



January 2024

VIA INSIDER

Serving the Community since 1883

January's Activities:

Jan - Flex Your Soles
JAN 11 - VIA MEETING
JAN 18 - Tuesday Trippin

The women of the VIA focus on service to the community, as well as partnering with local schools to support education. We strive to impact lives through our actions, both large and small, and build lasting friendships along the way.

WWW.GFWCVIA.COM
viagcs@gmail.com



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www.facebook.com/VIAGreenCoveSprings

*VIA is a member of the
General Federation of Women's Clubs
(GFWC)*



*VIA Meetings are on the 2nd Thursday
of each month at the clubhouse,
17 N. Palmetto Ave, Green Cove Springs.*



President's Message

A new year is upon us! Years ago, there was a commercial that said, "You are not getting older; you are getting better"! Our members are so dedicated and hardworking, that our club is constantly growing and improving. I love seeing all your posts and plans and it makes me so excited for the upcoming year. I have grown and learned so much from each of you. Your creativity is so impressive, and I always welcome your ideas because I know that you have the determination and dedication to make them work. What a great group of women!

We have so much planned for the next 5 months! Every committee has a super program planned and we also have so many fun activities spread throughout the months. I am confident that the fun we are having and the welcoming spirit among you is the key to our growth. It is so encouraging to see the new faces at our meetings and realizing that most of our guests decide that they want to be a part of who we are! Thanks to each of you for bringing your friends and for welcoming and including every person, every single time.

I want to thank each of you, too, for being so supportive and taking part in all my silly games, and all our "mixer" projects. I'm sure they are out of the "comfort zone" for some of you, but I love how you all participate! I love watching you all have fun, and the games also help me get to know you better.

Ladies, we are going to have a great new year! Thank you again for your patience with me, and my "learning curve". I love the way we all support each other and rally together when one of us must be absent due to family emergencies, health issues, or just a need to prioritize other obligations and commitments. I love a busy club with lots of activities, but never feel that you are expected to be at everything. I miss you when you're absent, but I am always grateful for each of you, and looking forward to 2024 with you all!

Larianne
l.stutts@aol.com





December Meeting Our Holiday Celebration



And the Winners Are...

VIA Opportunity Drawing Results

This year the VIA held its first opportunity drawing and the results were phenomenal! Thank you to the entire club as over 60% of the membership participated by selling tickets, volunteering to make a dessert a month or cheering on the rest of the group!

We raised over \$4,000! Way to go, ladies!

1st Prize:

\$500 Visa Gift Card
Christie Staton



2nd Prize:

Citizens Gold Ladies Watch
donated by Kingsley Jewelers
Kevin M.

3rd Prize:

Dessert a Month for 2024
Karla Ziegner





VIA Serves Our Community



This year, the VIA's Civics & Engagement Committee offered a budget friendly hot dog combo meal to parade attendees at the GCS Christmas Parade.

Members prepared and sold hot dogs as well as assisting the Business League by selling holiday themed light up toys.

Thank you to VIA member, Lesley Davidson, for allowing our hot dog stand in front of her store on Walnut Street.



Thank you to Jim Signorile at Fields Cadillac for the generous donation of bottled water for the combo meals!



FIELDS CADILLAC JACKSONVILLE

Fields Cadillac Jacksonville
7999 Blanding Blvd.
Jacksonville, FL 32244
(855) 873-0215



Our VIA Spirit Shines

VIA gives spirited representation at GCS Parade

Our ladies had a wonderful time representing characters from the movie, *A Christmas Story*! Members dressed as in the pink rabbit suit that Ralphie's aunt sent him for Christmas, the bad guy, Bart and one of his accomplices. These characters were figments of Ralphie's imagination when he was dreaming about the world famous Daisy Red Ryder BB gun he wanted for Christmas. Also in the parade, was one of the elves who was with Santa when Ralphie and Randy, his brother, went to see Santa at the Higbee's Department store. The VIA even had the fragile leg lamp, the prize from Ralphie's father winning a newspaper contest!

Members sang the movie version of "Jingle Bells", complete with the raspberry at the end. The parade judges were presented with a rock painted with "140 years VIA".

*Wow! Ladies you really went above and beyond in your efforts!
Thank you all!*

Special thank you to Janey Fox for providing this content.





VIA Participates in GCS Parade of Trees

Parade of Trees

Members of the VIA had a wonderful time decorating Christmas trees for the GCS Parade of Trees! Thank you to those members and their supportive spouses who turned out to decorate our tree. Beautiful job, ladies!





Smoked Pork Butts ***A VIA Fundraiser***

Thank you to all the VIA members who supported this annual fundraiser. Everyone's efforts are appreciated, whether you helped organize the sale, or distribute the delicious smoked pork or whether you supported this effort by making a purchase. Thank you for making this another successful fundraiser!



Rock Painting

with the Bee Creative Committee

VIA members painted holiday themed rocks to hide along the GCS Christmas Parade route. The idea was to surprise children in our community by placing the painted rocks where children would find them. Members also painted rocks for their own use!





Quilt Raffle Results:

The Holiday Quilt was won by Larianne Stutts.
Thank you all who bought a chance.
\$95 was collected by the Health & Wellness Committee.



The beautiful holiday spirited flannel rag quilt was made
by Donna Shibley, Health and Wellness Committee Chair.
Thank you, Donna!

Upcoming Events:

January 11th Meeting

Marjorie K. Rawlings hosted
by the Arts & Culture Committee



Join us as we learn about Florida
Author, Marjorie K. Rawlings.
Florence M. Turcotte is the Literary Manuscripts
Archivist and Curator of the Marjorie Kinnan Rawlings
and the Zora Neale Hurston Papers at the University of
Florida George A. Smathers Libraries. She published 2
books of correspondence from her literary collections,
and an award-winning article about Rawlings in the
Florida Historical Quarterly.

ESO Read Recommendations:

Cross Creek and the Yearling by Marjorie K. Rawlings

Thursday, January 18th: Tuesday Trippin

Tour the Marjorie K. Rawlings Farm at Cross Creek
Cost: \$10
Contact Sandi Dunnivant @ bookladi2012@gmail.com

Birthdays



- 5 Cheryl Mobley-Gonzalez
- 12 Lucy Conrad
- 16 Terry Abbott
- 17 Cheri Starnes
- 17 Linda Fonjerek
- 18 Kristina Byrd
- 20 Sharon Nellis
- 26 Carol Johnson
- 31 Cherie Wilson

February Save the Dates:

February 8th Meeting: Healthy YOU program with
a Yoga instructor and a Mental Health/Psychologist,
will focus on your physical and mental health. The
Health & Wellness Committee asks you to please
wear **RED** for February's Heart Health Month
Collection will be women's underwear ~ all sizes
(children up to large female adults) to be donated to
the Clay County School Department for distribution.

February 13th: Bunco night at 6:00 pm

*Please visit the updated VIA website as it now includes a
copy of our current newsletters as well as a Google
calendar that lists what is happening at the VIA.*

Village Improvement Association (gfwcvia.com)



We have come "full circle" with the Bears we made for Camp Boggy Creek! On Friday, December 15, District 4, including members of the VIA took a field trip to the camp and got to see our bears sitting on the beds of the cabins, just waiting to be loved by the next group of campers. We also saw sheets that we donated, along with quilts and afghans in the rooms, waiting for the children.

It was a joy to see the camp and hear personal testimonies from the tour guide, on the impact the camp has made on the lives of so many families. It is so rewarding to know that we had a part in that.

I love, too, that camaraderie and bonding that was created by so many clubs working together on this project. Lasting friendships have been formed, and a spirit of mutual support has been created. It is amazing what can be done when we all work together. What a fun and rewarding day!

Larianne



Boggy Bears in action at Camp Boggy Creek!!





The BUZZ *with Environment*

Who is The Litter Bug?

Did you know that there is law against littering? Florida Statute 403.413 states any amount less than 15 pounds is guilty of a misdemeanor and the fine is \$100.



I thought about it when driving over the Buckman Bridge often and noticing all the debris that sits against the outside walls. Then, there is all the debris in the medians and along the sides of the street, sometimes caused by the garbage collectors!

Did you know that litter can cause animals in nature to get sick and die? Many years ago there was often a group of prisoners picking up debris but I don't think they do that now. So who does clean up after these litter bugs? My research shows that it is done by the city and state workers. I saw where the City of Tampa gathered over 200 TONS of litter in 2022!

I remember from long ago a tv ad showing an Indian chief standing among the street litter with tears running down his face. Do we no longer care? Are you thinking what can we do? Well we can start small, by putting our car trash in a bag or container and disposing of it properly; not rolling down the window and "letting it fly!"; teaching those around us to be considerate of the next generation's use of this planet, and helping pick up when we can.

I have a friend who lives at Moosehaven and she carries a Grabber with her when she often walks the river and collects litter as she goes. Her friends gave her a t-shirt that reads "Trashy Lady of River Road." She wears it with pride! You gotta love us seniors who know how to laugh!

Article by Linda Fonferek, Chair Environment

Questions about the Environmental Committee, please contact Linda Fonferek at fonferekclinda@gmail.com

Healthy Tidbits *with Health & Wellness*

| From the American Heart Association **Stress and Insomnia Linked To Irregular Heart Rhythms After Menopause**



About 1 in 4 women may develop irregular heart rhythms after menopause, with stressful life events and poor sleep being leading factors, finds a new study in the Journal of the American Heart Association.

A study of more than 83,000 questionnaires by women ages 50-79 found more than 25% developed irregular heart rhythms, known as atrial fibrillation, which may increase their risk for stroke and heart failure. Stressful life events and insomnia were strongly linked to the development of atrial fibrillation, highlighting the need for mental well-being evaluations to be included with physical health examinations.

Here's what you need to know:

<https://newsroom.heart.org/news/stress-and-insomnia-linked-to-irregular-heart-rhythms-after-menopause>

Flex Those Shoes walking challenge for YOU from January through March 2024 will be sponsored by the Health & Wellness Committee. Record your miles.



Prizes will be given for most miles walked. One time bonus if you walk these parks:

- Spring Park- Bonus 5 Miles
- Black Creek Trail- Bonus 5 Miles
- Camp Chowenwaw- Bonus 5 Miles
- Brananfield Wildlife and Environmental Area- Bonus 10 Miles

Walking is good for the soul.

In every walk with nature one receives far more than he seeks. ~ John Muir

Questions about the Health & Wellness Committee, please contact Donna Shibley at dmshibley@gmail.com



“The House That Built {Us}”

Pretty soon, the citizens of Green Cove will all know that the Village Improvement Association Clubhouse is getting a much needed “facelift”. A lot of growth is planned for our community, but it is obvious that history is very important to our city. There is a lot of support for bringing the building back to its original beauty. More rentals and more recognition will only bring good things to the oldest Women’s Club in Florida.



History Corner

So about that clock...

This work of art was made by clockmaker, Williams Cummins (1786 – 1834).

The clock’s first owner, Nickolas Camball, was a member of the Boston Tea Party! Born December 24, 1732 on the island of Malta, Camball came to this country in 1788. He founded a society for the benefit of children and widows of seamen.

Upon his death in 1828, Camball bequeathed the clock to Captain William Carr (1764 – 1845). When Captain Carr passed, the clock was bequeathed to his daughter, Rebecca Ingraham.

Rebecca is the link to how the clock comes to Green Cove Springs. Rebecca was the wife of Captain Mason Ingraham and a member of the VIA. She left the clock to her daughter, Rebecca C. Burrows who lived in GCS. The clock remained in the Carr Mansion in Warren Rhode Island from 1776 to 1889, when Mrs. Burrows brought it to her home in GCS.

Mrs. Burrows presented the clock to the VIA in March 1899 in memory of her mother, Rebecca Ingraham, who was a former VIA member.



The gentleman in the photo above is **Mr. Jerry Casale**. Jerry lives in the 3 story home next to the Post Office, behind the VIA. The clock belonged to the original owner of his home.

Isn’t it amazing how we can connect to the history of our GCS community?

So about that clock, it’s awesome for sure. A very tangible VIA treasure and link to our past!



Tuesday Trippin... *The Tea Room in Keystone Heights*

*"What is a tea room?
Treasure of
Enjoyable ladies
Amazingly bonding!"*

"It was really nice to have such a large selection of teas. We were each able to try two different ones...from a Smokey bourbon tea to a traditional English Breakfast. The ginger scones were delicious as was the tomato soup...."



"I must say I was curious about a tea room in Keystone Heights. ... a delightful experience! The Tea Room was intimate and enchanting! As was our lovely hostess and proprietor. The best part was sipping tea and nibbling finger sandwiches with Mad Hatters, Fascinators and Pillboxes! My favorite part, the VIA people!"

*Questions about Tuesday Trippin, please contact Sandi Dunnivant
bookladi2012@gmail.com*





Have a special occasion such as a Birthday Party, Anniversary Celebration, Wedding or Baby Shower?

Our historic 1914 cottage is available to rent for YOUR next party.

*For more information, please email:
Terry Abbott at viagcs@gmail.com*



Village Improvement Association

- President:** Larianne Stutts
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cdstaton@bellsouth.net

Newsletter articles are due by the 17th of each month.

Please email them to: l.stutts@aol.com

Photo submissions must represent VIA supported events and activities.

Larianne Stutts, Newsletter Editor

Jennifer Stubbs, Newsletter Contributor Coordinator

Deborah Page, Newsletter Design & Layout



Introducing a Directory of the Services provided for our members and their spouses. The Directory will be located on the last page of each newsletter edition.

If you have information to add or edit, please let Larianne know at L.stutts@aol.com.

VIA Member Services Directory

Accounting/Tax Services

Susan Hess CPA, P.A.

Susan Hess

(904) 500-2100

Auto Body Shop

Darren's Custom & Restoration Body Shop

Darren Stutts

(904) 509-2420

Beauty

Rodan & Fields Skin Care Consultant

Larianne Stutts

(904) 251-4995

Financial Advisor

Hess Financial Group
VyStar Investment Services

John Hess

(904) 269-8772

Raeanne McCarty

(904) 908-2495

Pet Services

Jen's Pet Sitting Service

Jenifer Dunnavant

(904) 657-4460

Restaurant

Corner Pocket

Cheri Starnes

(904) 284-1992

Scents

SCENTSY

Jo Potter

(541) 279-0595

Women's Clothing

One Swanky Chic Boutique

Kristina Byrd

(904) 671-3819

Let's support the businesses of our members and their spouses!

