



March 2024

VIA INSIDER

Serving the Community since 1883

March's Activities:

March 14 - VIA MEETING

March 15 - GFWC FL D4 MEETING

Visit GFWCVIA.com for the current calendar.

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.

viagcs@gmail.com

WWW.GFWCVIA.COM



FOLLOW & LIKE US

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

February came and went quickly, didn't it? We have already had two great meetings and programs in 2024 and have so much to look forward to in the coming months. I am loving the enthusiasm among all our members, and I know that is the key to growth! Our community sees us working and making things happen, and people want to know who we are and what we are doing. Once they visit us at a meeting, you all are so welcoming and friendly that they want to be a part of us! On top of that, you ladies are just so FUN! This new year has been filled with excitement in such a short amount of time, and we all know that it is only going to get better.

Ladies, I cannot tell you enough how humbled and proud I was to hear the city council speaking of our club on that evening when we received the grant. Several of the members shared memories of events in our clubhouse, and even more mentioned so many areas in which we have visibly been active and serving the needs of our citizens. You all are truly living our mission statement!

Our upcoming months are already full of exciting events! I think that is great! I know it is going to get busy, but remember, you do not have to participate in every activity. You are certainly welcome to do so, and we all love having you, but I never want you to feel guilty if you miss a meeting or an event. We all have families and other priorities, so do what you can and what makes you happy. That's the beauty of having a growing club! There is something for everyone and every event or activity will be well supported.

We have such great momentum!
Let's keep it moving!

Larriane

l.stutts@aol.com





VIA Supports Our Community



Valentine Card Making

As always, VIA members had an awesome time helping the children of the Augusta Savage Center make Valentine's Day cards!

A very special "Thank You" to Sherry Kelly who provided the materials and led this activity.

Way to go VIA team!





VIA Serves Our Community

"Was blessed to be a volunteer for the Village Improvement Association Women's Club today at the "A Celebration of Cultural Expressions" Fashion Show, hosted by Friends of Augusta Savage Arts & Community Center.

The Afri-Touch, LLC had a lot of beautiful fashions!

The kids did amazing and I really enjoyed meeting so many new people!"

VIA member, Jesi Carroll





BUNCO at the Clubhouse
Hosted by Health & Wellness

*The ladies of the VIA turned out in full
force with 38 players who raised \$500.
Way to Go!*



*A "Special Thank You" to Sharon Nellis
for coordinating this fun night of
Bunco and fellowship!*





February Meeting Recap



Our Health/Wellness committee presented a great meeting for us last month. Mental Health is such a current topic in our world today, and we had two great speakers here to address it for us. Dr. Jessica Hames, MA, AP, Ph, Mental Health gave us information about some of the stressors that women have today and helpful tips on ways to keep ourselves mentally healthy. We also had Barbe Kelly, trained yoga specialist do a fun presentation for us on Yoga and demonstrated some breathing and exercising techniques that can help us put our stressors in perspective.



(Above) Carolina Thompson, Project REACH Program Coordinator McKinney-Vento and Liaison Ryan E Widdowson, Supervisor Federal Programs from Clay County District Schools were presented with 396 pairs of children's undergarments which were collected by Health & Wellness at the February meeting.



(Above) Meeting Speakers Presenters: Jessica Hames MA, AP, Ph, Mental Health presenter and Barbe Kelly, trained yoga specialist.





Welcome

New Members

Christina Kay Treadwell

Interests: Fashion, Art, History and Cooking
Profession: Realtor, Former Financial Advisor

Committee Interests: Arts & Culture; Environment; and Health & Wellness

Birthdays



Happy Birthday!

5 Elsbeth Geiger

Upcoming Events:

March 14th Meeting

Hosted by Environment

Our speaker is Joe McCarthy of Reparation Earth. He and wife, Christie, are going to be our new neighbors next door to the club soon! Joe will give a presentation about their aquaponics process that is free of pesticides, GMOs and fertilizers. If you have not visited their place, go see them soon for fresh eggs and produce.

We will be collecting items for Clay County Animal Services on 16 so please bring something for the cats and dogs. She has a few cats and about 60 dogs right now! They are listed on Amazon to make it easier for you to donate. She said kitten season is coming soon and you can sign up to be a foster parent to help with the new kitten babies. (That means lots of milk powder for them.) They provide you with the nursing needs of the kittens if you want to take them for a weekend. Can you handle feeding a bottle to a kitten?? We will have sign up sheets for fostering.

Elsbeth will have honey from the bee keeper at Penney Farms for sale and we will have some native plants for purchase. We are having finger food and drinks so don't forget to bring your own water bottle to save the trees! Reparation Earth will provide the table decorations! See on March 14th!

CALLING ALL LADIES! ROAD TRIP!

March 15th

Did you know that we do a road trip together every month to the GFWC district meeting? Riding to the meeting is the best part of the morning! We talk away and get to know each other better. This meeting is the third Friday of the month. We get to meet new ladies who are so nice and we get new ideas to take back to our club. There is so much fun going on that day with more food that you can consume.

Please join us at Lakeshore Woman's Club in Jacksonville on March 15th. Let Linda Fonferek (904-803-4599) know if you want to join in the fun of our next road trip.





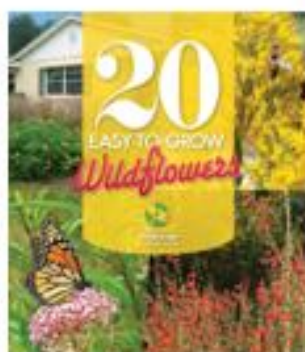
The Buzz *with Environment*

Let's Get Growing...

Easy to Grow Native Wildflowers

What is native?

A Florida native wildflower is a flowering herbaceous species that grew wild within the state's natural ecosystems in the 1560s, when Florida's first botanical records were created.



Why plant native?

Native plants are easier to grow, especially with our strong Florida sun and dry weather. Planting regionally appropriate native plants in our home landscapes supports local biodiversity, reduces the need for fertilizers, pesticides and herbicides, and conserves water resources, all while providing food and shelter for local wildlife.

By planting Native, *YOU* can help stem the tide of global insect decline while creating habitat and pathways for birds and other wildlife!

For more information on the Florida Wildflowers Foundation's full definition of Florida native plants, including cultivars and information on where to plant them and how to keep them growing, please visit:

<https://www.flawildflowers.org/learn-to-grow>



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

Healthy Tidbits *with Health & Wellness*

March is Red Cross Month

and National Nutrition Month

March 22 is Red Cross Giving Day

Clara Barton is credited with founding the American Red Cross in May of 1881. In 1943, President Franklin D. Roosevelt signed a proclamation making March Red Cross Month. You can share their mission of "Turning compassion into action" by volunteering to help. March 22 is Giving Day, schedule a blood or platelet donation.

National Nutrition Month® is a yearly campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. This year's theme is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets, and even home food safety and storage practices. It also describes the various ways we eat, not only around a dinner table, but also on the go, in schools and restaurants, at games and events. This theme includes sustainability, for instance, decreasing food waste from school and work to home and beyond.

Flex Those Shoes *Sheets Due March 14!*

How are those miles racking up on the Flex Those Shoes walking challenge?



Bring your walking sheet to the March meeting where they will be tabulated, and prizes will be given. If you can't attend the meeting, please get your form to Donna before the meeting to be included. Prizes will be given for most miles walked.

For the full details, please see the flyer in this edition.

*Walking is the best possible exercise.
Habituate yourself to walk very far.*

Thomas Jefferson

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



“The House That Built {Us}”



I am sure you have all noticed how elegant our clubhouse looks now. The repairs and the fresh paint have brought her back to her original beauty. It was very fitting, too, that the first event in our building involved the Mayor of our City, along with many other fine citizens and partners of ours in giving back to this community.

Never forget that we were able to do this because of the hard work you all have done. Your participation in our fundraisers, as well as your community service has raised money, as well as earned recognition and grants. We have had some of the most elegant events imaginable, and we have used every fun activity to raise money. We also went out of our “comfort zone” with our Opportunity Drawing, and it was a huge success as well.

Looking back at the history of our club and those first charter members from so many years ago, isn't it awesome that we are still doing exactly what they did to raise money? The ladies of the early 1900's saw a need and then raised the money to make it happen. Wouldn't they be proud at how we are maintaining their legacy?

Larianne

History Corner

Who is Mary Stewart?

We owe a big thank you to Mary Stewart, author of *The Collect For Clubwomen* which we recite today at the beginning of our meetings. The Collect was written as a personal prayer for the day and without any specific organization in mind. Mary felt that “*women working together with wide interest for large ends was a new thing under the sun and that, perhaps they had need for a special petition and meditation of their own.*”



Mary wrote this prayer in 1904 in Longmont, Colorado when she was the local high school principal and a member of the Longmont Fortnightly Club (part of the General Federation of Women's Clubs). The first printing was in an obscure paragraph in the *Delineator*, a popular woman's magazine published by Butterick, who also printed sewing patterns. In 1909, it was a wall card and by 1924, the Armstrong Stationary Company of Cincinnati also printed *The Collect* on wall cards. Early copies were signed with the pen name, “Mary Stuart”.

The General Federation of Women's Clubs was the first organization to officially adopt *The Collect*. Later it became widely used by many other organizations in the United States and other countries. Senator Tobey of New Hampshire read it into the printed records of the Congress of the United States at the closing session in 1949.

In 1927 Mary's alma mater, the University of Colorado, presented her with an honorary degree for her distinguished work in education, social and civic service. From 1921 to 1942 she worked with the US in the Department of Labor and later as assistant director of education in the Office of Indian Affairs. She continued writing for newspapers and magazines. Mary was active in the fight for women's suffrage and remained active in women's organizations until her death in Cincinnati, Ohio in 1943.

Thank you, Mary!

Thank you to VIA member, Jennifer Stubbs, for this article idea and to the GFWC Oregon, which served as a reference.



Tuesday Trippin

Retail Therapy in Eustis

Tuesday Trippers enjoyed a day of retail therapy and a yummy lunch in Eustis. First on the day's agenda was a visit to Peddler's Wagon. This business is celebrating thirty-six years serving customers in Eustis and has become known as one of the area's best places for unique decor, creative gifts, realistic floral designs, and an amazing selection of Harvest and Christmas choices. Lunch was at Chris's Place. The lobster sandwich was magnificent. After lunch, fun was had antiquing at The Treasure Market & More... It was a lovely day filled with laughter, good food and some great retail finds.



ESO Book Recommendations and Reading Programs

Book Recommendations:

Tom Lake by Ann Patchett

The River We Remember by William Kent Kruger

Mother Goose Program: Need readers (Honkers) for Head Start reading program. We will be reading once a week to children at Head Start. Need readers for program...just have to commit to reading once a month.



Questions about the next Tuesday Trippin or ESO Reading Program, contact Sandi Dunnivant at bookladi2012@gmail.com

A stylized illustration of a pair of sneakers, one in the foreground and one slightly behind it. The sneakers are primarily light orange with white soles and laces. They have a modern, athletic design with visible stitching and a textured sole. The background is a solid dark brown color.

WALKING CHALLENGE

Sponsored by the Health and Wellness Committee

Record your miles
Most miles wins a prize!

*Won't you
join in?*

Notes:

This is meant to be an intention walk challenge ~ your Fitbit/tracker or daily walking time is not to be counted in this challenge.

Call up a VIA friend or two, set a time, and walk together.

One-time Bonus if you walk any of these parks:

- Spring Park ~ Bonus 5 Miles
- Black Creek Trail ~ Bonus 5 Miles
- Camp Chowenwaw ~ Bonus 5 Miles
- Moccasin Slough Park ~ Bonus 5 Miles
- Branan Field Wildlife and Environmental Area ~ Bonus 10 Miles

[illegible]

Introducing the Village Safari Guides....

A VIA Team to Help Conquer Cystic Fibrosis

You're invited to join in as we raise funds to end Cystic Fibrosis. At the GFWC January District 4 meeting, we learned this is a GFWC Junior Women's club project.

The VIA will have a group participate in the Cystic Fibrosis walk at the Jacksonville Zoo on May 18th. VIA member, Tonia Everritt, has a granddaughter with Cystic Fibrosis and would love for you to join us as we support research to end this disease.

Let me know if you are interested in participating. Since it is at the zoo, the theme is safari and safari animals, we will be walking as the *Village Safari Guides* team.

We hope you will join us!

Larrienne





*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
l.stutts@aol.com

Vice President: Cheri Starnes
cstarnes2326@gmail.com

Secretary: Joyce Engelken
jengelken@yahoo.com

Correspondence Secretary:
Deborah Page
page4rwe@gmail.com

Treasurer: Lucy Conrad
lucelc9@yahoo.com

Historians: Clara Freeman and Theresa Crockett
bigcfreeman@bellsouth.net
theresac425@gmail.com

Arts & Culture Committee:
Sandi Dunnivant and Terry Wilson
bookladi2012@gmail.com
ktsswil@bellsouth.net

Civic Engagement & Outreach Committee:
Karla Logston
KarlaLogston@bellsouth.net

Education & Libraries Committee:
Sherry Kelly and Helen Brummer
s_kelly1947@yahoo.com
im2daboss@hotmail.com

Environment Committee:
Linda Fonferek
fonferek linda@gmail.com

Health & Wellness Committee:
Donna Shibley
dmshibley@gmail.com

Building Rental Committee:
Terry Abbott
gmatea65@gmail.com

Membership Committee:
Christie Staton
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



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

Home Care

Assisting Hands Home Care

Tracy Hardy

(904) 746-1036

Pet Services

Jen's Pet Sitting Service

Jenifer Dunnavant

(904) 657-4460

Realtor

Davidson Realty, Inc.

Christina Treadway

(904) 548-7775

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!

