



Parkland Woman's Club, Inc.

Grapevine Newsletter...

Volume 1, Issue 3
January–March, 2009

2008-2009

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Presidents Message...

Dear PWC Members,

For those of you I haven't seen since the winter holidays, I hope they were wonderful and that you enjoyed your family and loved ones. Our February general meeting was a huge success at the Riverstone Wine Shoppe. Great wine, refreshments and friends - what could be better?! Glad so many of you were able to join us. Spring is fast approaching and you will be hearing more about our YMCA class, tea party, and Mother's Day Baskets. Keep a lookout for more details. And thanks for all you do!!! ...**Pat Mirabello, PWC President**

A Message from Membership...

WOW...PWC 2009 Membership is growing with each new month! Thanks to all of you who have invited friends, neighbors and co-workers to join the PWC.

Please continue to spread the word!

Please join me in welcoming the following new Parkland Woman's Club members:

Donna Childrey, Coconut Creek

Karla Davis, Parkland

Jeri Decker, Coral Springs

Nancy Morando, Parkland

Cathy Litchman, Parkland

Kelley Sastokas, Parkland

Rita Munoz, Coconut Creek
Pamela Twinning, Parkland
Christine Heflin, Lighthouse Point

To date, I have collected 2009 Annual Membership dues from 17 current PWC members. Renewal membership is \$40.00 and can be paid at the next meeting or mailed to 5933 W. Hillsboro Boulevard, #101, Parkland, FL 33067. Feel free to contact Cindy Grabelsky via E-mail or phone (954-663-6391) with any questions or concerns.



"Women making a difference!"

Membership applications will also be available at the next meeting.

Cindy Grabelsky,
PWC VP Membership

A Message from Fundraising...

This year's fundraising has taken on a different look. Due to the lack of sponsorship from a major department store and vendor participation, it was decided that the Fashion Show and The Great Treasure Sale would be postponed until next year. I'd like to thank the members who co-chaired these events and

signed up to help, even though they didn't take place. The preliminary work that was done for both events was much appreciated. Our "Fun Fundraising" event was the wine tasting evening at Riverstone Wine Shoppe in February. We made approx. \$200.00 on ticket sales for the raffle basket. Fun was had by all! We

will be raffling off more baskets at the next two general meetings. If you have any suggestions or new ideas for fundraising, please let me know. See you at the next meeting!

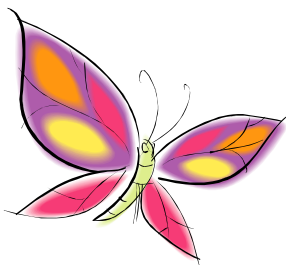
Mai Meret,
PWC VP Fundraising



"LIFE IN THE FLASH LANE..."

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that frightens us most. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, and famous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in all of us. And when we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

Used by Nelson Mandela in his 1994 inaugural speech



We have the pleasure of having Dr. Tara Solomon's join us at our March 19th PWC General Member Meeting...Her topic of discussion is "LIFE IN THE FLASH LANE". The gathering will start at 7pm at Cypresshead Club House. We will have a short meeting to open the floor to Dr. Solomon. She is very entertaining and full of energy.... Refreshments will be served and we ask anyone to feel free to bring a appetizer to share...

Mark your calendars...

March 19, 2009
*****Save the Date*****

Dr. Tara A. Solomon, M.D., is a board certified obstetrician/gynecologist. Dr. Solomon, founder and President of the Women's Wellness Center of South Florida, specializes in obstetrics, gynecology and infertility. Dr. Solomon completed Albert Einstein College of Medicine in New York and her residency at Columbia Presbyterian Medical Center in Manhattan.



Dr. Solomon is the author of "What Your Gynecologist Never Told You." She has also appeared on public television and radio discussing pertinent women's health issues.

Dr. Solomon's goal is to allow women to take control of their own health care through KNOWLEDGE.

Treasurer's Report...

Jane Weiss from Laskin, Kramer & Weiss PA, our accounting firm, has continued to generously donated her professional services. Again,



A BIG THANK YOU TO JANE!

The club has downsized its storage unit in an effort to

reduce costs. Thank you to Candy, Fran and Denise for assisting me in the move, which will inevitably save the club several hundred dollars over the next year.

Mary Frances Heller,
PWC Treasurer

EDUCATION DEPARTMENT EFFORTS...

Gearing up for the scholarships, the education committee is looking for interested participants to assist with all areas of the scholarship process. From updating



the scholarship forms, to assisting on

the choosing committee, please contact Maryam Braun at maryam-nat@bellsouth.net if you would like to help!!

Maryam Braun
PWC, Education Department

A Message from Parkland Juniores...

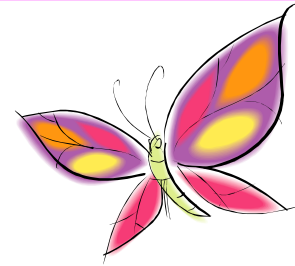
Parkland Juniores are 25 members strong this year! Recently the girls put together a lunch and hospital visit at the Ronald McDonald House. They were so inspired by what they saw and the reception they received that it will be repeated at least once more this year. It is always so amazing to hear their interest in doing community service and then seeing them follow through and report back to the Club how

great it was! At Holiday time, the girls helped Maryam Braun again this year with Tis the Season. They also gathered toys and donated them to Toys for Tots. Events coming up include Walk for the Animals on March 7th as a "Pack" and Team Parkland Juniores - Relay for Life on April 24-25. Any contributions to support our Teams would be



greatly appreciated! Finally, if any of you have a trade, skill or inspirational story to share with the girls, please let me know. I am always looking for women to share their experiences with the girls - real life stories that they can relate to!! We meet the first Monday of every month at 7pm.

Julie Fernandez,
PWC Juniores Advisor



The "Famous" PWC Spinach Salad

Courtesy of Dawn Bedusa

Salad Ingredients:

- * 1.5 Bag of Baby Spinach
- * 1 Medium Red Onion (sliced)
- * 1 Jar Mandarin Orange Slices (any brand, I use Delmonte)
- * 1 Bag Honey Roasted Almond slivers
- * 1 Bag of Craisins (dried cranberries)

Note: You can add Mango, Strawberries, and other fruits (regular or dried).

Dressing Ingredients:

- * ¼ Cup of EVOO
- * ¼ Cup of White Wine/ Champagne Vinegar
- * ¼ Cup of Orange Juice (I use no pulp)
- * ¼ Tsp. Cayenne Pepper - I use a little more.
- * 3 Tbsp White Sugar

Preparation Instructions:

Mix all Salad Ingredients together and set to the side.

Mix all dressing ingredients together in a small Tupperware bowl. Cover the bowl and shake well. Refrigerate until ready to use.

Add dressing to salad mix about 30 minutes before you want to eat! You may sooner or later before you eat, depending on how soggy you like it!

Bon Appetite!

Departments Report...

We are looking for and depending on help from all.

Some departments are in need of a chairperson and/or committee team to support our club... is anyone willing to help?

Among our department needs are:

- Public Affairs
- Conservation
- International Affairs

Thank you to the following Department Chairs for volunteering:

Education: Maryam Braun

Home Life: Robyn Ruth & Debbie McCall

Arts: Linda Douglas

Fran Riccardi,
PWC VP Departments



**To
Volunteer to
Chair a
Committee!
Contact Fran:
Phone
(954) 675-7147
or
E-mail
fraseal@aol.com**

Upcoming Socials...

On April 16th the Parkland YMCA will host our General Membership Meeting! The gym will be set-up for our meeting from 7:30-8:00 and then a fun group exercise, Zumba/Yoga Combo class, from 8-8:45 pm. Water and

snack bars for our club will be provided courtesy of the Y! We look forward to having the Parkland Women's Club enjoy an evening at the Y.



The YMCA will also offer the club a no join fee (\$125.00 savings) to any member of PWC that signs up for Y membership during the month of March or April.

Parkland Woman's Club, Inc.

5933 W. Hillsboro Boulevard, #101
Parkland, Florida 33067

G.F.W.C. — Parkland Woman's Club — F.F. W.C. District 13
Chartered in Parkland, 1987 — FL Federation of Women's
Clubs 1987



***Thank you for taking the time to visit
Parkland Woman's Club online at...***

www.ParklandWC.com



Calendar of Events...

The Club President puts forth the following Calendar for our club year which runs **through May of 2009**. Please be advised that dates, times and events may change as we proceed through the club year...

- | | |
|-------------------|---|
| Feb. 19th | General Member Meeting - Riverstone Wine Shoppe |
| March 19th | General Member Meeting - Cypresshead Clubhouse
<i>Guest Speaker: "Living in the Flash Lane" presented by Dr. Tara Solomon</i> |
| April 16th | General Member Meeting - Parkland YMCA Special Event
<i>New Officer Elections / CWOTY</i> |
| May 21st | General Member Meeting - Cypresshead Clubhouse
<i>Scholarship & Charity Recognition. New Officer Installation</i> |
| May 31st | Parkland Woman's Club 2008-2009 Year Ends! Until we meet again... |

******Other Social Gatherings to be announced!!!******