

WCDB WHISPERINGS

GFWC WOMAN'S CLUB OF DEERFIELD BEACH

JULY 2017

News from the Evening Division

EVENING DIVISION MEETING
WEDNESDAY, JULY 19TH 7:00 PM



The speaker will be Mr. Ralph Krugler, Historian from the Hillsboro Lighthouse organization. He

will provide us with information about the history of the lighthouse, as well as the barefoot mailman, along with other interesting facts about the current lighthouse.



July -

Lyann Mannella - 7/3
Nan Schley - 7/3
Avis Swenson - 7/5
Jumana Boeshar - 7/17
Susan Casanover - 7/18
Mary Ann Chicosky - 7/20
Katy Freitag - 7/25
Nancy Marchione - 7/31
Yvette Nieves 7/21

PAST DUE

\$40.00 Annual Fees were due May 1st. If you haven't paid please make check payable to GFWC Woman's Club of Deerfield Beach and mail to Eleanor DeBoo 253 NW 42 Way, Deerfield Beach, FL 33442. There are still 15 members that have not sent in their checks – please do so this week.

Getting To Know

Our Club Leaders

PHYLLIS MAVRIKAS

Born - Vandergrift, PA
College - BA, Psychology, West Virginia University
Worked as an Outreach Worker - Office of the Aging, Greensburg, PA
Postgrad. - Teaching certificate - Mentally/Physically Handicapped, Duquesne University
Master's Degree - Education - Mentally Handicapped - Nova University
Taught (34 years)- including: Lucanus Developmetal Center, West Hollywood, FL; ARCBroward; Pembroke Pines Cluster: Ann Storck Center, Fort Lauderdale; Wingate Oaks Center, Ft. Laud.; Bright Horizons Center, Deerfield Beach

As a member of the Deerfield Beach Original Save Our Beach organization around 2002, I got to know many very nice and hardworking ladies who were part of the OSOBs. Of course, I admired how determined that they were in doing something to better the community and wanted to participate in their efforts. Also, they wanted me to join the Woman's Club of Deerfield Beach, as they were members. These ladies included: Marti McGeary, Bett Willett, Pam Militello, Barbara Moriarty, Marge Hilton, Rita Masi, Angela Comotto, Vivian Jeffers, Mary Bereiger, Kim Corneliuss, Joan Carrig, Nancy Marchione. But being that I had my teaching responsibilities, I did not have the time. When I decided to retire in 2014, the first thing that I decided to do was join the Woman's Club of Deerfield Beach. It is much greater than I imagined, with all of the different ways and things that they do to serve the community and to better the world! Having been a teacher for students with special needs, and helping them to learn along with caring for their needs, I felt a desire to continue to do something special in my life, along with caring for my dear husband.

I especially enjoy representing the Woman's Club in helping the Historical Society by volunteering at the Butler House. This house means a lot to me, mostly because when I was a teacher, I invited the director at that time, Carolyn Morris, along with former teacher Mrs. Leola Brooks visit my school during Black History month two years in a row, to tell the students about the history of Deerfield Beach. I would also take my students to the Butler House on educational tours. To me, the Butler House is a very special place because of all of the things that the Butlers did to help the community. These include, Alice Butler helped to start the Percy White Library as well as the Woman's Club. The Butler Foundation provides scholarships to graduating seniors from Deerfield Beach High School. I enjoy helping out with other charitable events of the Woman's Club, such as for Hacienda Girls Ranch,

supporting underachieving schools, Relay for Life, NE Focal Point, etc.

I truly am honored to be part of the Woman's Club of Deerfield Beach!

DAYTIME MEMBERS – Hostesses for the September meeting are needed – please contact Fay Swalley

954-421- 7514 chichifay@aol.com

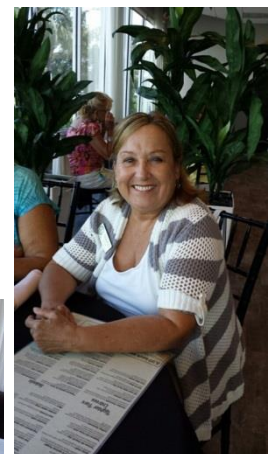


Join us for July's social luncheon on Tuesday, July 11th, at 12 noon - Galuppi's Restaurant located at 1103 N. Federal Highway, Pompano Beach, while seated with a view overlooking the Pompano Beach Municipal Golf Course. Whether you are craving appetizers, crisp salads, burgers, sandwiches, or tantalizing entrees, Galuppi's has a wide selection of all-American fare prepared fresh daily.

Checks are paid individually.

Call Sally Brinkworth to make a reservation or cancellation at (954) 427-2175, or cell # (716) 472-4608.

Bring along your husband, or boyfriend, or friend(s)!





Woman's Club members assisted with registering scuba divers and beach cleanup volunteers at the Annual Dixie Divers Pier Cleanup on Saturday, June 17th. It was a nice day for the cleanup, not too hot, and the ocean was somewhat calm with rolling waves. We met people there who came for the event from such places as Jamaica, England, Puerto Rico, Orlando, Ormond Beach, Georgia, Illinois, Kentucky, and other locations. Following the cleanup, **240 scuba divers participated in achieving a Guinness Book of World Records for the longest underwater human chain.** Previous record was 182 set in 2016 in Thailand. Many divers did the cleanup and the world record. It was a remarkable event put on by Dixie Divers' Arilton Pavan and staff. Thanks to all Woman's Club members who helped!



Our Honorary Club Member –
Jim McGearly



PLEASE JOIN US FOR OUR
7th ANNUAL FAMILY NIGHT AT

DUFFY'S

401 North Federal Highway, Deerfield Beach

Tuesday, July 25, 2017
4:00 pm – 8:00 pm

Bring your Friends & Family to Duffy's
Eat, Drink and Have Fun!
Kid's Menu, Desserts for Two, 2 For 1 Drink

10% of the proceeds will benefit
N.E. Focal Point CASA*, Inc
*Children's, Alzheimer's, Senior & Adult Services 501(c)(3) not for profit
Please call 954-480-4460 or 954-480-4449 for info

If you are unable to attend, you can support us by sending a
N.E. Focal Point CASA, Inc.
227 N.W. 2nd Street, Deerfield Beach, FL 33441

Thank you for your support!




Amazon Smile

Amazon Smile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When

you shop at

www.smile.amazon.com,

it is the same as shopping at the regular Amazon site, but, Amazon will donate a portion of the purchase price to your favorite charitable organization. Instead of logging on to Amazon.com, just log onto

www.smile.amazon.com. Everything else is the same.

On your first visit to Amazon Smile you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. In the "choose your charity box" type in: **GFWC Woman's Club of Deerfield Beach** for them to receive a donation.

Jackie Castro is a Woman's Club member – please contact her if you would like to try this:



JuicePlus+ NSA
Whole Food Nutrition

Jacqueline Castro (Jackie)
Health and Wellness Coordinator

954-427-8853
954-427-8853
nutritioneasy@att.net
jcastro.juiceplus.com
jcastro.towergarden.com

Nutrition Naturally
"If preventing disease is your intention,
then JuicePlus is your way to
prevention."

Every Second Counts

In the event of an emergency, every second counts. Does law enforcement have your Emergency Contact Information (ECI)? You can register up to two emergency contacts with the Department of Highway Safety and Motor Vehicles. This gives law enforcement the ability to contact your loved ones for you quickly in case of an emergency situation. If you travel out of state, law enforcement can still see your ECI and contact your loved ones. Register your ECI now. <http://services.flhsmv.gov/eci/>



Giving back is good — and good for you, too

For instance, the Cleveland Clinic noted that the act of giving — be it volunteering, donating money or simply providing emotional support to friends, colleagues and/or loved ones — is associated with lowering one's own blood pressure. Let's look at a few other ways that giving benefits the giver as much as the receiver:

Increased life expectancy

Yes, simply doing for others can help you live longer. In 1999, a study conducted at the University of California, Berkeley of several dozen elderly folks found that those "who volunteered for two or more organizations were 44 percent less likely to die over a five-year period than were non-volunteers, even after controlling for their age, exercise habits, general health, and negative health habits like smoking."

A similar study was replicated a few years later at the University of Michigan — where the findings indicated that not only did elderly subjects live longer after having "provided practical help to friends, relatives, or neighbors, or gave emotional support to their spouses" but that, conversely, there was no evidence that

receiving help would decrease one's likelihood of dying.

Increased happiness

A decade ago, the Harvard Business School conducted a study that found that participants who gave their money to others instead of spending it on themselves reported feeling happier than when they spent the money on themselves.

What made these findings especially interesting to the authors was that the participants predicted before the study that spending money on themselves would give them more pleasure than spending it on others.

Decreased stress

If you are a naturally stingy person — with yourself and/or with others — and feel shame over said stinginess, then your body will release more of the stress hormone cortisol.

In 2010, social psychologist Liz Dunn told Scientific American about an experiment she conducted that was similar to the Harvard Business School's study: Subjects were given \$10 to spend or give away in any amounts they wanted. She said that "consistent with our past research ... the more money people gave away, the happier they felt. Conversely though, the more money people kept for themselves the more shame they experienced and ... the more shame people felt the more we saw their cortisol levels rise."

Lower levels of cortisol are linked to a lowered risk for a variety of diseases — so that could be part of the reason why those who give back see their life expectancies rise.

Less depression

Giving back — especially in the form of volunteering — promotes social interaction and positive connections.

In 2013, the journal BMC Public Health published an analysis of some 40 different studies on how volunteering affected one's health and found that volunteers experience "improved quality of life, social support, interaction, and self-esteem" and "reductions in depression, stress, hospitalization, pain and psychological distress."