in The Weight of Ink, to an intriguing take on a murder mystery in The 7 1/2 Deaths of Evelyn Hardcastle.



We rarely have a consensus of opinion, which leads to excellent discussion, a lot of laughter, and a shared experience that creates lasting friendships.



"I find television very educating. Every time somebody turns on the set, I go into the other room and read a book." — Groucho Marx

INTEREST GROUPS HIGHLIGHTS Cont'd

THEATER

Variety is the spice of life. So the Theater Group is planning a variety of plays at a variety of venues around our community.

The Theater Group attends plays about once a month. We enjoy patronizing local theaters, like UCF, Winter Park Playhouse, Mad Cow, Orlando Shakes, the Athens Theatre in Deland and other local venues.

Members generally prefer matinees and we frequently meet for an early dinner after performances for lively discussions about each play. The photo shows a group of us enjoying dinner at Saigon Flavors before an evening performance of "God Hates You" at UCF in September.

Upcoming events include: "The Lion in Winter" at the Penguin Point Theatre at the Oviedo Mall in November, and "Miss Bennett: Christmas at Pemberly" at the Orlando Shakes in December.

Stay tuned for more upcoming productions that the group will plan to attend as the theater season unfolds.



So looking forward to our upcoming theater events!!

"All the world is a stage, and all the men and women merely players."
— William Shakespeare

INTEREST GROUPS HIGHLIGHTS Cont'd

TURTLE WALK - Special Event!

UCF WOMEN'S CLUB WATCHES TURTLE LAY HER EGGS

In June, a party of thirteen members of the Women's Club at UCF, including 2 spouses and a Biology post doc student, traveled to Melbourne, FL to learn about the habits of sea turtles and to watch a mama sea turtle lay her eggs.

After a nice dinner at "Ocean 302" we gathered at the bunkhouse where we briefly met the UCF students who work to record and preserve the turtles and their nests. Some students went out to scout for turtles while Dr. Kate Mansfield gave a presentation about the kinds of turtles, their nesting habits and the history of the Archie Carr National Wildlife Refuge. She and the students monitor turtle activity in the twenty mile stretch of Melbourne Beach that is the refuge.

It was interesting to learn that during June there may be 100 turtles per night laying their eggs somewhere along this stretch of beach. Each nest may have around 100 eggs. You may have heard it said that a hatchling returns to the beach where she was born to lay her eggs. That is partly true. Hatchlings cannot be tagged. Their growth would be compromised by the tag, plus there are way too many babies to do that. Only a small percentage of hatchlings grow to adults. Researchers do not know a lot about what young turtles do. As teenagers, they are often found in the Indian River. A female will lay her eggs mostly on the same 200 mile section of the coast year after year.



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INTEREST GROUPS HIGHLIGHTS Cont'd

Turtle Walk (cont.)

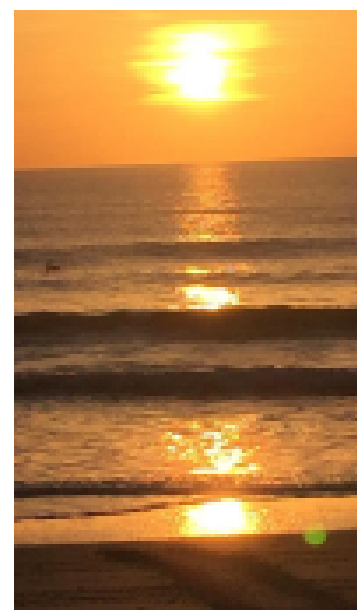
Around 9:30 we rode in cars down the beach to an access walkway. We walked about a hundred yards to the turtle who was in the process of filling her nest. We watched from behind so we would not disturb her. The students used red light to highlight the nest so we could see. During the time we were on the beach, we saw four other turtles from a distance in various points of their nesting process. The students waited until she



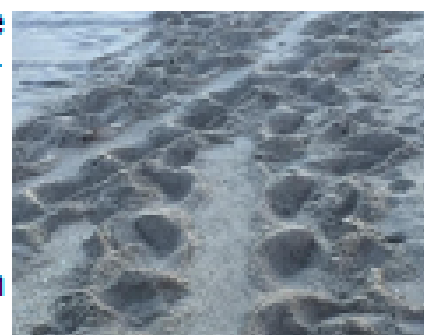
had finished laying eggs, then they began to measure, tag, and take samples from the mother turtle while she laboriously filled in the hole with sand. We watched her until she crawled back into the ocean.



Most of our party was able to stay the night at a motel down the street. Dr. Mansfield encouraged them to sit on



the beach and see how many other turtles came up to lay nests. They were not disappointed. Around 1:00 a.m. under a dark sky, another Loggerhead mother crawled up onto the beach and her flippers worked hard to prepare a nest, lay her eggs, and after flipping enough sand to cover up the nest, she crawled back into the water. It was a bonus opportunity to witness this aspect of nature involving a threatened species. Several of us hoped to return later in the summer to see the hatchlings emerge.



The Marine Turtle Research Group of UCF has collected a mountain of research in the lives of sea turtles, yet there remains so much more to learn. We extend our gratitude to

Dr. Mansfield and her entire team for this unique experience.

Our thanks to Teresa Riedel for coordinating this event, and to Elizabeth Hughes & Kathy Littlefield for this write-up.

INVITE A FRIEND!

Do you have a friend or know someone who would be a good new member of the Women's Club at UCF?

- *Invite them to join*
- *Ask them to fill out an application form on our web site, and*
- *To Pay our 2019-2020 Annual Membership Dues: \$35.00 (\$36.50 via paypal)*

Payment Options:

1) Checks (\$35.00) made payable to Women's Club at UCF, Inc.

Mail your check to:
Women's Club at UCF, Inc.
c/o Sue Chapman, Treasurer
4443 Saddleworth Circle
Orlando, FL 32826

Or,

2) On-line on our web site using PAYPAL

SPREAD SUNSHINE (Brighten Someone's Day)



Gail Dressel is our Sunshine Coordinator. If you know of a member that needs some encouragement, sympathy, or just some sunshine from our club, please email Gail at gaildressel@att.net

WCUCF INTEREST GROUPS

- ⇒ If you are interested in joining an interest group, please visit our website for information on interest group leaders and how to contact them.

Arm Chair Travelers	Bookworms (Day)	Bookworms (Evening)	Pageturners	Canasta Rules!
Chick Flicks	Campus Break	Cultural Arts & Wellness	Golf	Gourmet
Great Decisions	International Friendship	International Dining	Mah Jong II	Daytime Mah Jong2
Monday Walkers	Needlework	Rummikub	Spectator Sports Fans	Take a Hike
	Tech Curious	Theater	WineTasting	

HAVE SOMETHING TO SHARE IN THE NEXT NEWSLETTER?!

Our next newsletter will be published in February 2020

If you have news or suggestions, please contact me at zhaoviedo@aol.com.