

GFWC RUSKIN WOMAN'S CLUB JANUARY 2025

RWC NEWSLETTER



Clubhouse Address:

503 S. US Hwy 41

Ruskin, Florida 33570

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gfwcruskinwomansclub.org

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GENERAL FEDERATION
of WOMEN'S CLUBS

Happy
New Year



CLUB OFFICERS*

PRESIDENT

Sharon Davis

1ST VICE PRESIDENT

JoJo Woodland

2ND VICE PRESIDENT

Deborah V.

RECORDING SECRETARY

Jane Wenzel

TREASURER

Maria Huelin

CORRESPONDING SECRETARY

Anne Frappier

APPOINTED OFFICER*

Phyllis Elsberry,
Parliamentarian & GFWC Liason

TRUSTEES

Amber Council
Dottie Dickman
Kat Sherwood

HISTORIANS

Carolyn Pyle
Jane Wenzel

*Executive Committee

President's Message

2024 was a challenging year for so many of our members, friends, family and our community dealing with the destruction and devastation from Hurricanes Helene and Milton. But that did not slow down the RWC members who continued to donate, volunteer and share with those less fortunate.

The December party we gave for 20 Ruskin Elementary Kids and their families was a wonderful event that made our hearts grow bigger to see the smiles and hear the laughter we made possible by giving them gifts and having a chance to talk to Santa Claus.

As the New Year of 2025 begins, it is time for reflection, renewal and setting new goals. We have so much to look forward to by continuing to help our community and our calendar is packed full of wonderful Community Service Projects and Fundraisers.

Our fundraisers for the year include the Sweetheart Tea on February 5th, Painting Time Out on March 11th, the Clothes, Cash, and Vendor show on March 15th, the Fashion Show on May 10th, and Game Night on the third Tuesday every month through May.

A few of our upcoming Community Service Projects include making fleece tie blankets for cancer patients at Moffitt in January, painting rocks for an ALF garden in February, Quarters of Kindness for laundromat patrons in March plus donating items for Selah Freedom Safe for Human Trafficking survivors. Follow us on our website at gfwcruskinwomansclub.org to learn more details.

In closing, I want to thank the RWC members for your dedication, hard work, kindness, and willingness to share your time to help others in our community. We are making a difference and you continue to make me proud.

Sincerely,

Sharon Davis

Sharon Davis, President

2025

MARK YOUR CALENDARS

January 8th

Monthly Meeting starting at 11am at RWC Clubhouse

January 15th

Making fleece tie blankets at RWC Clubhouse at 10am.

January 21st

Game Night at RWC Clubhouse from 6:30 pm till 8pm. See details on page 5.

January 29th

Board Meeting at RWC Clubhouse at 10am

February 5th

Monthly Meeting starting at 11am at RWC Clubhouse

February 8th

Annual High Tea Luncheon Hearts & Roses @ Clubhouse. Find details and QR code on page 6.



MONTHLY GENERAL MEETINGS

Each meeting has a speaker and Community Service Project (CSP).

SEPTEMBER
GFWC & ME

OCTOBER
Education & Libraries

JANUARY
Civic Engagement & Outreach

DECEMBER
Arts & Culture

JANUARY
Honor Past Presidents

FEBRUARY
Health & Wellness

MARCH
Human Trafficking

APRIL
Environment

MAY
Domestic & Sexual Violence
Awareness & Prevention

STANDING COMMITTEES

Chair

ARTS COMMITTEE
Linda Freeth

DEAN OF HOSTESSES
Elaine Eaton

EDUCATION FOR
NEWSLETTER
Jane DeBrosse

FACEBOOK
Linda Freeth

FINANCE COMMITTEE
Phyllis Elsberry

GAME NIGHTS
Sue Crawley

GRANT COMMITTEE
Deborah V.
Sharon Davis

HISTORIANS
Carolyn Pyle
Jane Wenzel

HOUSE & GROUNDS
Sharon Davis

INSPIRATIONAL COMMITTEE
Sandy Ottino

MEMBERSHIP
Sharon Davis

NEWSLETTER
Brenda Sanchez

PHOTOGRAPHERS
Jane DeBrosse

PUBLICITY
Linda Freeth

SCHOLARSHIP COMMITTEE
Jennifer Looper

WEBSITE
Vanessa Josey

CLUB NEWS

HOSTESS COMMITTEE

January Hostesses:

Jane Wenzel, Roseann Yencer,
Jean Gaylord, Elaine Eaton,
Jane DeBrosse, Sherry Knezinek,
and Cheryl DeLeon

Theme: Let It Snow!

Colors to wear: Blue and Silver

reminder:

**RWC YEARLY DUES
(\$75) ARE DUE BY THE
JANUARY MEETING.**

Happy Birthday!

Best wishes to all who celebrate a birthday in January.

Kathleen Atkins

Kelly Carter

Jennifer Looper

Kathy Wallin

Ruskin Woman's Club is a 501(c)(3) registered with the Florida Department of Agriculture and Consumer Services as a non-profit charitable organization. Registration Tax ID# 59-1201409. A copy of the official registration and financial information may be obtained from the division of consumer services by calling toll-free within the state 1-800-435-7352 or web site SunBiz.org. Registration does not imply endorsement, approval, or recommendation by the state.

GFWC Ruskin Women's Club

"Sevens" Game Night

Tuesday, January 21, 2025 6:30pm-8pm

503 S U.S. 41, Ruskin, FL 33570

\$10 ticket donation per person/BYOB/snacks provided

Cut-off date for signup is Friday, January 17th, 2025

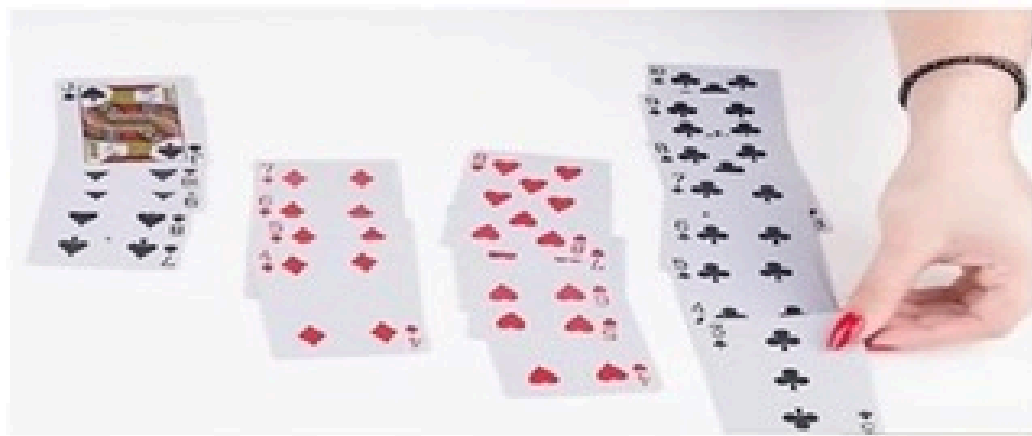
Attendance is limited to 24 people please call to reserve your spot.

Sue Crawley 517-749-7244

Come join us and bring your friends for a great night out! Whether or not you know how to play "Sevens" you will enjoy this game!

Each table will have a "Pro" who knows the game and will teach you how to play.

Sevens is a card game played by 4 or 6 players who play in teams of two. The goal is to get rid of your cards first. The only things you need are a deck of cards, some friends, and the ability to put cards in sequential number order.



The Ruskin Woman's Club is a 501-C3 non-profit organization. A copy of the official registration & financial info may be obtained from the Division of Consumer Services by calling 800-435-7352. Registration does not imply endorsement, approval or recommendation by the State.

<https://www.fdaacs.gov/Business-Services/Solicitation-of-Contribution>

JOIN US FOR OUR ANNUAL
HIGH TEA LUNCHEON
Hearts & Roses
Saturday Feb 8th

Serving at Noon
Doors will open at 11:30
Pre-Registration Required

\$ 45
cash, check
credit card

Ruskin Woman's Club Clubhouse
503 S US Hwy 41 Ruskin, FL
GFWCRuskinWomansClub.org
(813) 296-3900



Opportunity Baskets
& 50/50 Drawing

Scan QR Code or go to
Events on the website



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CLUB'S HAPPENINGS



Pictured above (left & center) are the choral participants who brought holiday joy to the Angel Tree Party on December 16th. Picture on the right, a young Ruskin Elementary student discussing with Santa Claus his list.

Your Health is Your Wealth

How to Deal with Seasonal Affective Disorder

Many people go through short periods when they feel sad or unlike their usual selves. Sometimes, these mood changes begin when the days get shorter and cooler in winter, or in January after the rush of the holiday season. Usually these go away during the spring and summer. This type of temporary depression can be known as Seasonal Affective Disorder, or SAD.

Symptoms of SAD can include a persistent sad, anxious, or "empty" mood most of the day; feelings of hopelessness or pessimism; feelings of irritability, frustration, or restlessness; feelings of guilt, worthlessness or helplessness; loss of interest or pleasure in hobbies and activities; decreased energy or fatigue; and difficulty concentrating, remembering, or making decisions. For winter pattern SAD, additional symptoms can include oversleeping, overeating, and social withdrawal. While only 5% of Americans suffer some kind of seasonal depression, women are four times more likely to experience it than men.

What can we do to feel better if we are experiencing a mild case of SAD? The following suggestions are good ones to focus on:

1. Make a habit of getting out for a daily walk. Breathing fresh air and a change of scenery can be a mood lifter.
2. Add Vitamin D to your diet.
3. Plan for activities and stick to those commitments.
4. Get social with friends and family.
5. Move your body with physical activity. It doesn't have to be hard exercise.
6. Reach out to your support network. Tell your friends and family about your changes in mood so they can check in on you. They can also help hold you accountable to your commitments and support you.



If you follow these suggestions and still don't feel an improvement in your mood, please consult your healthcare provider.

FYI: FOR YOUR INFORMATION

Presidents of the Ruskin Woman's Club

How We Can Help Them Be Successful Leaders
by Jane DeBrosse

January is the month when the GFWC and the RWC celebrate past presidents. Every leader, whether they are a CEO of a huge corporation or the president of a local HOA, needs more than a set of outstanding personal qualities and a strong Board of Directors to help them be effective. Because I feel so strongly about this topic, I researched what are considered to be the most important things ALL members of any organization can do to help their leaders be successful.

Open communication:

- Share concerns directly, but privately, with the president rather than complain to one another.
- Provide positive feedback as well as constructive criticism (in a respectful manner) on club activities and initiatives.
- Appreciate and acknowledge the president's efforts and accomplishments.
- Offer encouragement and support during challenging situations.
- Actively listen to the president's vision and goals and be open to the possibility of change.

Active participation:

- Attend meetings regularly and contribute to discussions.
- Volunteer for committees and tasks, not just once or twice, but throughout the year.
- Promote club events and activities to other members and when appropriate, to our local community.
- Share knowledge and expertise within the club.
- Be reliable and complete assigned tasks on time.

In conclusion, **COLLABORATION** is key! We need to work together as a team in order to achieve our club's goals.



Don't Get Hurt, Stay Alert!

Personal Security Tips



It's unfortunate that in these modern times, walking, particularly in parking lots or other large public areas, can be dangerous especially for women who are by themselves. Criminals are looking for victims who can be caught off-guard fairly easily. So, what can we do to help make sure we don't become a victim of crime?

- Be alert and aware! While walking, keep your mind on what is going on around you.
- Display confidence. Walk with purpose, scan the area around you and make casual eye contact with others.
- Keep your hands free. Carrying items makes you a more vulnerable target for criminals. Backpacks should be worn on your back and avoid text messaging or lengthy cell phone use while walking alone.
- Trust your instincts. If you have an intuitive feeling something is wrong, trust your instincts.
- Ask for help. If you feel vulnerable, ask Police or Security to escort you to your car.
- Clearly guard your personal effects. A stolen driver's license, vehicle information and other personal items will allow a criminal to know your home address to scout out whether you're home or not.