

Women's Club at UCF, Inc

NEWSLETTER

February 2021

Winter issue 2021

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Special Dates:

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 - ◆ See Page 8 for Details!
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“Roll With It”

By: Kathy Littlefield

Within the past nine months, each one of us has had to confront a series of new obstacles in our personal and professional lives. Perhaps the most difficult challenge is the uncertainty of our world. Not to minimize the serious political tensions or the constant concerns about the Coronavirus, I have found a new perspective in dealing with my own anxiousness. Based on the 1988 song from Steve Winwood, I am learning to “roll with it.”

When life is too much, roll with it, baby

Don't stop and lose your touch, Oh no, baby

Hard times knocking on your door

I'll tell them you ain't there no more

Get on through it, Roll with it, baby

Hang on and just roll with it, baby, hey

I often listen to this song as I walk in the mornings. Behaviorists acknowledge the benefits of music or art that improve mood and affect one's state of mind. This song does make me feel better and reminds me that I just have to get through this latest crisis. My take on the lyrics is that we have to become more flexible and less structured, especially when we can accept the fact that we have little control over the state of affairs. And yet, we are not standing still or giving up. Some writers use the term “Pandemic Fatigue,” in describing a collective rise in depression, anxiety, and increasing tensions in sustaining human relationships with those closest to us. I tell myself to roll with it, get through this, and hang on.

Go Knights! Charge On!

Armor Up!

Kathy Littlefield, President



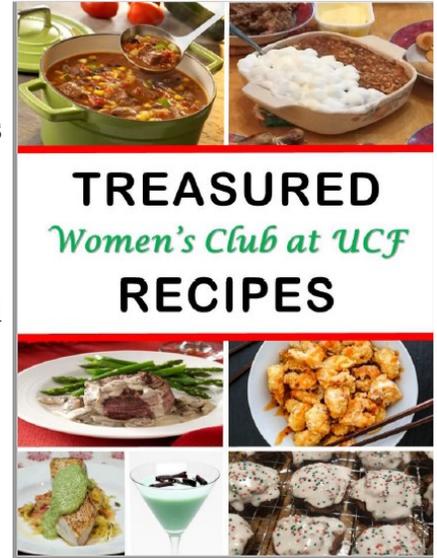
***Kathy Littlefield Receiving COVID19 Vaccine
1st Shot on Jan 14, 2021***

Women's Club at UCF Board News

The board members of the Women's Club at UCF have continued to meet and execute board activities. At this time board meetings are on-line via Zoom. Our board meetings are open to members. Any member who wants to observe or watch a board meeting, can email our president at kathyl.ucfwc@gmail.com.

Some of the recent highlights are:

- Enjoy seeing some pictures and reading about our Holiday Celebration that we held on Dec 14, 2020. What a great event! See pages 5-7 for some happy moments and some links to watch/relive some of the great performances.
- On Dec 8, members from Women's Club at UCF and Town & Gown participated in the "Holiday Donation Caravan" in front of the Burnett House at UCF. Thank you to our host and UCF's First Lady Mrs. Melinda Cartwright. You can share some of the moments on page 4.
- Did you save the Women's Club Cookbook? A great collection of recipes and memories were shared by members, coordinated and edited by Sue Chapman, and emailed to each member Mid December. Great idea and lots of work by Sue Chapman to put this digital cookbook together. Contact Sue if you did not receive an email with a .pdf version of this great collection of recipes.
- Our first electronic Video Holiday Greetings Card, from your Board Members of The Women's Club at UCF, was emailed to all on December 2nd. Hope that it brought you comfort and joy. (Here is the video link in case you missed it and/or want to replay it <https://drive.google.com/file/d/1G3Hf-oWZTyjVIkzl4yelTrbhOLS3nx7R/view> — you need to copy and paste the URL in your network browser.)



During the last board meeting, it was unanimously agreed that we will not be hosting an in-person Spring Luncheon. We will share more information and details for a virtual event.

On behalf of your board, we wish you:



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

Holiday Donation Caravan

Our tradition of “Holiday Coffee or Tea” took place this year, but with a new twist befitting this interesting year of 2020. On Dec 8, 2020 UCF’s First Lady, Mrs. Melinda Cartwright, hosted a “Holiday Donation Caravan” in front of the Burnett House at UCF. Members from Women’s Club at UCF and Town & Gown “revved their engines” and participated in this fun fund-raising event, while keeping socially distant as necessary.



This year’s charity organization for the event was “The Knights Pantry”. **A Big Thank You for your Generous Donations and Contributions to this fundraiser!**



Thank you to Melinda Cartwright and her support team for a lovely event

Women's Club at UCF Holiday Celebration

The Women's Club at UCF celebrated the holiday season and Dec 2020 in Style! **Our first "Holiday Celebration" Event was held on Dec. 14, 2020** and provided every member the ability to participate and enjoy the fun filled, wonderful celebration events from the comfort of their homes. Music, cookie baking demonstrations, holiday table decorations, prizes, contests, and more "filled the airwaves" and if you tried hard enough, you could "smell the cookies and feel the enjoyment" that everyone who participated displayed.



Our holiday celebration team worked hard to provide a potpourri of events to celebrate the Christmas and holiday season. As he usually does at our annual cookie exchange event, Jeff Rupert along with Richard Drexler started our event with a performance of holiday classics that kicked-off

the event and got everyone in the spirit of the season. ***Huge Thank You to Jeff and Richard for sharing their talents and time with us!!!***

More music was enjoyed and featured performances by Mr. Ron Berti on accordion, and our very own members and talented piano players, Becky Lee and Teresita Leeson. Wow, what great touching performances!

Yes, we did feature cookies in our celebration. Thanks to video demonstrations, created by our very own



Enjoying the great music of Jeff Rupert on saxophone and Richard Drexler on piano

Ranetta Guinn and Doreen & Lisette Behmke, we enjoyed watching and learning how to make a couple of special Christmas cookie recipes. (If you had enough wine, then you could taste them through the screen. They looked good!) In addition to baking, Roberta Shoopman created a great video showing us different Christmas and "special" table settings that brightened up any "holiday table décor".

The evening also included a special holiday trivia game created by Teresa Riedel and breakout groups to share our special holiday memories. Of course, no event would be complete without prizes and wine, thanks to our basket award team—Karen Gisel and Roberta Shoopman. All of this could not occur without lots of planning, coordination, "technical glue", and championing of the event provided by Sue Chapman, Zalpha Hashem, and Kathy Littlefield.

If you missed this event, or would like to relive some of these special moments, you can catch them on our private YouTube channel at the links provided on the following page.



WC@UCF 2020 Holiday Celebration—Becky Lee Performing

Great Events to Bring Joy and Cheer to Start a Wonderful Holiday Season!

Women's Club at UCF Holiday Celebration (cont.)



WC@UCF 2020 Holiday Celebration—
Teresita Leeson Performing

You can catch replay of events on our private YouTube channel at the following links:

Kathy Littlefield Welcome Comments and Opening Act – Jeff Rupert and Richard Drexler: <https://youtu.be/71S3UBXbdUQ>

Becky Lee on piano: <https://youtu.be/vCOErCWFgDQ>

Teresita Leeson on piano: <https://youtu.be/e3t7YkCnp4E>

Doreen & Lisette Behmke – Anise Cookie Demonstration:

<https://youtu.be/pUDuj2ILGYU>

Ranetta Guinn – Red Velvet Cookie Demonstration: <https://youtu.be/5SxPGc9J9vg>

Roberta Shoopman – Holiday Tablescapes: <https://youtu.be/zNcHDUhrv7c>



WC@UCF 2020 Holiday Celebration - Ranetta Guinn, Red Velvet Cookie



WC@UCF 2020 Holiday Celebration - Roberta Shoopman with
Tablescapes



WC@UCF 2020 Holiday Celebration - Doreen and Lisette Behmke Anise Cookie

Prizes
and
Awards
Team



Roberta Shoopman and Karen Gisel

Women's Club at UCF Holiday Celebration



What a great group of ladies. Thank you to all the participants and members (**some** of whom are captured from Zoom screen above). ***Truly a fun and great event to Enjoy!***

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

Special Event: Bike Ride—Friday, March 5

Women’s Club Special Event — Bike Ride — Friday, March 5 starting at 9:00 am

In the last year our gyms have closed, our yoga studios have closed, and our fitness centers have closed. What are we to do for exercise? Ride a bike! Of course! The trails are open and usage is up 1000%. Whether you just bought a bike this year, dusted off your old bike, or are a regular cyclist, let us enjoy each other’s company while safely riding the beautiful trails of Central Florida.



Here are the details:

- Friday, March 5 starting at 8:30am
- 20 mile bike ride (round trip)
- To Big Tree Park (761 General Hutchinson Pkwy, Longwood FL). Starting at Tuskawilla Bend Publix parking lot (2100 Winter Springs Blvd, Oviedo 32765)
- Social cycling pace at 10-12 mph
- Helmet and mask required; masks not required for riding but must be worn at our rest stop at Big Tree Park
- Ride limited to 15 riders

Call or email Karen Manglardi with questions and to reserve your spot

- **Email: Kmanglardi@yahoo.com Phone: 321-438-7008**

By: Karen Manglardi, coordinator and lead for this special event.

Member News Corner: Milestone or Achievement

Do you have a special milestone or achievement coming up that you wish to share with other Women’s Club at UCF members? If so, please share information with our president, Kathy Littlefield (kathyl.ucfwc@gmail.com). Who knows, it may make it to our next newsletter in our “Member News Corner”.

- ♦ *Long time member of the Women’s Club, Joanne McCulley, will retire from UCF. She currently serves as Assistant to the Executive Director of the Recreation and Wellness Center. After 35 years, she will retire on January 29, 2021.*

Congratulations Joanne!!!

Interest Group News

All current interest group leaders have committed to returning and leading their groups. They are looking forward to welcoming members back and returning to interest group activities, to the extent possible. Enjoy reading some highlights and some memories of interest group events. If you have an idea for a new interest group, contact Donna Albert via email at palbertfamily@msn.com.

Armchair Travelers Group #1

Our members have embraced the opportunity to “travel” on Zoom this year. For December’s program Beth Barnes and John Crocitto showed us the ins and outs of motoring around the state and across the country in their lovely recreational vehicle. We gained insights about RVing all the way from selecting the right model to what to expect once you hit the road. From Topsail Hill Preserve State Park in Santa Rosa Beach to a wedding in the Northwest, their home on wheels has provided much adventure --- including a stop in Sturgis, South Dakota, during the thick of Bike Week! Unlike being on a scheduled tour, RVers are free to vary their itinerary at the turn of a wheel!



In January Mila Vodopyanov presented her 2019 trip to Burgundy and the French Alps. Her travelogue wove together an itinerary that included something for everyone. Whether your travel preferences trend toward art, people, food, beautiful vistas or even paragliding, Mila hit your sweet spot. The participants greatly enjoyed visiting some areas of France that are a bit off the beaten tourist path. To top off the evening, several members shared photos showing a slice of their own visits to France.



As this season progresses, our travelers have adapted well to Zooming around the world. Some of us have even discovered hidden talents when it comes to the use of technology. Many have expressed having come to know their fellow members much better through our virtual meetings. Now that is a big PLUS!

By: Carol Pickler
Leader Armchair Travelers #1 IG



Golf

The Golf Interest Group has been playing golf during this difficult time of the Covid 19 pandemic. We are conscious of safety and wear our masks. We are fortunate we are able to meet and play outdoors during these months of beautiful weather. We meet every week on a Tuesday at various courses at 10:00 am. For further information please contact Darlene Bouley, interest group chair, at dbouley5@gmail.com.

By: Darlene Bouley
Leader Golf IG

Interest Groups News (cont.)

Great Decisions

We had our first meeting of 2021 via Zoom on January 18, Martin Luther King Day, with the topic “Global Supply Chains.” We have met via Zoom April through Sept of 2020 and anticipate doing that throughout our year which ends in August, if we cover one topic per month.



Sixteen of our current twenty members attended and participated in the discussions. We all learned quite a bit from the Foreign Policy Association (FPA) produced text and video and were glad to have been exposed to the information. We agreed to send our responses to the FPA on line after each subject discussion so the those ideas make it to Congress. We also agreed to communicate to our individual congressmen and women as often as we can.

By: Mary Meeker, Leader Great Decisions IG

Needlework

Our Needlework Group has been meeting at Red Bug Park since October. We sit (6 feet apart) under a pavilion, and enjoy views of the lake, while we chat and stitch.

Friendship and companionship have been especially important these past months. We feel lucky we have been able to get together in person. We wish everyone a happy and healthy 2021.

By: Judy Dziuban
Leader, Needlework IG



Interest Groups News (cont.)

Daytime Bookworms

Daytime Bookworms is just beginning its winter reading selections. The picture being shared is taken in the Los Angeles Central Library which was devastated by fire in 1986. The book selection was *THE LIBRARY BOOK* by Susan Orlean. The reason to note this book is that it states in print why reading and sharing what we read is so important to each of us. Though unintended, that was what we shared most in our discussion lead by Melissa Storey.



Of course, we are continuing to ZOOM for our meetings. It has become a most positive experience as we are learning to use new computer skills to enhance our discussions. This year of COVID is passing much faster than expected. There are only three more selections to be covered for this Bookworms' season. We are hoping to be back in person in the fall, but if not, we have learned how to cope and broaden our knowledge and horizons.

By: Carole Goldsmith, Leader Daytime Bookworms IG

Wine Tasters



The Wine Tasting Interest Group held a virtual Holiday Secret Wine Santa Tasting Event on December 7th. It was a great event. Each participant put their favorite wine varietal on the Secret Santa List so there were some clues as to what to buy. The organizer pulled numbers to match up Secret Santas exchanges and emailed each participant with their recipient name, address and favorite varietal. Each Secret Santa bought a bottle of wine based on the varietal preference and delivered it gift wrapped to their respective recipient's home. Trying to keep that a secret was a challenge!

The main event was held on 12/7 via Zoom. Each participant opened their wine surprise, provided some tasting notes to the group and their Secret Santa was revealed. The group included members, spouses and partners – no one was left out.

The next wine tasting event will be a virtual Secret Wine Valentine event on Thursday, Feb 11 at 7 pm. If you are interested in joining, please contact Sue Chapman at chapmasue@Yahoo.com or by calling 408-832-9597.



By: Sue Chapman, Leader Wine Tasters IG

Interest Groups News (cont.)

HIKING GROUP

The Hiking Interest Group is back in action. Several local short hikes have been held all with an eye toward safety by limiting number of participants, wearing masks as needed, and keeping distances between hiking members. It is great to be back out enjoying the outdoors!

On 11/20/20, the group hiked Ecolockhatchee Sandhills Conservation Area. Hike included everything one would wish for: best possible weather, clean air, remarkable quietness of the place, a wide and easy-to-walk-on trail, a variety of interesting natural phenomena - especially *Cladonia rangiferina* (pictured to the right) - and great company! A special thank goes to Artie Alameda for taking fantastic pictures she shared with all of us.

Providing great contrast in surroundings, was the hike On Jan 29 to the Orlando Wetlands Park. This park is a City of Orlando wastewater reclamation project that's become a world-class haven for water fowl. A cattle ranch converted into a series of wetland cells in the mid-1980s, became marsh in which wastewater from Orlando would filter naturally through native aquatic plants before being returned to St. John's River watershed. Watching the birds and alligators is always a fun adventure.



Thank you to all participants for making these hikes so memorable. Stay tuned for the next hike "In the footsteps of FL giant trees" .

By: Mila Vodopyanov, Leader Hiking IG

Interest Groups News (cont.)

International Friendship IG

It's Oktoberfest Somewhere! On Oct. 29 members of the International Friendship group celebrated in style via Zoom. The Oktoberfest Celebration was an event full of laughter, music, learning, sharing, and connecting with friends. "Danke Schoen" to each "fraulein" who shared their favorite German/Bavarian food, drink, or memory during the celebration.

We clapped and danced as "herr" Ron Berti played Polka music on the accordion. Our honorary mayor, fraeulin Sigi Stockhammer taught us some German phrases, and Becky Lee won the Oktoberfest Trivia Contest that was held. Of course, no Oktoberfest celebration would be complete without sharing interesting facts, visuals, and music about the fun event that has thrived since its inception in 1810 in Bavaria/Munich.



*Ein mass bier, bitte!
(One More Beer, Please)*

Everyone had a great time celebrating with virtual beer tents, festive traditional Bavarian hats and clothes, delicious German food and drink, and fun games and music!

Bis nachstes Jahr (until next year).

Zalpha Hashem and Teresa Riedel
Leaders International Friendship IG



Interest Groups News — Retro

For those of us who are missing our UCF sports, here is a little reminiscence about celebration of National Girls and Womens Day in Sports. Our members participated in an event held two years ago to celebrate UCF Women in Sports.



Go Knights! Go Women's Club at UCF Ladies!

Feature Article

Following in a Mother's Footsteps By: Carol Smith Pickler

Carol Pickler's passion for porcelain art was inspired by her mother who, after a 27-year teaching career, became an accomplished porcelain artist. Following in her mother's footsteps, Carol began painting in earnest after having completed a 33-year teaching career in Orange County. Equipped with paints, brushes, unpainted china, and two kilns which she inherited from her mother, Carol began learning the intricacies of porcelain painting from a local instructor.

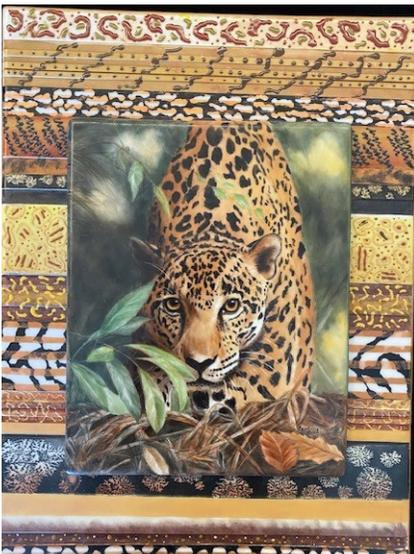
While continuing to work with porcelain, Carol expanded her knowledge and skills in the broader world of art. Through enrollment in several art classes at Seminole and Valencia Colleges, she studied drawing, painting, and three-dimensional design. Unlike porcelain, which requires that each piece be painted and fired in a kiln numerous times, these forms of expression provided contrasting yet complementary creative experiences.

In addition to these art classes, Carol studied under several international porcelain artists at Seminars by the Sea in Tybee Island, Georgia for ten years. She has also participated in many other seminars conducted by national and international artists.

Carol served as president of the Central Florida Porcelain Artists for several terms and continues to be actively involved. She is a member of the World Organization of China Painters and its Florida chapter as well as IPAT, the International Porcelain Art Teachers. In the Florida WOCP, Carol co-chaired the 2020 and 2021 porcelain painting retreats. As an advocate for this art form, she takes every opportunity to promote it and mentors those who choose to attempt it.



Since 2008 twelve of Carol's works have appeared in WOCP's magazine, *The China Painter*, with three of them featured on the front cover. Her porcelain paintings have earned numerous blue ribbons in the Creative Arts competition at the Central Florida Fair where, on three separate occasions, her porcelain work was selected as Best of Show. At Sanford's January 2020 Art Walk, one of her paintings won Best of Show and the People's Choice Award. She especially enjoys painting animals and has been commissioned by several pet owners to capture their "loved ones" on porcelain.

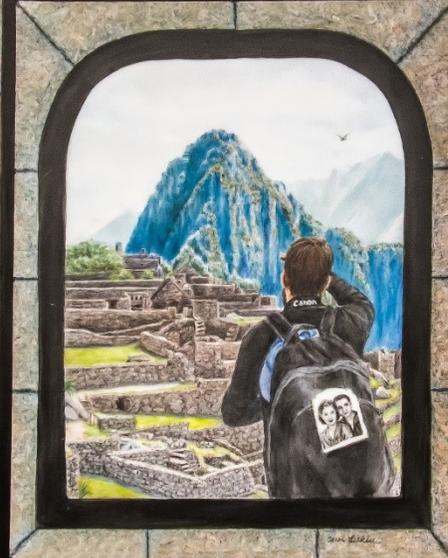
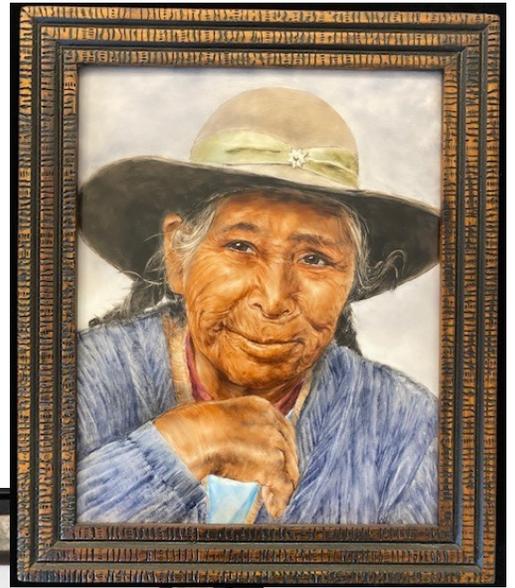


Art provides a constructive outlet for Carol's creativity and energy. Like her mother who discovered hidden talents after retirement, she remains on a quest to further develop her artistic potential. As she would tell anyone, "Mom would be so happy that I have found a niche in this beautiful art form and that I am deriving so much satisfaction from following a path that she unknowingly paved for me."

Carol Smith Pickler

Feature Article (cont.)

Enjoy a fraction of the paintings created by Carol Pickler since her retirement when she “discovered she could paint”

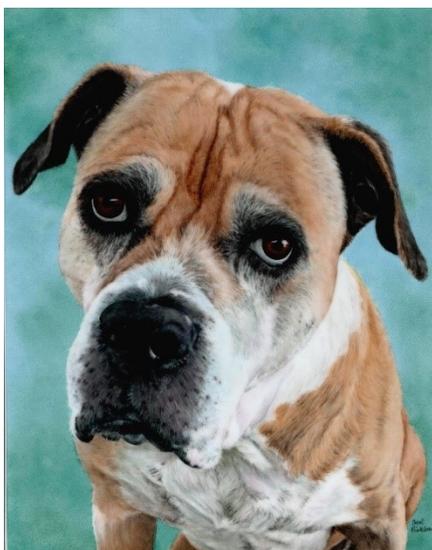
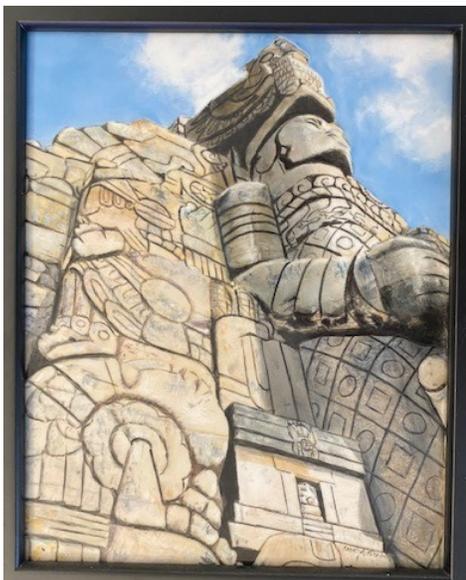


When my family's beloved Uncle Scotty died, I was visiting Peru. On the morning of his funeral, I was exploring Machu Picchu. Some years ago he had toured this site with my parents.

Following a Mexican custom that I observed while living there, I attached pictures of my aunt and uncle to my backpack to honor them. As I approached the peak, the people descending said, "You can't see anything! All foggy! Not worth it!" When I reached the summit, the skies cleared. Glancing at my watch, I knew that the service in Orlando was about to end.

While I am not an overtly religious person, I got chills. I sensed that Uncle Scotty had whisked away the clouds to provide me with a spectacular view of the sacred site below.

~ From an account provided by Matt Pickler, May 2008 ~



**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 Pay Membership dues***
- ***Membership Renewal will begin in late Spring and will end Sept 30.***

Payment Options:

1) Checks 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

NEWSLETTER

- ⇒ Our newsletter is published three times a year. We enjoy highlighting the events of our club and activities of our Interest Groups.
- ⇒ Inputs and some articles are provided by Interest Group leaders and other members. Photographs are mostly from members and we attempt to acknowledge and respect data rights of images that we use.
- ⇒ Editor, writer, photography editing, and coordination to publish/distribute done by: Zalpha Hashem
- ⇒ If you want to support this effort, contact me at zhaoviedo@aol.com

HAVE SOMETHING TO SHARE IN THE NEXT NEWSLETTER?!

Our next newsletter will be published in Spring 2021

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