

Women's Club at UCF, Inc

NEWSLETTER

February, 2020

Winter issue 2020

INSIDE THIS EDITION:

- ◆ Holiday Coffee
- ◆ Cookie Exchange
- ◆ Welcome New Members
- ◆ Interest Groups Highlights
- ◆ Interest Group Changes
- ◆ Newsletter Publishing?
- ◆ Taking a Trip? Pack Lightly!



SAVE THE DATES:

- ◆ Friendship Social — March 23, 2020
6:30—8:30 p.m. (UCF Downtown Campus)
- ◆ Annual Spring Luncheon Meeting —
April 27, 2020 (Tuscawilla Country Club)
- ◆ UCF Celebrates the Arts — April 7-19,
2020 (Dr. Phillips Center for the Performing Arts)



HOLIDAY CLUB EVENTS

Holiday Coffee

The Burnett House at UCF was brimming with energy, laughter, and good cheer as the ladies of Women's Club at UCF and Town & Gown joined our host and First Ambassador, Mrs. Katie Seymour, for the annual Holiday Coffee on Dec. 4, 2019.

The event provided lots of fun with friends, food to enjoy, and photo opportunities with friends & props. It also provided an opportunity for the ladies to support two great causes by donating to the charities chosen by Katie. This year's charities were Samaritan Village and Student Emergency Intervention Program.

What a great tradition to enjoy, share, and to give back to others.



Thank you Katie and welcome to the Women's Club at UCF!

HOLIDAY CLUB EVENTS

Cookie Exchange

Cookies everywhere! Coconut Clusters, Cherrie White Chocolate, Red Velvet cookies, Chocolate Krinkles, Peanut Butter Santa's, Linzer Tortes, Peppermint merengues. From treasured classics to adventurous new creations, we had them all at the 2019 cookie exchange. Those chefs who participated in the Cookie Exchange this year really brought their A-game for our holiday gathering.

Music filled the air, as did the aroma of many many many cookies, at Jenifer Ruperts' beautiful home as she and Ranetta Guinn once again hosted our annual Cookie Exchange on December 10. Just like kids in a candy store, our members enjoyed scrumptious appetizers, a variety of wines (coconut wine anyone?), cookies, and more cookies. Holiday songs performed live by Jeff Rupert on Saxophone and Richard Drexler on piano added to the warmth of the event as members filled containers with cookies to take home and enjoy.

I am sure you have eaten all the frozen cookies by now.
There's always next year!

Thank you Ranetta and Jen!



WELCOME NEW MEMBERS

As of February 2020, thirty eight new members have joined the Women's Club at UCF for our 2019-2020 year. Welcome to all our new members!

At our New Members Orientation held on Jan 18, 2020, twenty of our new members joined several of our board members for a meet and greet and an introduction to our great club. The event was coordinated by Linda Hennig and held at Roberta Shoopman's beautiful and newly remodeled home. A brief introduction of each member served as an ice-breaker and created a friendly get-together for all. As is the trend with most of our club events, laughter, conversation, and of course good food were plentiful as members gathered around and got to know each other.



Many of our new members are already active and involved in our Interest Groups (IG). If you have not heard back from an IG leader for a group in which you are inter-

ested, please reach out via email to that interest group leader and let them know that you wish to join their group. Your participation and involvement add to the fun that our groups share.



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

WELCOME NEW MEMBERS (cont.)

Here is the list of our currently active Interest Groups. Check the website for descriptions of each IG and for IG Leader contact information. Each interest group description on the web site will let you know about “waiting lists” or “similar group”. Of course, your participation is welcome if you want to start and lead an interest group.

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	



Welcome back to all our members who renewed for the year. What a dynamic active group of ladies. As always, we can count on our members to extend a warm welcome and form new friendships with our new members.

Newsletter Publishing Anyone?

Share your love of writing, editing, and publishing with our organization.

The time has come for another member in our club to take over publishing our newsletter. ***Can this be you?*** 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



INTEREST GROUPS HIGHLIGHTS

PAGETURNERS

PageTurners is one of three book clubs sponsored by the Women's Club at UCF. Our group meets the third Wednesday of each month at One O'clock. The smallest of the three book club groups, our members share hosting responsibilities by taking turns meeting in each other's homes. Snacks and light drinks are provided by each hostess.

In December, we had a guest speaker, Etta Jean Jung, who is a Women's Club member. She has personal experience with the events that take place in the historical **The Girls of Atomic City**. Our group is currently reading **The Dutch House** and we're looking forward to reading **The Supremes at Earl's All-You-Can-Eat Diner** in March.



INTEREST GROUPS HIGHLIGHTS

ARMCHAIR TRAVELERS II

Our newly formed **Armchair Traveler II** Interest Group is off and running. Their initial journeys have been to Central America and enjoying the Latin rhythm and dancing of the Tango, followed by a beautiful scenic tour of Portugal and the Azores.

Are you ready to join them on their next vacation adventure?

- ♦ 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?

Armchair Traveler II IG is 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.

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

Share Some Kindness



INTEREST GROUPS HIGHLIGHTS Cont'd

NEEDLEWORK!

Our Needlework group continues to enjoy good conversation and good fellowship. Our December get-together was hosted by Carol Darling, and it was really a treat as her house was just filled with Christmas decorations. There were trees everywhere and a complete Christmas village set up in the dining room. Most of our time was spent looking at everything, but some of us got some stitching done, as well.

In January, we welcomed new member, Eleanor

Moland. She is a quilter and brought one of her finished quilts for us to see. It was absolutely beautiful! It is wonderful to have so many types of needlework represented by our group.



(Cont. on next page)

INTEREST GROUPS HIGHLIGHTS Cont'd

NEEDLEWORK (cont.)

Pictured is Bette Boston, one of the “Originals” members of the Women’s Club at UCF. Bette is a long-time member of our Needlework Group, and displayed in the picture are a few of the many, many beautiful sweaters she has knit over the years. Bette continues to be a dear friend of all of us. We will miss her at our monthly meetings, now that she has decided to retire from our interest group.



CULTURAL ARTS AND WELLNESS

Afternoon Tea at the DeBary Mansion was the setting for the Cultural Arts and Wellness IG trip on Feb 6. After a tour of the mansion, the ladies sipped their tea while receiving a refresher on proper tea drinking etiquettes.



INTEREST GROUPS HIGHLIGHTS Cont'd

INTERNATIONAL FRIENDSHIP

Members of the International Friendship Interest Group participated in UCF's Global Perspective International Breakfast at UCF, and played tourist at Disney Springs in February.

UCF's Global Perspective hosts an annual international week of renowned speakers and cultural activities. As is our tradition, members of our interest group supported the event and enjoyed breakfast while listening to the renowned author and guest speaker David Ignatius, foreign affairs columnist and best-selling novelist. Mr. Ignatius is a journalist with more than 40 years of on-the-ground reporting experience on politics, economics and the Middle East.



Early in February, our group enjoyed playing tourist in our own backyard. A picture perfect day was ordered for the adventure as we carpooled to Disney Springs for our day of fun and food, of course. A short boat ride was followed by a leisurely walk checking out the stores, activities, and new restaurants/



shopping available at Disney Springs. As lunch time dawned near, we could be found gathered together at "Jaleo", a great restaurant by renowned Chef Jose Andres, where the flavors of Spain come to life. Jose Andres is a Spanish American Chef with several highly rated restaurants throughout the country. He is also the founder of World Central Kitchen, a non-profit organization that has

delivered thousands of meals to people in need after natural disasters, including most recently the Bahamas and Puerto Rico after the hurricanes. We sampled and shared our variety of dishes. However, no one was willing to share their fabulous Flan dessert!



INTEREST GROUPS HIGHLIGHTS Cont'd

SPECTATOR SPORTS

Members of Spectator Sports attended the second annual breakfast celebrating the National Day of Girls and Women in Sports and recognizing UCF women in sports. This fun breakfast event, showcasing women student athletes and their pursuits and dreams, is a great way to recognize these inspiring hard-working athletes of various sports at UCF.



GOLF



2020 WCUCF club members golf interest group playing every Thursday at 10:00 a.m. at various locations in the Orlando area. We are a dedicated group playing whether the weather is wet or dry, cold or

hot we are there. 9 holes with a cart, no score cards. We're out to have fun. All levels of players welcomed.

Contact Darlene Bouley at: dbouley5@gmail.com to join.

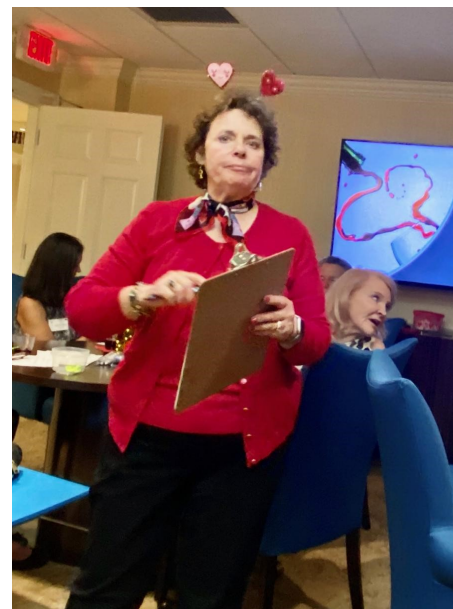
INTEREST GROUPS HIGHLIGHTS Cont'd

Wine Tasting

Hors d'oeuvres, desserts, and wine served as the appetizer of fun at our Valentine celebration by the Wine Tasting group. The fun-filled evening included Charades as the main course. The room at Legacy Pointe was filled with many hues of red as the ladies and their spouses or guests gathered to enjoy this fun evening.



As the evening progressed, the Charades categories became more challenging, more laughter poured forth, as did more wine. However, the deliciously decadent cheese cake, prepared by Kathy and Robert Littlefield, was nowhere in sight as it had been quickly devoured.



INTEREST GROUPS HIGHLIGHTS Cont'd

THEATER

The theater group offers a variety of event opportunities for our theater-loving members. In December, the group attended a production of “Miss Bennett: Christmas at Pemberly” at the Shakespeare Theatre here in Orlando. Upcoming events include a package of three broadcast-live-from-London plays scheduled throughout the next three months at the Enzian Theater. The first one, “All My Sons,” is scheduled for February 2 and stars Sally Field. In addition, our group will also be attending a performance of “Mamma Mia” at Rollins College on April 25 and a production at a new venue at the Oviedo Mall, Penguin Point Productions, called “Almost Maine”.



ARMCHAIR TRAVELERS

The tourists of **Armchair Travelers** embark on an adventure every month. They share trip agendas, photographs, stories, and of course, they sample food and drink from the region to which they travel.

Those bags gets heavier with every trip. But, an experienced traveler was willing to share with the group some tips for packing lighter even for those long trips. Read about this packing advice in the newsletter article “Taking a Trip? Pack Lightly!” on the following pages.

INTEREST GROUPS HIGHLIGHTS Cont'd

Taking a Trip? Pack Lightly!

By: Beth Barnes

Women's Club at UCF member Jackie Hughes often travels six weeks at a time with only a backpack. Well, some members of Armchair Travelers wanted to know how on earth she packed and also wanted to share packing and travel tips with each other.

We met on Thursday, January 23, at Legacy Pointe. Jackie brought her backpack for one trip and a carry-on suitcase for another. As she unpacked them for us, she said that "lightweight clothing, which can be washed and will dry quickly, and mix 'n match items, are the key to packing lightly." We were amazed at the number of items she was able to pack in the carry-on!

She gave us the following packing list and said she pared the list as if she were taking only the backpack:



Tops:

Black (to wear on plane)	Navy/yellow beading	Orange and white with fern pattern
Dressy White	Black and white sleeveless	T-shirt for exercising
Grey silk	Orange and white striped t-shirt	

Black and white striped long blouse (can be a blouse with any trousers or more like a blouse worn with leggings)

BOTTOMS (5):

Black print pants (to wear on plane)
White, lightweight jeans
Jeggings, black (looser than leggings)
Leggings, black
Print leggings for exercise, or for trousers

SHOES (2): Tennis/walking shoes, Flats

DRESSES (4):

Long black dress, with gold scarf, that fits over your head
White dressy, ruffled
Black and white
Black with colorful panels

OTHER:

Underwear (5 panties, 3 bras)	Makeup Bag	Sleep wear
Socks (3, one for exercise; 2	Swim suit	All-weather jacket
	Black scarf to use for warmth or as swimsuit coverup	Sun hat
		Small umbrella

Soap powder for washing clothes

Technology: Phone, phone charger, adapter, Kindle or Ipad

INTEREST GROUPS HIGHLIGHTS Cont'd

Taking a Trip? Pack Lightly! (cont.)

Tips from others at the meeting:

- ♦ Register for TSA Precheck to avoid long check-in lines at the airport.
- ♦ You can also sign up for TSA Precheck and Global Entry online. See [How do I apply for TSA Pre✓®?](#) You must go for an interview for Global Entry (which includes TSA Precheck). Best place is the small Sanford office, which is in a strip mall--far better and faster than at the airport office.
- ♦ This is the link for TSA-approved quart-size bag for liquids, which is much wider and stronger than a standard quart ziplock bag.

[https://www.amazon.com/gp/product/B07H3LYKKN/
ref=ppx_yo_dt_b_asin_title_o09_s00?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B07H3LYKKN/ref=ppx_yo_dt_b_asin_title_o09_s00?ie=UTF8&psc=1)

- ♦ Keep a travel journal on every trip. Each time you read the journal, you relive the trip.
- ♦ The dropdown tray is the filthiest place on an airplane. Purchase “Airplane Pockets” on Amazon. One end slides over the tray and the other holds iPad, phone, glasses, snacks, etc.
- ♦ Wear your heaviest shoes on the plane.
- ♦ Always wear closed-toe shoes on the airplane. If you should have to abandon, you won't lose your shoes.
- ♦ Take a cheap plastic beach ball, blow it up partially, and place behind your back to make an airplane seat far more comfortable. Pillow? Foot rest?
- ♦ Use Clorox or other wipes on the tray table, arms, seat, and seat belt buckle.
- ♦ Buy jumbo plastic bags at the dollar store; pack and squeeze air out to save space.
- ♦ Magellan sells folding hangers that can be pretty handy for laundry, extra hangers, etc.
- ♦ Pack wrinkle-release Laundress Spray: non-toxic, biodegradable, allergen-free.
- ♦ Check out “Traveling Light for Two Weeks:” www.youtube.com/watch?v=PDn9120NIWw&t=34s
- ♦ Traveling with a companion? Put some of each person's belongings in the other suitcase in case one bag is lost. And, always pack one set of clothing and underwear in your carryon if you're checking luggage.
- ♦ Plantar fasciitis is painful, as is any foot problem. Track Shack can help you find a comfortable walking shoe.

Some people use packing cubes; others roll their clothes. Some use the alternating layer method. YouTube has examples of all three methods.

Pack lightly and enjoy your trips!

**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 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

- ♦ Thank you to our energetic and committed interest group leaders.
- ♦ Welcome to all our new members.
- ♦ 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 and are able to reach you correctly, when needed.
- ♦ SMILE! It makes people wonder what you're up to.
SMILE! It's contagious.

HAVE SOMETHING TO SHARE IN THE NEXT NEWSLETTER?!

Our next newsletter will be published in April/May 2020

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