

Women's Club at UCF, Inc

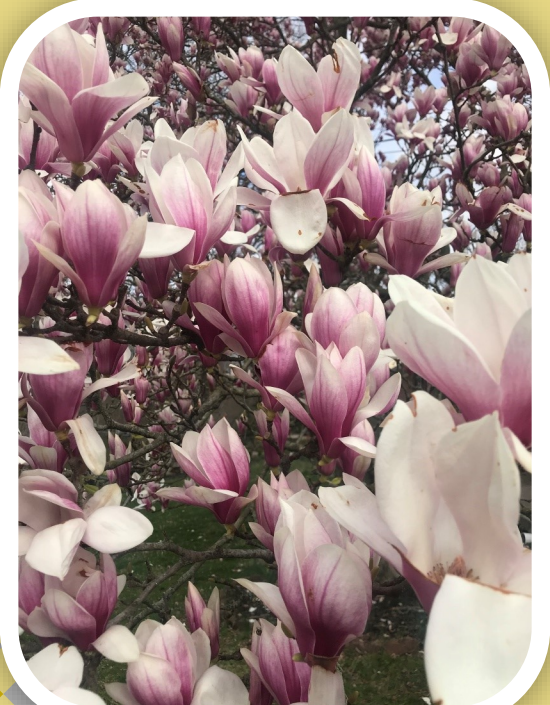
NEWSLETTER

May, 2020

Spring issue 2020

INSIDE THIS EDITION:

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- ◆ Your New Board Members
- ◆ Interest Groups Changes
- ◆ Thank you for Giving!
- ◆ Thank you Judy
- ◆ Remembering Sarah Magann
- ◆ Perspectives During These Times!



SAVE THE DATES:

- ◆ Friendship Social — UCF Downtown Campus. **TO BE RESCHEDULED.**
- ◆ Annual Fall Luncheon Meeting — **TO BE DETERMINED.**
- ◆ Membership Renewal — **COMING SOON.**

Hope Springs Eternal!

President's Corner.....

A message for the Women's Club at UCF

For nearly 53 years, the Women's Club at the University of Central Florida has been true to its mission. We provide scholarships for non-traditional students and we provide opportunities for sharing interests and developing friendships among our members. There is continuity in our history. Now, living with the reality of a pandemic, our mission has been challenged beyond what we could not have imagined. And yet, we are still here. In fact, we are still supporting our UCF students and we continue to be dedicated to sustaining the friendships that have been built on shared experiences.

Linda Blair, author and clinical psychologist, studies how friendships are made. She states that the basis of friendship is usually a shared experience. That rings true when we think of all the shared experiences, we have enjoyed through our Women's Club Interest Groups. Even though we cannot meet face-to-face right now with our club activities and programs, we are finding new ways to conduct business and to continue our mission. Last month, we heard about the critical needs that many of our non-traditional students faced when UCF campuses closed, and learning went online. These students, many of them employed, married with children, and nearing graduation with mounting debts from student loans, found themselves in dire need of assistance. They lost their jobs and worried about car payments, rent, health care, and staying in school. The members of the Women's Club responded in a huge show of support by contributing over \$3,200 in donations to the Student Emergency Fund. We are still here but conducting business and meeting in a different way.

In April and May, the members of the Women's Club Board of Directors met for our scheduled monthly meetings, but not in person. Using the platform Zoom, we met online to conduct our Business meeting. It is not perfect, it is not permanent, but it enables us to carry on. It meant so much to see each other's faces, to hear those familiar voices, to laugh at each other's silly jokes. It was a novel shared experience. Some of you have participated in your Interest Group activities by virtual meetings. The silver lining is that you keep connected with your friends while increasing your ability to use technology in new ways. Even if you were reluctant to do so.

Of course, we all look forward to the opening of our community and the campuses of UCF when it is safe to do so. But, until then, the WC@UCF will do our best to serve our mission statement and "Charge On."

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WC at UCF president and friend, Kathy Littlefield



Your New Board Members.....For 2020-2021 Year

The board members of the Women's Club at UCF have continued to meet and execute on board activities. Excitement prevailed at board meetings while discussing upcoming club events, social, and luncheon. In February, the focus was on upcoming new board member nominations and elections usually held during our spring luncheon in April. The board members were operating at "full steam ahead".



Board Members during January 2020 meeting. Pictured from Left to right are: Teresa Riedel, Maggie LeClair, Sue Chapman, Linda Hennig, Gail Dressler, Kathleen Hagerty, Judy Simonet, Karen Manglardi, Karen Gisel, Mindy Moore, Kathy Littlefield. (Missing are Dell Shadgett, Roberta Shoopman, and Zalpha Hashem)

Consistent with club rules and guidelines, Teresa Riedel formed a committee and worked to define and establish a slate of board candidates to be voted upon during the spring luncheon meeting. She diligently discussed positions with the committee and individually with each current board member. After two months of conferring on the matter, the committee and current board members all agreed to serve another term of office, assuming that the club membership will approve and concur with the nominations.

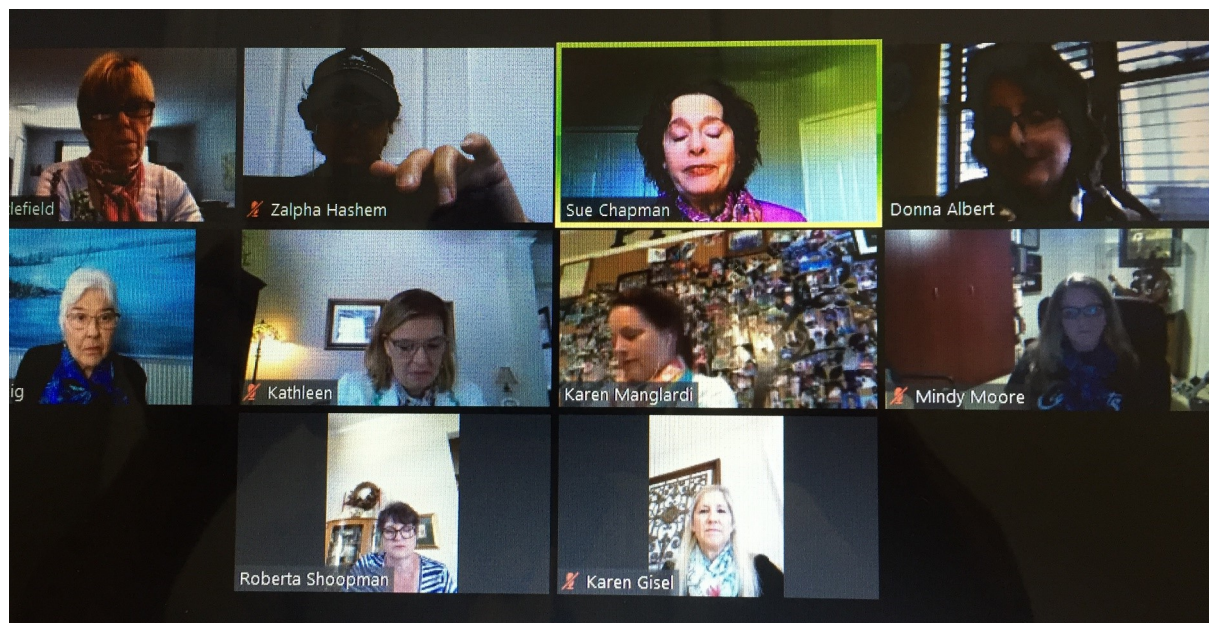
Due to the Coronavirus pandemic which led to cancelation of our spring luncheon and meeting voting event, the new board members were put forward to the club members in a mailing from President Kathy Littlefield. No dissent was heard from the club membership and the new board for 2020-2021 year is officially announced as the same as the current board members. The executive board members remain the same.

The only change in our line-up is Donna Albert will be the Interest Group Chair. Judy Simonet our current interest group chair had planned to step down at the end of this year and had mentored Donna during this past year in preparation for this change.

Your New Board Members.....2020-2021 Year(cont.)

Our board meetings continued to be held monthly (every second Friday) as usual. However, the location, proximity, and venue changed from in-person social gatherings to on-line Zoom meetings. Contact our president if you wish to “attend”.

Board members also phoned club members to check in on them and let them know that we were missing them and thinking about them. The phone calls were well received. The Board may repeat these phone calls later this summer.



We need to remember that all work and no play makes for a dull board meeting. A couple of social board meetings were also held. Screen shot photos were taken to commemorate the meeting events and themes.



The Women's Club at UCF: where members become friends!

Interest Groups News

A large part of the Women's Club is focused on our relationships while participating in various activities. Many of the activities that were planned and scheduled in March and beyond were cancelled. While most interest group activities came to a halt, some groups "attended plays", "hiked the Louvre Museum" and other sites, enjoyed delicacies via recipes, and just tried to stay in touch with members via on-line internet sites.

A new venue of meeting and staying connected is through Zoom, an on-line software application available for free download. This approach was successfully used by our Great Decisions Interest Group, as well as Tech Curious Interest Group. On-line distant gatherings via Zoom is not the preferred method of meeting, but it certainly is a way to keep connected with our friends during these interesting times. If you have other creative ways of "staying connected", please let us know.

As we look towards the fall, we certainly hope that life will allow us to meet again with our regular Interest Group meetings and other social events. If this is not the case, then we may need to look at different ways to stay connected.

Donna Albert, our new Interest Groups Chair, has been a women's club member for three years. During this past year, she volunteered and after several months of mentoring is now assuming this leadership position from Judy Simonet. Donna's email address is palbertfamily@msn.com. All current interest group leaders have committed to returning and leading their groups during our new year. They are looking forward to welcoming members back next year and to returning to interest group activities, as possible.

Here is the list of our currently active Interest Groups. Check the website for descriptions of each IG and for IG Leader contact information. Of course, your participation is what makes it all work.



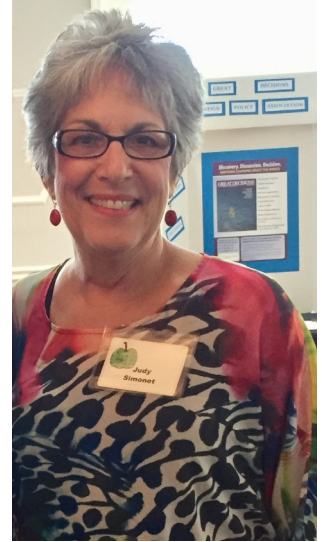
Arm Chair Travelers	Arm chair Travelers II	Bookworms (Day)	Bookworms (Evening)	Pageturners
Canasta Rules!	Chick Flicks	Campus Break	Cultural Arts & Wellness	Golf
Gourmet	Great Decisions	International Friendship	International Dining	Mah Jong II
Daytime Mah Jong2	Monday Walkers	Needlework	Rummikub	Spectator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

Thank You Judy!

During the past four years, Judy Simonet has been the Interest Group Chair leader. She tactfully, pleasantly, and wisely provided guidance to the Women's Club at UCF Board and to the various Interest Group Leaders. Judy has always stated that the interest groups are the "glue" that hold our club together, and without a doubt Judy has been the "glue" for our interest groups, board, and organization.

Thank You Judy! Thank you for your diligence, coordination, tact, energy, and smile. Thank you for ensuring that our groups were vibrant, ongoing, and always providing positive interactions for our members.

We look forward to mingling with you at the various club events and interest groups. Keep Smiling!



Women's Club Members Giving Back to UCF Emergency Fund

By: Zack Thomas and Kathleen Hagerty of UCF Foundation, Inc.

THANK YOU FOR YOUR RESPONSE TO THE UCF EMERGENCY FUND!

For most UCF students and employees, navigating the sudden changes in learning, work and lifestyle brought on by the COVID-19 pandemic has been trying. For others, it has been catastrophic. As a result of job loss or other economic impacts, these Knights face questions not only about the future of their academic or professional careers but also about their housing and food security.

In response, the UCF community stepped up with an outpouring of support. So far, donors have contributed more than \$135,000 to three funds designated for relief efforts: the Student Emergency Fund, which provides short-term emergency funding; the Student Housing Insecurity Fund, which provides micro-grants to help cover gaps as students relocate or re-situate; and the Employee Relief Fund.

At the April monthly WC Board Meeting the board passed a motion to make a donation to UCF to help in this emergency. Kathy Littlefield sent an appeal to all members to encourage making an individual donation to the Emergency Fund at UCF. The Board also offered a challenge that when the collective giving from the club reached \$1,000, the Women's Club would match it.

We are so grateful that 21 members of the Women's Club at UCF contributed \$3,625. With the challenge matching gift from the club, our total giving to help the UCF community was almost \$5,000.

It was a wonderful response from Women's Club members to support the University community in a new way and a very important time. Thank you!

Remembering Sarah Magann.....

In Loving Memory and Honor of our Friend

Dear Friends,

On April 23, 2020 we lost a very special woman who was a wonderful, active member of our Women's Club at UCF. Sarah Magann, a past president of the club and a retired faculty member of UCF, died after a long battle with cancer.

Sarah had a magical way of reaching out to people. She had a knack for recruiting members for the Women's Club and served as a leader, a mentor, and passionate supporter of our Scholarship program. Her loss hurts even more knowing that COVID-19 prevents us from being together to grieve, to celebrate her life, and to lend support to her husband, Doug, and their family. Our club made a donation in Sarah's honor to the UCF Foundation with the designation toward the scholarship program.

We look forward to a time when we can properly and safely gather together to acknowledge Sarah's contributions to our organization, UCF, and the community.



Women's Club at UCF

*Sarah Magann,
President
2015-16*



Carole Goldsmith and Sarah Magann

Rest in peace, Sarah. We miss you.



Let the Beauty Shine Through



**Thank you to
Becky Lee, Kathy
Littlefield, and
Zalpa Hashem,
for sharing pho-
tos.**

**Soothing to the
soul!**



On The Lighter Side.....Laughter is the Best Medicine



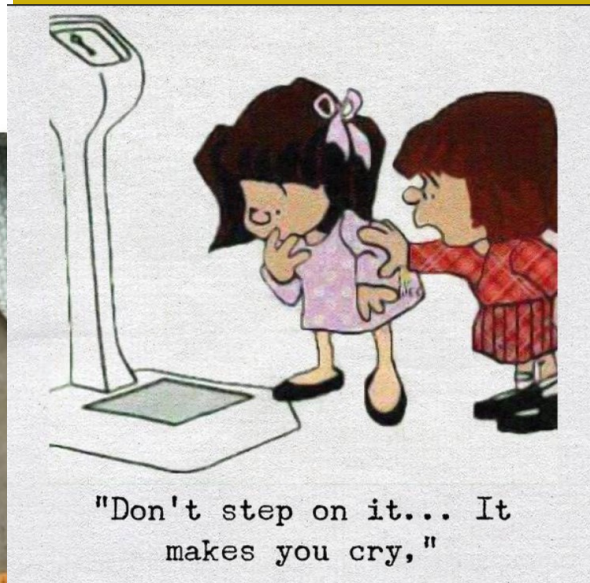
A Delivery Worth More than Gold!



Toilet Paper Cake Anyone?



Just exactly How Many Recipes are There for Chocolate Chip Cookies Or Banana Bread?



Thank you to all who, knowingly and unknowingly, contributed to this collection.
You bring a smile to my face.

"Fear defeats more people than any other one thing in the world."
(Ralph Waldo Emerson)

Reflecting on Life During the Corona Virus Pandemic

Women's Club Members Reflect on Life During the Pandemic

By: Kathy Littlefield and Club Members

“How **are** you?” I wonder how many times I have asked that question. Mostly, it has been a conversation starter; a greeting. Usually I did not anticipate a reply, other than: “I am fine.” It is just what we say, right? But after March 18, I have asked that question with sincerity and conviction. The answer is much more important now. I care. The coronavirus has changed its importance.

On that day in March, I returned from a week-long visit in Minnesota to visit family and friends. I cut my trip short because I needed to come home and stay home due to the growing pandemic. Now, eight weeks later, I wonder in a much more holistic way, “How are **we**?”

To find a collective answer, I asked several members of the Women's Club to help me write this column by responding to that all-important question and a few more. Specifically, “How are we coping with the shelter-in-place mandate? What coping strategies are we using to manage our stress? What do we miss the most? And how has this collective experience changed us?” I felt privileged to read the personal, intimate responses from members who replied, and I hope their answers will help us to better understand what we collectively have endured and how we have been affected.

The first question may have been the simplest and easiest to answer. What we miss is spontaneity. We miss driving the car, making a Target run. We miss not being free to go where we want and when. We miss family the most. We miss human touch. We miss packing up to take a road trip. We miss the beach. We miss our friends and colleagues. No amount of ZOOM meetings or FaceTime chats can replace real face-to-face contact.



Not being able to travel and see our family and friends; and instead, sheltering-in-place is hard, sad, and lonely. Logic leads to the next question about coping: “What are we doing to survive and deal with the stress and uncertainty?” Some common answers included: yoga, meditation, prayer, exercise that included walking, rollerblading, and swimming. We also coped by enjoying opportunities that we still have; living in Florida enables us to be outside regularly. Some women expressed their re-discovery of nature's beauty; others admitted binge -watching Netflix. Mindless television became acceptable as escapism.

Women's Club Members Reflect on Life during the Pandemic (cont.)

However, some women found the drama of corona news programming irresistible, until it became overwhelmingly sad. Many of us felt powerless. We needed to work harder and become stronger. Coping would have to include doing something for someone else. Making masks became a thing. Our own loneliness pushed us to write letters to friends or relatives who were alone, to deliver food or supplies to neighbors. And, we began to thank those people who worked on the front lines of the crisis.

One of the most meaningful aspects of my “life in quarantine” has been helping my daughter and son-in-law provide instruction to their two children—even after their school’s online learning was implemented. I have been teaching both grandsons Spanish and social studies five days a week, remotely. We continue to meet daily, and they always make me laugh. It is chaotic when the dogs are barking, and the boys cannot find their phone chargers. As a teacher, I was always prepared for their sessions with me; but I wasn’t prepared for the first time when my older grandson signed off from the lesson with this: “Be safe, Yaya; don’t get the virus.” Now, both say it every day.

Life during the time of the coronavirus has changed us. It has robbed us of our sense of security and stability; it has infected people that we know and saddened us. It has forced us to question reality and our own capabilities. For some, we questioned our faith. On the other hand, the coronavirus has inspired us to be stronger. It has given us the opportunity to question our values and to remind us all of what is important: joy, love, compassion, friendship, and family. We have found a realization that we cannot control what others think or do, but we can be a better mother, grandmother, friend, neighbor, daughter, sister, and partner. Someone commented that we should have been more prepared, but plans to consider this aspect of the experience as part of “lessons learned.” And, we agree that we are still learning, living, and making our way toward the new normal.

In conclusion, I want to thank the contributors who provided me with their personal reflections. All of us are grateful to the medical teams, essential workers, the first responders, our community leaders; as well as to the friends and family who have helped us stay safe, healthy, and endure each day. We encourage all our members to reach out to each other, stay connected, and plan on wonderful celebrations of life and friendship when we can come together face to face again.



Thanks to K. Littlefield and L. Hennig for photos

**BRIGHTEN SOMEONE'S DAY,
SPREAD SUNSHINE**

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

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 Member-
ship 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

MEMBERSHIP RENEWAL

- ♦ **Our annual Membership Renewal
will start soon. Details will be
communicated via an email from
our president and board.**
- ♦ **Please renew your membership
and keep our great club active and
vibrant. You make it so.**
- ♦ **If you have any changes in address
or phone numbers, please
“contact us” on the website and let
us know such that we can update
our member database.**
- ♦ **Hope Springs Eternal!**
- ♦ **There is strength in knowing that
you are not alone!**

HAVE SOMETHING TO SHARE IN THE NEXT NEWSLETTER?!

Our next newsletter will be published in fall 2020

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