



May 2024

# VIA INSIDER

Serving the Community since 1883

## May's Activities:

- May 6 - Teacher Appreciation Lunch
- May 9 - VIA Meeting
- May 9 - Support Walnut Street Night
- May 13 - STEM Night

Visit [GFWCVIA.com](http://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](mailto:viagcs@gmail.com)

[WWW.GFWCVIA.COM](http://WWW.GFWCVIA.COM)



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



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

## President's Message

We are just about to enter the summer months and have a nice rest! Don't we all deserve it? Ladies, you have worked so hard this year, and especially this past month! April is always so full of fun events; the meeting, the District meeting, CalaVida's Art Walk, and our Suffrage Event. We really kicked off our involvement with HeadStart, too, by having so many of our ladies volunteer to read with the children there. There was a group of us volunteering at the Clay County Fair, almost every day, and VIA ladies were delivering cookies all over this little town. I love the impact we are making on our community.

May is going to be great, too! We'll be giving a scholarship to a deserving student from Clay High School, and we will be showing the teachers at GCJH how much we appreciate them before they close for the summer months. We also have our STEM Night in which we encourage the young girls of our partner school to choose challenging careers that will make an impact on our world today. I am so encouraged by the energy and the willingness of each of you to share your volunteer spirit in so many different ways.

Ladies, I loved our summer last year, and plan to have one like that again in 2024. I already have ideas of things that we can do to get together and enjoy each other's company. The relationships that we have built by working together is one of the most important aspects our VIA has, and I love getting to spend time with each of you. Taking time to relax and just be together gives us the strength and dedication we need to prepare for another year of service to our community.

**Larriane**  
[l.stutts@aol.com](mailto:l.stutts@aol.com)



# VIA Serves Our Community

*Children at the Augusta Savage Center made Easter baskets again this year with VIA members!*

*Check out the fun time below...*





## VIA serving the local community!

### Essay Contest on *"Women in History"* at GCSJH



The Education and Libraries Committee conducted the VIA's annual writing contest to mark *Women's History* month. Congratulations to all those who participated and a special recognition to the essay winners!





## VIA Serves Our Community

*The Civics Committee and VIA members along with some spouses volunteered at the Clay County Fair to both support our community and as a fundraising opportunity. As a result of these exceptional volunteers, who each generously gave four hours of their time, the VIA received a check for \$500 from the Fair organizers! Way to go!*

A special Thank You to:

Carol Johnson  
Jennifer & Curt Stubbs  
Deborah Page  
Donna Shibley  
Gale Miller  
Janey Fox  
Jessica Carroll  
Karla Longston  
Larriane Stutts  
Marnie Buchanan





## April Meeting Recap

### *Learning about Cystic Fibrosis*



We had so much fun at our April meeting! Our ladies were divided into four groups, and each group was given an animal to present as a "mascot" for our club. It was so entertaining to hear and see the ladies speak of the strength of an elephant, the leadership and far-reaching vision of a giraffe, as well as the humor of a gorilla and cunningness of a tiger. We also had a great speaker, Christina Wermouth, who shared with us some important facts about living with Cystic Fibrosis. We learned a lot and gained a lot of support for our Cystic Fibrosis Walk at the zoo on May 18, 2024.



**Won't you join in the CF Walk at the Jax Zoo?**

**You can support this event by meeting at the zoo at 8:00 am for check-in and walking at 9:00 am on May 18<sup>th</sup>. After that, we get a fun, free day at the zoo, with special animal encounters! You can also support it by donating to a team member.**



## Welcome

New Members

**Emily R. Lisska**

*Interests: History, Exhibits and more*

*Profession: Retired*

*Committee Interests: Arts & Culture; Civics Engagement & Outreach; and Libraries & Education*

## Happy Birthday!

- 5 Tara Green
- 9 Dawn Mahnken
- 16 Carol Bendlin
- 18 Tonia Everitt
- 19 Lynn Elliott
- 26 Terry Wilson
- 29 Kim Evans



## Upcoming Events:

### May 9<sup>th</sup> Meeting

After the action-packed April we had, I think we are all ready for a fun but relaxing summer. Our May meeting will involve presenting the scholarship to our Clay High School senior and, as always, we will invite that student, as well as her parents to participate with us. We will also use this time to discuss some activities for the summer months, but mainly, we will just celebrate our accomplishments and enjoy each other. I'll do the decorating, and I'll ask some of you to bring snacks and finger foods, and we will just consider this a party! I think we all deserve it, don't you!



### Stay Tuned for Summer Fun

You'll want to check your email, FB and our website, [gfwcvia.com](http://gfwcvia.com), this summer for announcements on our FUN Summer activities. Planning is in the works now so stay tuned. Who knows where our summer fun will take us?





## Community Engagement *with Civics*

### Public Employees Cookie Appreciation ...

The Civics Engagement Committee is continuing with the appreciation project begun last year by delivering cookies to 25 Clay County and Green Cove Springs Public Employee departments. Members of Civics Engagement will deliver the cookies during April and May. This year, a special *Thank You* goes to our sponsor, *Florida Blue*, who graciously is underwriting the cost of the cookie dough. So be on the lookout for the pics of our community public servants with cookies from the VIA. And thank you to our own Joan Jaffray for supplying the beautiful tags for the cookie platters.

**Florida Blue**   
Your Health Solutions Partner



### Walnut Street Business Support Night ... May 9th is VIA Day

Our small business neighbors on Walnut St. have seen a significant decrease in revenue due to the road construction, which could last up to 3 months. Let's help by spreading the word that *May 9th will be VIA Day at One Swanky Chic and Red's Wine Bar*. Our fellow member Kristina, owner of One Swanky Chic, will stay open an extra hour beginning at 5 pm for all who want to come and shop. Kristina also sells Boba tea! We will then move to Red's at 6 pm, where you may order drinks (\$1.00 off each glass of wine) and appetizers if hungry. Besides being fun, this is a great way to show our support and appreciation of these small businesses.

*Let's do our best to show up and support these businesses as well as spreading the word to all VIA members, family, and friends!*



One Swanky Chic Boutique



Red's Wine Bar

## Save the Date ...

Have you heard? *Fun in the Sun* is back for this year!

The VIA and Florida Blue are teaming up to make the summer a little more fun for GCS children. Please plan to join the Civics Engagement Committee for this remarkably rewarding experience from 10 am to noon on July 11<sup>th</sup>!



Questions about the Civics Committee, please contact Karla Logston at [karlalogston@bellcouth.net](mailto:karlalogston@bellcouth.net)



## The BUZZ *with Environment*

### EARTH DAY IS April 22

Earth Day was formed in 1970 by Senator Gaylord Nelson from Wisconsin because there were no legal or regulatory mechanisms like EPA or Clean Air Act to protect our environment.

When the moon first formed, the day was less than 10 hours long. But since then, the lunar gravitational pull on the earth has been slowing our planet's rotation, resulting in an increasingly longer day. Today, it continues to lengthen at a rate of some 1.7 milliseconds every century.

On the planet Mercury, a day long spin lasts 59 earth days because of its fast orbit so a Mercury year takes 88 earth days. That means that two years on Mercury lasts for only three days.

You can make a difference in some small way by using less plastic or planting something green.



Questions about the Environmental Committee, please contact Linda Fonferek at [fonferekclinda@gmail.com](mailto:fonferekclinda@gmail.com)

## Healthy Tidbits *with Health & Wellness*

**Thank you** to all who donated socks for the **Green Cove Springs Diamond Assisted Living and Memory Care** facility. 64 pairs of socks for men and women were dropped off.

**Congratulations** to the winners of the **March-April Fitness Challenge** who logged a total of 153 hours of ANY fitness activity ~ Janey, Marnie, Libby, and Nancy.

During **School Nurse Appreciation Week : May 6-12**, we will deliver goodie baskets loaded for the 6 nurses in Green Cove schools. Goodies will include a microwave cozie, assorted snacks, soups and treats as well as a thank you card.



### National Osteoporosis Month

Osteoporosis disease makes a person's bones weak and more likely to break. Approximately 10 million Americans have osteoporosis and another 44 million have low bone density, placing them at increased risk.

- 54 million Americans, half of all adults aged 50+, are at risk of breaking a bone
- One in 2 women/up to one in 4 men will break a bone due to osteoporosis. For women, the likelihood is greater than that of heart attack, stroke and breast cancer combined.
- Diet, exercise, and a healthy lifestyle are key to bone health.

Here are 5 steps to improve bone health:

1. Get the calcium and vitamin D you need every day.
2. Do regular weight-bearing and muscle-strengthening exercises.
3. Don't smoke and don't drink too much alcohol.
4. Talk to your healthcare provider about your osteoporosis risk and ask about a bone density test.
5. Take osteoporosis medication when it's right for you.

Questions about the Health & Wellness Committee, please contact Donna Shibley at [dmshibley@gmail.com](mailto:dmshibley@gmail.com)





## Arts & Culture Happenings...



### *Random Acts of Flowers*

The Bee Creative team and other VIA members participated in the Random Acts of Flowers event by creating over 48 flower arrangements. Members delivered them to businesses, public offices, hospitals, nursing homes, schools and individuals throughout the Green Cove Springs and Clay County Community.



### *Promoting Reading...*

Mother Goose and The Honkers celebrated Black History by presenting a program to the children of Head Start. Books about Rosa Parks, Harriet Tubman, and Jazz were read and interpreted by singing, action rhymes, and arts and crafts. Everyone had a great time. The busses and lanterns made by children were displayed in the Head Start Black history museum.

For further information, please contact Sandi Dunnivant at [bookladi2012@gmail.com](mailto:bookladi2012@gmail.com)



## “The House That Built {Us}”

I always love seeing the many “faces” of our clubhouse! In this last month, we hosted children displaying their art projects, a historical District Meeting, and a historical reenactment celebrating the ratification of women’s right to vote. The building looked completely different, but so appropriate for each of these events. And now we are going to have a beautiful sign to show everyone who we are! It is a historical design that represents the time in which our clubhouse was built. It will have gold leaf raised border with a circle carved raised logo, as well. The finials are black solar lights that will have a nice glow, giving off a Victorian feel. The signs are painted aluminum and should last longer than most of us will, with no maintenance. This will be the perfect finishing touch to our newly painted clubhouse!

*Larianne*



## History Corner



*Jane Cunningham Croly*  
1829 - 1901

### *Why is Jane Cunningham Croly noteworthy?*

In 1868, Jane Cunningham Croly, a professional journalist attempted to attend an all-male press club honoring Charles Dickens. She was denied admittance because of her gender. This inspired her to try and form a club for women. It was not until 1890 that GFWC was officially formed.

As we celebrate the history of our town and community, we are also celebrating the history of the VIA, the Village Improvement Association. We were not only the first Women’s Club in Florida, but we are the only one that maintained the original name. Crescent City was also called the “Village Improvement Association”, but they changed their name once women were allowed to join clubs. We kept the name in honor of the women who began the organization before they were allowed to join clubs.

# 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 18<sup>th</sup>. 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!

Larriane





*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 [viags@gmail.com](mailto:viags@gmail.com)*



## Village Improvement Association

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**Newsletter** articles are due by the 17<sup>th</sup> of each month.

Please email them to: [l.stutts@aol.com](mailto: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 Dunnivant

(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!*

