

# Women's Club at UCF, Inc

## NEWSLETTER

June 2023

Spring issue

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*April Blooms in Longwood Gardens PA*

*Spring Renewal in Oviedo FL*



## Meet Our President For 2023-2024 Year!

As recently-elected president of Women's Club at UCF, I join a long line of women who have served our club very admirably. While we have a very rich history, the Club's future continues to shine brightly.

As president, I preside at monthly Board meetings, composed of elected officers and board members as well as appointed committee chairpersons. This group oversees the business of the club, awarding of scholarships, and coordinates the planning of the enriching and fun activities we all enjoy as well as the club's contributions to UCF.

A little about me: I moved here from Alabama for a job as a young adult. I did graduate work at UCF and earned my Ed.D Degree in 1994. I am retired from a career in public education. I spent about half my career as a guidance counselor and the other portion as an elementary school principal.

Most of my volunteer work has been done through my church, including teaching English to non-native speaking adults, teaching Bible study at both Orange and Seminole County jails, as well as serving as moderator of my church's business meetings. I enjoy the LIFE Program at UCF, international travel, and spending time with my children and grandchildren—and friends, of course.

I look forward to getting to personally know more of our 175 or so Women's Club members. Please contact me to just get acquainted and to share ideas about how we can make our club even better! I can be reached at 407-421-0313 or at [mosteen45@icloud.com](mailto:mosteen45@icloud.com)



*Margaret Osteen,  
President, Women's Club at UCF  
2023-2024*



**Special Thank You: Kathy Littlefield for articles within this issue**

**Thank you for the photos:**

**Photos on Front Page: Zalpha Hashem    Photos for IG Events: Various IG Leaders and/or members**

**Photos for all other articles: Kathy Littlefield, Margie Sloane, and Zalpha Hashem**

# Women's Club at UCF — Spring Luncheon

## Spring Lunch Celebration!

*By: Kathy Littlefield*

“Marching Into Spring” proved to be a fitting theme for the Women’s Club at UCF annual Spring Luncheon and Business Meeting held on 24 March 2023. Club president Linda Hennig welcomed attendees and chaired the event at the Live Oak Center on the UCF campus, a lovely venue coordinated with the assistance of Kelly Young, our Foundation Liaison. Over 100 members and special guests were in attendance including our honored guest, UCF’s First Lady Melinda Cartwright, who is also a member of the Women’s Club.

To start the program of events, Dr. Beth Barnes delivered a touching, emotional memorial tribute to Dr. John C. Hitt, Past President of UCF from 1992-2018. The Women’s Club is grateful for the support that Dr. Hitt and Mrs. Martha Hitt provided our organization. Martha was an active member and supporter of our Women’s Club for many years and is an inductee to our Hall of Fame. Following this touching moment, members were ready to mingle and enjoy lunch



*Dr. Beth Barnes*

The special “Spotlight Presentation” was given by UCF student, Kelly Shea. An elementary education major, Kelly took a different path in her junior year. Kelly worked with an organization known as Blackstone Launchpad. This organization is comprised of a network of area professionals who mentor students in entrepreneurial pursuits and it is located on the UCF campus. With an idea for a unique product, Kelly contacted the Innovation Lab at UCF and worked on a prototype. The result of this collaboration is an invention called “Driplock,” a reusable device that prevents spills and leaks in backpacks and travel bags. Her presentation included entertaining anecdotes related to business competitions representing UCF and Kelly’s invention. As a result of her success, Kelly founded her own business and will graduate one year early.



*Entrepreneur Kelly Shea*

Following Ms. Shea’s program, the Hall of Fame induction ceremony was held. Kathy Littlefield, chair of the Hall of Fame Committee, and the committee members joyful-

ly introduced seven members who were inducted into the 2023 Class of the Women’s Club at UCF Hall of Fame (HOF). For more details and pictures of our honorees, see separate article on following pages.





# Women's Club at UCF — Spring Luncheon

## Spring Luncheon Celebration (cont.)

Marching right along with program events, Linda Hennig called the Business Meeting to order. The executive officers delivered their year end reports. Following the reports, Parliamentarian Doreen Behmke presented a summary of revisions to the club's Constitution proposed by the board. As required by the Club's Constitution, Doreen called for a vote by membership to approve these revisions. The revised Constitution was approved. Linda acknowledged and thanked current executive officers and board members for their service to the club during the past year.



The focus of the meeting shifted to scholarships as one of the undergraduate scholarship recipients, Sarah Press, shared her story and expressed her gratitude for the scholarship and help that she received through our club.

Linda thanked the members for their strong support to our scholarship funds, reminded attendees to add to the "scholarship jars" on the tables, and thanked Maggie LeClair for her continued efforts as champion of our scholarship programs. This year, our club provided three undergraduate scholarships and three graduate scholarships!

Election of new executive officers for the 2023-2024 year was the next agenda item. Past President, Sue Chapman introduced the slate of nominees and asked members to vote. Congratulations to the newly elected executive board: Margaret Osteen, President; Doreen Behmke, Vice President;



Sheri Dyer, Treasurer; and Kathleen Banner, Secretary. Also congratulations to Katie Seymour and Kim Bowers who were selected to be board Members at Large, a new position introduced through the approved changes to the Constitution.



Margaret Osteen, Doreen Behmke, Sheri Dyer, Kathleen Banner — Newly elected executive board (left to right)

After the president's gavel and the Frances Millican bracelet passed hands from Linda Hennig to Margaret Osteen, it was time for closing remarks and announcements. However, the energy and friendship continued to fill the room as friends embraced, pictures were taken, and conversations continued all the way to the parking garage.

## Thank you Ladies!

Through your generosity and donations at the Spring Luncheon:

- ♦ More than \$1900 was collected from the "Scholarship Jars" on the luncheon tables.
- ♦ You also donated \$100 and many non-perishable items and food to the Knights Pantry.

THANK YOU!



*"The smallest act of kindness is worth more than the greatest intention"*  
**Khalil Gibran**

# Women's Club at UCF — Hall of Fame Class 2023

## Meet Our New Hall of Fame Members

The third class of the Women's Club at UCF Hall of Fame was inducted on March 24, 2023, during the annual Spring Luncheon. The Women's Club at UCF Hall of Fame was created to celebrate and honor members who best represent the mission of the Women's Club as well as the positive impacts and contributions they have made to our organization and our members. The HOF Committee, along with members of the board, selected and ap-

proved the honorees based on the defined nomination process and selection criteria.

Congratulations to these members honored as the Women's Club at UCF 2023 Hall of Fame Inductees:

- ♦ Judy Dziuban
- ♦ Carole Goldsmith
- ♦ Mary Meeker
- ♦ Carol Pickler
- ♦ Judy Simonet
- ♦ Ann Simpson
- ♦ Kathy Weise



Members of the Hall of Fame Committee conducted the induction ceremony. The program began with a message of welcome by Cynthia Chamberlain. Teresa Riedel introduced the Hall of Fame 2023 group of inductees and their guests. Committee Chair, Kathy Littlefield, narrated the PowerPoint program with biographical information, accomplishments, and photos of each inductee. The highlight of the presentation was the moment each woman received her Pegasus Plate, the gift to each new HOF member. It was a unique, special moment when Carol Pickler received her porcelain plate, since she is the artist who created this beautiful symbol of our hall of fame.



*Kathy Littlefield leads the HOF Induction Ceremony*

Dell Shadgett, aka Mama Dell and a member of the inaugural HOF class, led us in a moving

toast to the newly inducted members. A memorable portion of the ceremony was the status of the Hall of Fame cake. The cake was delicious and heavy, which caused it to shift and slide off the platter----

almost. But the staff needed extra hands to cut and serve everyone before the event concluded. Thanks to Joanne McCully, Teresa Riedel, and Norma Verner, generous portions were sliced and delivered until there were only yellow crumbs remaining. Every special moment of the induction ceremony was photographed thanks to Margie Sloane.



Congratulations to these wonderful ladies who have made a tremendous impact on our Women's Club and its members.

***Congratulations to the 2023 Hall of Fame Inductees!***



## Women's Club at UCF — Hall of Fame Class 2023



*Hall of Fame Inductees (left to right):  
Judy Dziuban, Carole Goldsmith, Mary Meeker, Kathy Weise, Carol Pickler, Judy Simonet, Ann Simpson*





# Women's Club at UCF Spring Luncheon



*The Women's Club at UCF: Ladies Making a Difference!*



# Women's Club at UCF — Member Highlights

## A Silk Needlework Journey with Karyn Plater

By: Kathy Littlefield

*"The hands are the exit of the spirit." — Master Iwao Saito*

**From August 29-December 3, 2023, the works of Sensei Karyn Plater will be featured at the Albin Polasek Museum in Winter Park.** Recently, I had the opportunity to sit down with Karyn to talk about her art, life, and studio. This article reveals why Karyn Plater is such a remarkable person and artist.

For over 20 years, needlework artist Karyn Plater has studied, attended workshops, and traveled numerous times to the Japanese headquarters *Kurenai Kai in Togane City, Japan*, as well as Atlanta's Japanese Embroidery Center. Karyn learned the sequential techniques of silk embroidery and mastered *Phase X, the tenth and final level*, of this beautiful, complex, and ancient art form. There are many reasons why members of the Women's Club should attend her exhibit featuring some 50+ framed pieces that demonstrate the required elements of Japanese silk embroidery. These exquisite examples of the techniques, themes, symbols, and featured subject matter reflect Plater's brilliant skill in stitching and using vibrant and colorful silk threads on luxurious silk fabrics. To view Plater's exquisite work in person is a compelling reason to attend and view her exhibit.

Another reason to view the exhibit is to reach an understanding of where an artist fits in with an ancient art form, unknown to the outside world until the middle of the 20th century. Karyn's connection started early in her childhood when she remembers having a needle in her hand almost daily. Her mother often gave Karyn and her sisters leftover fabric and buttons to practice sewing and creating something useful, pretty, and artistic (and it kept their hands busy). As a Registered Nurse assigned to cardiac surgical teams, Karyn observed life-saving procedures that relied on skilled hands making precise incisions and suturing intricate stitches. Later in life, these experiences led her to the Embroidery Guild of America with a chapter in Orlando. She served as president and reached the *level of Master Craftsman in Canvas*. At one point, her teacher and mentor — *Audrey Francini* — introduced her to Japanese embroidery and she realized this would become her life's passion. Karyn traveled to Japan to become proficient and to teach. Museum patrons attending Karyn's one woman show will learn about an art form that has evolved over a thousand years and has opened itself to approved schools outside of Japan.

Karyn is a firm believer in the Japanese concept of practice, practice, practice (*kata*). She believes anyone can learn needlework and the various Japanese embroidery skills if they are committed to the art form and they have a good teacher. For Karyn, becoming such an approved *sensei* was the next step. To maintain her status, continued training and participation in workshops was mandated. Further, she needed to submit a required number of pieces periodically for evaluation by the most respected, recognized instructors representing the *Japanese Embroidery Center/Kuranai Kai* organization.

Founded in Japan by *Iwao Saito*, *Kuranai Kai* produced exquisite embroideries and realized he wanted to spread the techniques and the spirit of silk embroidery with the help of *Shuji Tamura* to the public and even beyond Japan. Japanese embroidery, known as *Nihon Shishu*, uses silk and metal thread on silk fabric. The subject matter comes from nature: flowers and plants, birds and insects, along with forces of nature such as wind and water. The silk thread is composed of 12 single strands of silk, each from a separate cocoon.



Renowned artist Karyn Plater

(cont. next page) 8



# Women's Club at UCF — Member Highlights

## A Silk Needlework Journey with Karyn Plater (cont.)

The silk thread is split or twisted to create unique effects. Other techniques include layering, couching, knotting or braiding cords to create patterns and geometric designs. Originally, the purpose was to “decorate” or embellish a *kimono* or *obi* (a sash for securing the kimono).

With time, traditional Japanese embroidery evoked the symbolic essence of Japan's grace and beauty. *Iwao Saito* believed the skilled hands of the embroiderer reflected the state of their heart. The choices made by the artist in selecting colors portraying symbolism illustrate pain or joy, anxiety, or calm within the heart.

In Karyn's studio, where she usually teaches 6-7 students per session, each needle artist must enter the *kobo* (studio or school) with a peaceful, harmonious heart. These techniques and traditions from *Kurenai-Kai* are followed today and Karyn continues to maintain these high standards as she teaches. Karyn refers to the beauty of silk embroidery with adjectives such as “subtle”, “poetic”, “balanced”, or “mysterious”. She offers great advice on how to view silk embroidery: “Look for motion”, “look at the lines in the fabric on which the images are stitched”, “notice the intensity of the eyes (of a dragon, or a bird)”, and “the use of empty space”. The museum visitor will learn and appreciate the immense talent, the discipline and hard work required by this art form, in addition to the cultural values that shaped this type of art.



Finally, every professional who attains success must face and surmount obstacles. Karyn first had to confront the obvious challenge of being left-handed; the traditional methods of Japanese embroidery meant holding the needle in the right hand. Karyn adapted and worked hard to attain perfection. Next, women were not recognized as equal to men in certain professions in this type of artistry. Society preferred male *sensei*. A most difficult and deeply personal challenge came when Karyn's husband was diagnosed with Parkinson's Disease and tragically died. Karyn could not pick up a needle for a year. Then, she conceived one of her most brilliant and significant pieces, “*Loving Koi*”, in which a pair of koi represented Karyn and her husband Ric. The colors, the motions, the interaction tell their loving but sorrowful story. Karyn readily admits her journey through mastering silk embroidery would not have been possible without Ric's support.

In 2020, the pandemic halted all in-person instruction of Japanese embroidery. No Zoom session could possibly replace the face-to-face experience. During this period, Karyn focused on her work and finished several pieces. Yet, the pandemic also delayed her exhibit in Winter Park.

Now that her teaching has resumed, Karyn estimates that she has taught over 150 students worldwide as one of only 15 teachers in the US. Her work has been displayed in several countries including Japan. The rarity of this artist being right here in Winter Park with an exclusive showing is reason enough to buy a ticket and attend. For the Women's Club at UCF, it presents an opportunity to support one of our own members. ***This fall, September to December, make plans to attend Karyn Plater's exhibit of Japanese Silk Embroidery at the Albin Polasek Museum in Winter Park and celebrate with the artist.*** Sample works by her students will also be on display.

Karyn exclaimed “This opportunity to exhibit is like my birthday, Christmas, and every other holiday combined. I am so excited for family and friends to see what I do!”



One of 50+ art works will be displayed



# Women's Club at UCF—Member Highlights

## After 49 Years

Hear ye, hear ye, hear ye. After 49 years of service working for the University of Central Florida, Maggie LeClair has retired. Yes indeed she has retired from her duties at UCF, but she will never retire from championing scholarships for deserving students of UCF.



Maggie, past president and member of the Women's Club at UCF, remains as active as ever chairing the scholarship funds and donations not only with the Women's Club at UCF but also with the UCF Town & Gown organization. Since her retirement in May, Maggie has been busy traveling and enjoying her time with family and friends. Congratulations Maggie!!!!



## Yes, It's Membership Renewal Time

If it is June, then yes it is time for our members to renew their yearly membership to the Women's Club at UCF. It's like clockwork every year from June through September. We invite you to renew your membership, continue your support to our fun organization, retain your friendships and stay active with other ladies of the club, and of course help support our scholarship programs.

Here is what you need to do to renew:

- Membership Dues are \$45 (\$47.14 if you choose to pay on-line via our PayPal link). Still the same fee as last year to belong to a great club.
- If you wish to pay by check, please remit a check for \$45 payable to Women's Club at UCF, Inc. Mail check to our treasurer at the following address  
Women's Club at UCF, Inc.  
c/o Sheri Dyer  
2410 Huntingdale Lane  
Oviedo, FL 32765
- If you wish to pay on-line via credit card using our PayPal link, go to our website page to access the Membership Dues page (or click on our link below). Follow the instructions to pay \$47.14 using your credit card via PayPal. No you don't need to have a PayPal account to use this.

<https://womensclub.cos.ucf.edu/membership/membership-dues/>

But don't wait, renew now and you won't be asking yourself "did I renew my membership or not?" for the next couple of months.

***The Women's Club at UCF: Ladies Enjoying Friendships and Making a Difference!***



## Interest Groups News

Our Interest Group (IG) events and our IG Leaders are the hub of activities for our club. Join the fun by contacting the leader of the interest group of your choice. The name and contact information for each of the Interest Group leaders are available on the website. If you signed up for an interest group and you are not hearing from that IG's leader, check if you need to update your email and contact information in our directory on the website and with the IG leader. Enjoy reading about recent events that some of the Interest Group members shared.

### Monday Walkers

UCF Women's Club Members:

Please plan to walk or run Lady Track Shack 5k (3.1 miles) in support of breast cancer research on October 14, 7:30 am, along with the club's Monday Morning Walkers. Go to events at trackshack.com to register for the race and for our team: UCF Women's Club. We will all wear a UCF shirt for the race. Please let me know when you register.



Lady Track Shack begins in Loch Haven Park and your entry fee entitles you to a bib number, women's fit tee shirt, finisher's medal, and a plant. You can pick up your packet at Track Shack on October 11-13 or on race morning. BTW, cancer survivors receive special recognition on their numbers.

You are welcome to join the Monday Morning Walkers as good preparation for the race. We walk from 1.5 to 5 miles at 7 am each Monday. I send out the location each Sunday afternoon.

See you at the races —but probably sooner!

By: Beth Barnes  
bbarnes4@yahoo.com



### NEW INTEREST GROUPS!

Two NEW Interest Groups have been started! Thank you Sally Galvan for starting and chairing these new groups.

**Garden Hoes:** gardening interest group that will include fun outings, visits to unique community gardens, and nursery classes along with sharing gardening secrets and exchanging plant cuttings. This group will meet the first Friday of every month at 10 AM.

**Conversational Spanish:** Come learn the Spanish basics necessary to navigate your way in a Spanish speaking environment. Meetings will be held on the 3rd Monday of the month at 2 pm. Classes will start on Monday, June 19th.

For more details and to join either of these 2 groups, please contact Sally directly at [smgalvan@bellsouth.net](mailto:smgalvan@bellsouth.net)



# Interest Groups News

## Armchair Travelers Group #1



**February:** What a treat to tour the wine backroads in California! Sue Chapman and her CA friend Carolyn DeFort did a fabulous presentation taking us to lesser-publicized wine haunts. They highlighted sights to visit around each locale for “Value-Added Experiences.” To avoid large crowds, trips in the spring or fall are recommended. Another tip is to judge the wine by the taste, not the price. Many backroad vineyards turn out to be hidden gems!



[This Photo](#) by

**March:** The Picklers steered the group through the not-so-wilds of Alaska in their 2014 travelogue. Highlights of their road trip included the quaint village of Hope, an odyssey to Homer, a lady named “Sharky,” the town that inspired the Northern Lights TV series, a boat cruise into the Kenai Fjords, the Alaska State Fair with Sharky’s prize-winning dahlias and a 1200 pound pumpkin, and finally, a plane flight over Denali.



**April:** Elizabeth Hughes introduced many to the Current and Eleuthera Islands in the Bahamas. Her church’s mission group and she helped build the Children’s Home for local orphans. She showed several unique places such as the Glass Window Bridge, the Queen’s Bath, and the wild bee hive at the Preacher’s Cave. It was an enlightening glimpse into that part of the Bahamas.



**May:** We travelers disembarked at the last port of call for the current season on a 2021 Christmas cruise to the Eastern Bahamas. Undeterred by unexpected course changes, Beth Barnes showed us how her family navigated through the uncharted waters of covid-restricted travel. Two of the party were forbidden to board the ship and had to remain behind in Puerto Rico due to that darn covid. Traveling definitely has its challenges, but Beth’s family is raring to go again in December!

The Armchair Travelers’ members look forward to a relaxing summer and new trips in the fall.

*By: Carol Pickler  
Leader Armchair Travelers #1 IG*

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## Cultural Arts & Wellness

The adventures of the Cultural Arts & Wellness IG will continue in the fall with new IG Leader, Susan Gregory. If you have any group event ideas, contact Susan at shgregory1955@att.net Thank you Lynn Moharam for leading the group during the past few years. (Lynn will be enjoying her adventures as a new grandmom.)

See you in the Fall!



# Interest Groups News

## Great Decisions!

The women in Great Decisions continue to have robust, educational, and interactive dialogue on a wide variety of global issues. Our discussion was uplifted even more on our May 25<sup>th</sup> meeting on “Iran at a Crossroad”, as we were joined by a guest participant, State Rep. Anna Eskamani. Rep. Eskamani’s roots are in Iran and she has unique perspectives on the subject, not only from her family ties in Iran but also her research and knowledge of Iran’s history and its connection with today’s environment.

We all left with such appreciation of her insight and becoming much more knowledgeable on the nuances of life in Iran.

*By: Bemmie Eustice  
Co-Leader Great Decisions IG*



Rep. Anna Eskamani (center, standing) with ladies of Great Decisions IG

## Armchair Travelers 2

Carnival outfits were optional as members of the Armchair Traveler 2 IG gathered in May to enjoy another travel adventure together. Sally Galvan shared her pursuit of the Wonders of the World and a side trip to Carnival in Rio de Janeiro, Brazil and Iguazu Falls in Argentina. The group shared and enjoyed beverages and snacks, as they enjoyed Sally’s adventure with breakfast in Brazil, lunch in Paraguay, and dinner in Argentina all on the same day.

During April, the group enjoyed a Christmas Market River Cruise. Linda Hennig shared a magical journey from Zurich and Lucerne, Switzerland to board a River Cruise ship to visit unique Christmas markets on the Rhine and Main rivers in Germany.

In March, member Karen Szymanski was just back from another exciting and exotic trip. (She takes quite a few of those every year.) In March, Karen shared her pictures and anecdotes of her trip to southern India! A trip enjoyed as only Karen can travel and share.

Travels will resume in the fall as the group takes a vacation during the hot days of summer. Come join us in the Fall.

*Linda Hennig  
Leader, Armchair Travelers 2 IG*





# Interest Groups News

## International Friendship IG

Shortly after Memorial Day, the International Friendship IG members celebrated locally and enjoyed American cuisine. Members took time to unwind and go local by visiting Oviedo on the Park and enjoying lunch together at Ford's Garage -- a new restaurant in Oviedo. Although the restaurant in Oviedo is new, it is part of a chain/group with locations across the USA.

The goal was simple, stroll around and check out which new stores are now located at Oviedo on the Park, and then enjoy casual lunch together at this American eatery. Lots of changes continue to occur at Oviedo On the Park; new retail stores, new restaurants, new apartment buildings, new condos (or is it townhomes), and more new is coming. Yet the stroll toward the lake, past the veteran memorial wall area, past the swan boats, and past the children's play area, reminded us why Oviedo is still a great family town.

As lunch time approached, the group settled into the Garage which is licensed to display Ford logos and memorabilia, including an old Ford model



car right above the

bar. As we were

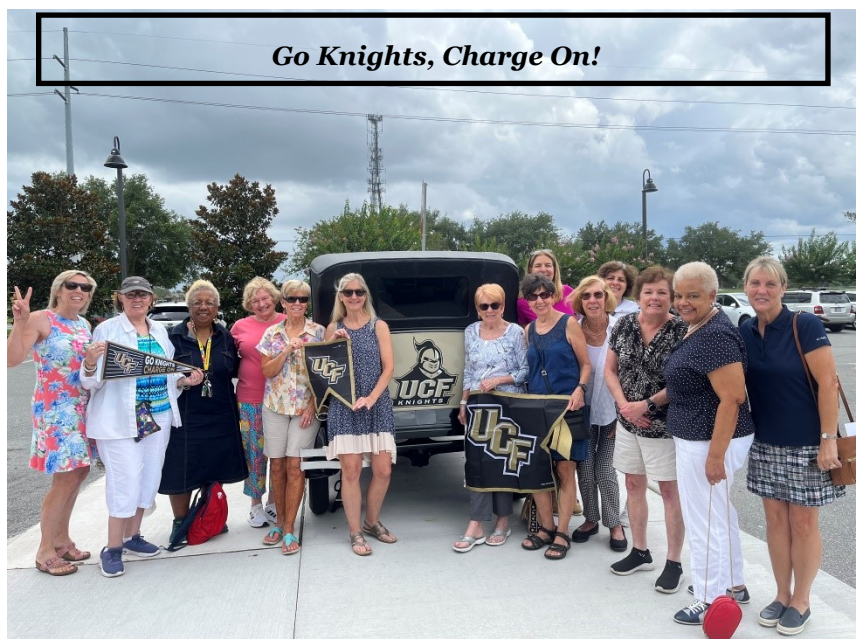
chatting and dining, getting to know some new members to our IG, a long time member (and former co-chair of the International Friendship IG) and friend stopped by to say hello. Teresita Leeson, fresh from having had hip surgery, surprised the group with her lovely visit and stopped by to say hello to the group. Thanks Teresita and we look forward to seeing you at our future outings.

As we finished our meal, and ran out of gas, of course we had to stop outside the restaurant and capture the moment in front of a

Ford car emblazoned with our very own UCF Knights Logo.

Our group will resume our events in the Fall; discovering and learning about our area, spending fun times together, and enjoying lunch together.

*By: Zalpha Hashem & Teresa Riedel*  
Co-chairs, International Friendship IG





# Interest Groups News

## Hiking Group!

Have you been to a fairytale picnic? You have, if you joined the Hiking Group for their May 7th picnic; a fairy tale hike and picnic adventure as only Mila can create. A short hike, a little more than 1/2 a mile from one end to the other. In addition, there are some trails along the lakes to explore following the fairy who explained the history of the place, its wildlife, and its caretaking. This happy magical event included husbands who joined this unique outing opportunity. Did it rain? Did it get rescheduled? Only the fairy knows.

This last outing of the season by the Hiking Group was to the Genius Preserve in Winter Park where three lakes meet; lakes Virginia, Mizell and Berry. Genius Drive is usually closed to the public, but through a member and a friend (and of course the help of the fairy), the closed doors of the Preserve were opened for our group to enjoy nature, feed the peacocks on the property, and cherish each other's friendship and company.



*Genius Drive Postcard*

Prior to exploring Genius Drive, and on the heels of the group's successful historical Sanford tour, the Hiking Group enjoyed another guided walking tour of DeLand. April found the Hiking group embarking on a 15 block tour that winds through the history and architecture of DeLand, its people and their stories. This 2 hour journey took them to historic Stetson, NW Housing District, and Downtown. They discovered DeLand, it's boom town frontier past, turn of the century Stetson and NW housing neighborhood, grand Hotels, the great freeze, booming 20's to busted 30's, downtown's decline and on-going rebirth.

The group is taking a break from hiking due to the heat and bugs. But don't worry, hikes and activities will resume in the fall. See you on the trails!

Mila Vodopyanov  
Leader, Hiking IG



"Yet the timeless in you is aware of life's timelessness. And knows that yesterday is but today's memory and tomorrow is today's dream."

Khalil Gibran, *The Prophet*



**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](mailto:gaildressel@att.net)**

**Has Your Contact Information Changed?**

*In the event your contact information has changed, please go to our website and use the "Contact Us" tab/form to make us aware of any changes.*

**Is Your Contact Information Missing from our Directory?**

- \* If you are an active member of our club (i.e. paid your dues as a new or a renewed member), and
- \* your data is not listed/incomplete in our membership directory on our website,
- \* Then, please email Amanda Mudlock at [amandamudlock@gmail.com](mailto:amandamudlock@gmail.com) such that she can obtain the right information and update our membership directory accordingly.

**INVITE A FRIEND!**

**Do you have a friend or know someone who would enjoy being a 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 Pay Membership dues**

**HAVE SOMETHING TO SHARE IN THE NEXT NEWSLETTER?!**

Our next newsletter will be published in Fall 2023

**If you have news or suggestions, or would like to edit/publish our newsletter, please contact me at [zhaoviedo@aol.com](mailto:zhaoviedo@aol.com).**

Published three times a year for our club. Edited and coordinated by: Zalpha Hashem