



June 2024

VIA INSIDER

Serving the Community since 1883

June's Activities:

Visit GFWCVIA.com for the current calendar.

Save the Date

July 11th Fun in The Sun

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



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*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

It gives me so much joy to look back at this past year and reminisce about the things we have accomplished and the fun that we have had. From an elegant Open House in September to a celebration of our awesome committees and members in May, we have been such a great team. We took a lot of awards from the District as well as the state, and as proud as I am of those, I am equally in awe of every individual that "shows up" and supports our club activities, or "behind the scenes" or with words of encouragement at the times they are most needed. Our membership has grown, and so many new members have "hit the ground running" and become so involved. I am so excited about that. I am also so grateful for the welcoming spirit that our club has, and I know that is what makes our new members want to stay!

Typically, our club does not meet over the summer. For me, though, I miss you all too much, and plan to have some fun activities for us in the next few months, just as we did last year. I am always so encouraged by the support we receive for simple activities, like coffee at Spring Park, or lunch at the Corner Pocket. Watch your emails, as I will be communicating with you a lot over the next few weeks. Know, too, that your board will be getting together to plan our awesome year when we reconvene in September.

Larriane
l.stutts@aol.com



VIA Hosts GCS Children's Art Show

The VIA Clubhouse played host to the fabulous works of art created by Green Cove Springs aspiring young artists. This is the second year that the VIA has participated in the CalaVida Art Walk by hosting the children's art show. A special thank you to harpist, De Luna, who shared her harp with these young artists. Judging by the proud smiles on the children's faces – everyone had a great time!





VIA Supports Local Schools

Teacher Appreciation Luncheon at GCSJH

The Education and Libraries Committee led the efforts for the VIA's support of the GCSJH Teacher Appreciation luncheon. Members of the VIA supplied a spread of delicious desserts for the school's teachers and staff. Thank to all those who contributed a dessert and to all those who served lunch. *Well done, ladies!*



wondering how many of those delicious desserts are included in the VIA's Cookbook?

Copies are still available so buy one for yourself and a friend before they're all gone. 😊



VIA Supports Our Community



School Nurse Appreciation

The Health & Wellness Committee coordinated the effort to show our local school nurses how much we value their efforts. School nurses were proved with baskets loaded with goodies.

Thank you to all those who contributed to making this initiative a success!





VIA Shows Our Appreciation

The Civics and Engagement Committee partnered with Florida Blue to show our appreciation for the service workers in our local community. This is the second year that the Civics team has delivered cookies to more than 400 public service and support workers in Green Cove Springs. Here is a sampling of the groups that received appreciation cookies. We love serving our community in such a fun way!

Thank you, *Florida Blue*, for helping us with this effort!



Public Works and Streets Sanitation, Water and Parks offices (Above)



Clay County Fair and Emergency Services (Above)



Augusta Savage Board who shared cookies with their students! (Above)



GCS Fire fighters (Right)



Thank you to our sponsor, Florida Blue!



Citizens Advisory Board (Above)



Florida Blue 
Your Health Solutions Partner



GFWC Florida

GENERAL FEDERATION of WOMEN'S CLUBS
living the volunteer spirit



VIA Hosts April D4 Meeting

Several recognitions were bestowed on the VIA at the GFCW D4 April meeting including:

- *The VIA's own Libraries and Education Committee was awarded 1st place in GFWC Florida.*
- *The VIA Insider Newsletter placed 2nd in GFWC Florida and 2nd in D4.*
- *VIA President Larianne Stutts was appointed as chair of the 2024-26 D4 Libraries & Education Committee.*
- *VIA member, Linda Fonferek will serve as the district chaplain.*



VIA Supports CalaVida Festival 2024

The Arts and Culture Committee presented "Ophelia, Florida Suffragist". This was the opening event to celebrate the 150th birthday of Green Cove Springs. Dianne Jacoby's performance as Ophelia was brilliant. Everyone left the event knowing the important role the Suffragists played in our history. The food was delicious. The decorations spot on.

We believe the "ladies of our 140 year old club" were looking down on us saying "job well done."



Purple is an official Suffragette color along with white, green and yellow!



May Meeting Recap...

Celebrating Our Club Together!

We had fun visiting, playing games and celebrating the successes of our VIA Community Service Programs (CSP).

Art/Culture CSP: Most Consistently Amazing Committee. Outdo themselves every single time. Immerse us in culture. Great at being friendly and "recruiting" all new members. "Bee Creative" spin off teaching us so many new crafts.

Civic/Engagement CSP: Awesome at reaching out to the community. Making our presence known and putting our name on every community event by getting involved in every GCS event. Exploding our outreach in the GCS community.

Education/Library CSP: 1st in State! Exploding with activity this year! Sherry Kelly thinks through every activity and puts it into fruition with a small group of awesome ladies. Best at using their resources and collaborating with other committees and increasing our presence at GCJH.

Environment CSP: Grown so much! Share innovative ways to protect our environment. Encouraging us to go paperless and to recycle. Shared about the river and toured Reparation Earth, resulted in their presenting a program for us. Taken such good care of our grounds and yard, and has made the entire landscape prettier.

Health/Wellness CSP: Regrouped and grown in the last two years, remaining strong. Presenting such interesting topics, programs and activities encompassing mental health, self-care, awareness of certain illnesses including prevention and care. Contribute to the community in so many ways.

House: Terry Abbott does an amazing job with rentals which pays our bills so donations can be used for our service projects. Treats this position like a business and it is growing rapidly.

Newsletter: 2nd in State, 2nd in District. Special recognition to Deborah Page for her expertise, patience, and innovation in making the newsletter look awesome every single month. Thanks, too, to the fun and exciting ladies who are always ready to pose for pictures and make our events come to life!

GFWC Signature Program: Janey Fox is undertaking the Domestic and Sexual Violence Awareness program. We have earned recognition in the state and district with her efforts.

Membership: Christie Staton does a great job with membership. Always eager to assist with our games, greeting people at the door. Making sure no one is sitting alone and ensuring new guests/members are quickly connected with others.

*Thank you to all members.
Your involvement in our CSPs is what makes
our VIA an awesome club and sisterhood!*



Congratulations to Clay High senior, Addison H. (above) who received a \$1000 VIA scholarship to attend SJRSC to pursue a career in Criminal Justice!





Welcome

New Members

Serena Webb

Interests: Gardening, Cleaning/Organizing, Balloon Animals, Playing with Kids & Dogs, Arts & Crafts

Profession: The Corner Pocket, Line Cook

Committee Interests: Arts & Culture; Libraries & Education; and Environment



Happy Birthday!

12 Sue Middleton

13 Sherry Kelly

17 Karla Ziegner

18 Freda Blackmar

Thank you, Elks Lodge 1892!

The VIA received a \$2000 donation from the Elks to be used to support GCSIH.



VIA Supports Quigley House

Last month, Quigley house was presented with \$15 cash and \$155 in gift cards from the VIA!

VIA member, Janey Fox, with Stephanie Osborne, Sexual Violence Victim Advocate (left) and Maya Womack, Community Relations Coordinator (right).

Calling all VIA members ...

Please Share and Save the Date

AND if you'd like to volunteer, that would be awesome too!

Save THE DATE

Fun in the Sun Children's Event

**COORDINATED BY YOUR FRIENDS AT THE
VILLAGE IMPROVEMENT ASSOCIATION OF GCS**

- ✓ FREE event for youth!
- ✓ Frozen treats, music, games, prizes!
- ✓ Cool off with water activities!
- ✓ See cool cars and trucks!
- ✓ Face painting!

July 11, 2024 10am-Noon
Outside at Vera Francis Hall Park
1503 Martin Luther King Jr Blvd, GCS

Logos: Village Improvement Association Women's Club, Florida Blue (Your Health Solutions Partner), Assisting Hands Home Care, PALMETTO COMMUNITY, VALLENCOURT Construction Co. Inc., Clay County Sheriff's Office, CLAY County Government, SOULFOOD, City of Green Cove Springs, City of Green Cove Springs Florida, Clay County Florida, Clay County Florida.



The Buzz *with Environment* WORLD SEA TURTLE DAY – June 16th

World Sea Turtle Day is celebrated globally as a way to honor sea turtles. These creatures have graced our shores for over 100 million years, but honoring sea turtles holds special significance, as their very existence faces serious threats.

Sea turtles have been known to capture imaginations with their beauty and grace. These majestic marine reptiles are also essential for the health of marine ecosystems. For example, green sea turtles primarily feed on seagrasses. By grazing, they help to keep the seagrass beds healthy.

One of the most awe-inspiring aspects of sea turtles is their tenacity. They have been known to migrate long distances, cross entire oceans, and return to their nesting grounds with remarkable accuracy. The resilience they have displayed, maintaining their presence on our beaches for millions of years, is an evolutionary success story.

“Their perseverance is what sets them apart,” says Mary Tillman, a marine biologist. “Not only are sea turtles beautiful animals, but they also show incredible perseverance and resiliency – after all, they have been nesting on beaches for millions of years. So of course, they deserve their own day dedicated to their awesomeness!”

Source: earth.com



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

Healthy Tidbits *with Health & Wellness*



Melodies & Memories:

*The Good Things Music Does for Aging Brains**

The power of music to change brain chemistry remains a mystery, but the effects are undeniable. While it's tempting to search for a woo-woo reason why music resonates with us so deeply, it's not necessary.

For people like Concetta Tomaino, the effects can be explained by science and logic — even if there's still a lot to learn. “I think I went past that magical, mysterious piece a long time ago,” she laughs.

As a pioneer in this area, Tomaino has been researching how music affects all aspects of neurologic function for more than 40 years. Tomaino spent decades as a music therapist, pursuing evidence-based research around music and the brain before volumes of such literature existed. To her, the impact of music on the mind and body demonstrates how much of our makeup as human beings is based on rhythm, resonance, and perception, all of which connect us in a fundamental way to who we are.

“Everything in the world is a vibration of some kind,” she says. “Music is an extension of who we are, and that's why it helps us reach people who seem to be disconnected because of illness or a traumatic brain injury.”

The soundtracks of our lives resonate even more deeply because of the feelings that attach to certain music. So turn up the radio or just sing you favorite songs. Your brain will thank you and chances are you'll feel happier!

This article features excerpts from Rotary Magazine.

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



Thank you ...

Wow! Stay Tuned....

Thank you to Glee Glisson who as offered to organize a pickleball tournament to benefit the VIA. It's exciting to know how much our efforts are appreciated in the community. Thank you, Glee. We look forward to supporting this tournament.



Dear VIA Ladies!

Our awesome volunteer spirit makes our club the great group that it is today!

Thank you to everyone who has baked a dessert; represented us in community events; donated their time by setting up, washing dishes or serving at an event!

And thank you to those members who cheer the rest of the team on – everyone plays a vital role in our service success story.

It's exciting what we can accomplish when everyone gets involved!



“The House That Built {Us}”

A Special Symbol of Welcome

Did you know that the pineapple represents warmth, friendship and hospitality? Isn't that exactly what we want our clubhouse to convey to all who enter?



A special “thank you” to Rita Blackmar for helping with the purchase of these two pineapples to adorn the steps on each side of our front door. These pineapples were delivered to us and placed appropriately at the end of last week. We purchased these pineapples from Thomas, a new business owner near Jaxma on Highway 17. Thomas’s business is called X-SCAPE Outdoors Ornamental Concrete.

Our clubhouse is becoming the “talk of the town”. So many people comment on how beautiful it looks and how full of life and energy it is becoming!



History Corner

Celebrating Historical Architectures in Green Cove Springs

On Thursday evening, May 16, we had an event in our clubhouse titled “Celebrating the Historical Architectures in Green Cove Springs”. It was well attended, and we are all pleasantly surprised at how many of our citizens had a vested interest in the historical buildings right here in our community. We began by hearing a monologue by Bryan Johnson, portraying Dr. Applegate, of the Applegate House. Sequentially, our next topic was our own clubhouse.



You will be interested to know that the minutes of our general meeting, on April 19, 1888, became the focal point for much of our historical documentation. The meeting on that day, 140 years ago was held in the Jensen House, which is currently Broadus Raines Funeral Home. Frank and Agnes Gustafson were servants in that home at the time of the meeting. In the months to come, the Gustafsons would move into The Carriage House next door and work there for a period, before purchasing their cow, Buttercup, and building their home on Walnut Street.

The ladies of the VIA were responsible for convincing the Gustafsons to move their primary residence further out of town. Once the clubhouse was built, the ladies did not like the cows roaming and leaving their “droppings” so close to their meeting place. The conversations were cordial and the Gustafsons purchased more land on the outskirts of town to place their cows but maintained their home on Walnut Street.



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*



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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

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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

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Pet Services

Jen's Pet Sitting Service

Jenifer Dunnavant

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Davidson Realty, Inc.

Christina Treadway

(904)548-7775

Restaurant

Corner Pocket

Cheri Starnes

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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!

