

November 2021



# WOW Newsletter 11/21



West Orange Women

[www.WestOrangeWomen.com](http://www.WestOrangeWomen.com)

Barbara Aboushahba, Editor  
BarbAboush@gmail.com



Dear Ladies,

It was wonderful to see everyone at the October Luncheon. Orange Tree Golf Club is always such a bright and cheerful place to have lunch and the staff are outstanding. Darby has a few good luncheons and programs lined up for us in the near future including our November luncheon at Romano's Macaroni Grill at Winter Garden Village.

We have some projects going forward for Matthew's Hope and Edgewood Ranch and they are open to all members of WOW to participate in (toy drive, sweatshirts). It is always good to share with the less fortunate. Everyone is so generous with the coin jar and we appreciate that.

I look forward to seeing you all in November and please stay healthy and practice spacing and wear your masks in groups.

*Noel Anne McGuigan*, President

**\$26**

**Please join us on November 18th at Romano's Macaroni Grill**  
**Winter Garden Village at Fowler's Grove, 3143 Daniels Rd., Winter Garden, 407-654-0351**  
**Arrive after 11 am. Meeting at 11:30. Lunch at noon**

Entrée: **FIVE CHOICES. - Pick One**

1) **Chicken Parmesan** 2) Mom's Ricotta **Meatballs and Spaghetti** 3) **Pasta Milano** (chicken, mushrooms, & garlic cream sauce) 4) Signature **Truffle Mac & Cheese** 5) **Fettuccine Alfredo**

Sides: Rosa's Signature Caesar Salad

Beverages: Coffee, Iced Tea, soda

Dessert: Premium Vanilla Bean Ice Cream

Program: Music

**PLEASE: MASKS MUST BE WORN AT ALL TIMES UNLESS YOU ARE SEATED AT YOUR TABLE.**  
**ALL RESERVATION CHECKS MUST BE RECEIVED BY Cynthia by Saturday, Nov. 13th**

Mail \$26 check made out to WOW indicating entrée choice:

**Cynthia Johnson-Guarino: 10508 Gleam Ct, Orlando, FL 32836 407 697 1309**

If you are **bringing a guest**, please include with your check, a sticky note or paper with the information.

Also easy does it with **scent**—we have several members with allergies.

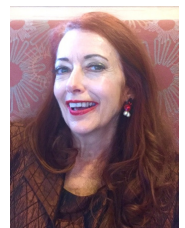
Let Darby know of any **food allergies** by Monday the 15th

Ladies - - **If you have a problem with the food or service** at a luncheon, please speak directly with Darby, who is the luncheon organizer. She will then deal with management to rectify the situation.

**NO CALLS BEFORE 10 A.M. or AFTER 8 P.M.**



**Darby Turnipseed**



**Cynthia J-G**

## Community Outreach

**2nd Used Book sale - \$15** Jeanette C. Collet

**Used Jewelry sale - \$24** Jennie Forsythe

**Change Jar** - We collected **\$65** for Edgewood Children's Ranch projects. Thanks ladies - **Joan Dullmeyer**

**Christmas Cards for Veterans** - Carolyn Conner '19 has volunteered to coordinate this annual activity.

**SUGGESTIONS:** Thank you for your service.....Your service for this country is appreciated.....You are a special blessing and wishing you joy and happiness now and next year.....Greetings to you for love and peace at this time of the year.....May you have the joy and peace that is Christmas.....Warmest holiday wishes for you to enjoy.....Wishing you a happy holiday season and a wonderful new year.....Wishing for peace on earth.....God Bless You..... Merry Christmas and Happy New Year for you.....With love - Sincerely - FIRST NAME AND CITY ( eg. Darby, Orlando, Florida) We will sign cards at the November luncheon.

**MATHEW'S HOPE UPDATE:** Matthew's Hope **hot breakfast program** continues and we are always collecting donations for this project. So far for September and October, \$225.00 has been collected and will be donated before the end of the month. Thank you to all who have contributed to this project and let's please continue to support.

We have a very good start on our **gift card and toy drive**. This project will continue until December 1st. Please bring toys and gift cards to the November luncheon or drop off at my house or Cynthia Johnson-Guarino's house. These are toys for children from **low-income families in west orange county**. Ideas for gift cards are Walmart, Big Lot, Target, Aldi, McDonalds, movie theatres, ice cream stores.

At the September luncheon we collected a SUV full of **food** and also will present Matthew's Hope with a check for **\$285**. Thank you very much to all who donated. Our next food drive will be in the spring. **Karen Tiffany**

**Matthew's Hope** is at **The Wheel at ICON Park** -Join us Monday November 15 in your best purple outfit as The Wheel at UCON Park is turned purple in support of Matthew's Hope and the work we do in caring for the homeless men, women and children of our community. The event is 6-9pm and the wheel turns purple at 7:00! Donations will be accepted. Cash, Toys, Pantry Needs, etc. Purple Matthew's Hope/WeAre Winter Garden Shirts are available now at the Matthew's Hope Chest Store located at 1027 Dillard Street at W. Colonial Drive, north east corner.

## October Luncheon at Orange Tree Golf Club

Joan Dullmeyer's son Ed joined us at the October luncheon to share with us the importance and benefits of exercise. He emphasized that we need to move move move. Exercise benefits our heart, brain, mood, and immune system. Exercise makes us stronger and improves balance so we are less likely to fall. Just 30 minutes every other day will do the trick. He led us in a few simple exercises and pointed out that 5 pounds of muscle is half the size of 5 pounds of fat plus it burns more calories so we will get smaller as we get stronger. So get off that couch ladies, park at the end of the parking lot, and stretch.



Ed Dullmeyer with proud mother, Joan, looking on.

WOW Ladies exercising after lunch.

## Calendar

**November 18-** Luncheon at **Romano's Macaroni Grill (Winter Garden Village)**, Collecting & Signing Christmas/Holiday cards for the military veterans in the VA facilities in greater Orlando.

**November 13-21 Festival of Trees** at Orlando Museum of Art

**November 15 - The Wheel at ICON Park**, 8375 International Dr, Orlando, FL 32819 fundraiser for Matthew's Hope 6 -9 pm. It turns purple at 7pm.

**December 16-** Luncheon at **West Orange Country Club**, holiday music by Penny Goldstein D'Agostino (Sky's sister)

**EXTRA YARN?** If anyone has extra NEW yarn (any color) at your home, please donate to a future project of crocheting or knitting hats for the homeless at Matthew's Hope. Thank you. -Darby [darby0209@yahoo.com](mailto:darby0209@yahoo.com) 407-491-7415

**WOODEN SPOOLS?** (from sewing thread.) If anyone has any, I have a friend that needs them for a craft project. Bring to November luncheon or give to a Board member. Thank you, Darby [darby0209@yahoo.com](mailto:darby0209@yahoo.com)

### Matthew's Hope

#### Most urgent food needs as follows:

Bottled Water  
Low Sodium Soups  
Tuna Lunch to Go  
Chicken Lunch to Go  
Strawberry Jams  
Juice Boxes  
Stew (Single Serve)  
Chili (Single Serve)  
SPAM (Single Serve)  
Fruit (Single Serve)  
Vegetables (Single Serve)  
Peanut Butter (Single Serve)  
Cereal (Single Serve)  
Snack Crackers (Single Serve)  
Pasta w/Meat (Single Serve)  
Mac & Cheese (Single Serve)  
Instant Coffee (Single Serve)  
Amazon Food List Link: <https://a.co/fqcSvOV>  
We can use as much Single Serve Non-Perishable Food items that we can get!

### 155 hats for Matthew's Hope.



Thank you to WOW members and friends for crocheting and knitting hats for cooler weather, they will be appreciated! If anyone wants to crochet or knit additional hats, great! Bring them to a luncheon or

give to a Board member. There is a pattern on the WOW website or just use your favorite pattern.

**Restaurants and Programs: HELP** - Ladies, we need your help on suggestions. Many of the restaurants that we have used in the past have increased their prices to over \$40+ per person or have gone out of business.

We try to keep the cost under \$30 and need space for about 60 ladies-a private room is nice. Thank you, Darby [darby0209@yahoo.com](mailto:darby0209@yahoo.com)

## International Dining is back!

by Kim Crookshanks

Let's poke our noses out into the real world with a small group as a cautious re-beginning!

**Place:** **Bella Italia**, 13848 Tilden Rd #192, Winter Garden, FL 34787 . 407-347-3277 [www.bellaitaliaristorantefl.com](http://www.bellaitaliaristorantefl.com)

**Date/Time:** Tuesday, November 9, **11:00 a.m.** (an early start means less people there!)

**I AM LIMITING THIS TO A TOTAL OF 18 ATTENDEES. (3 tables of 6).** We will be dining on a covered, enclosed, outdoor patio for enhanced Covid safety. Even though we will be outdoors I would request unvaccinated members refrain from attending.

Please RSVP no later than Friday, November 5 at 407-614-7144 or [kimcrookshanks@cfl.rr.com](mailto:kimcrookshanks@cfl.rr.com)



## Edgewood Ranch News

Adorable thank you cards were received for the medical baskets provided in September. We continue to provide boys birthday bags Birthday in October and 3 in November.

The holiday project for Edgewood is providing light weight sweatshirts to each student for the upcoming cooler weather. Cost is \$15 per child and they will receive them with a sweets treat bag just before their winter break in mid-December. Cynthia will be collecting for this project at the November and December luncheon or mail 10508 Gleam Ct Orlando FL 32836, 407-697-1309 or use Zelle or Venmo.

### BEWARE OF ACCIDENT SCAMMERS

I was backing out of my driveway in Bay Lakes and I somehow tapped a car parked on the street. I think she moved her car at the same time to hit mine. After I saw there was no damage and I was going to leave the driver demanded \$500 or they were calling the police to file a report. She claimed to have called the police but then left. Woman driving a Blue Kia. It's possible I could have hit her, but though she was parked near a neighbor's house she didn't call my neighbor to come help her. Just wanted to share this event.

Reported by a resident of Bay Lakes to Nextdoor.com.

## MEMBERSHIP

182 members! The Updated Directory **including these updates** is on the WOW website: [www.westorangewomen.com](http://www.westorangewomen.com). Reserved paper copies of the Directory will be available at all monthly luncheons at no cost. Contact Mary Borgan at [westorangewomen@gmail.com](mailto:westorangewomen@gmail.com) WOW's New Member Tea is October 28th and **EVERYONE** is invited. For directions, time, and RSVP please contact Noel McGuigan [nmcguigan1938@gmail.com](mailto:nmcguigan1938@gmail.com).



WEBSITE ACCESS: [www.westorangewomen.com](http://www.westorangewomen.com) USER: wow PASSWORD: mary2019

### New Members:

**DURNEY, MARY** (Bill)  
5644 Pitch Pine Dr 3/24  
Orlando, FL 32819 MO  
407-399-4260 Hidden Springs  
mary.durney@yahoo.com 2021

**VARNER, BLANCHE** (Dewey)  
2502 Lake Jackson Circle 4/2  
Apopka FL 32703 FL  
407-886-1214 c 321-439-9869 Piedmont Lakes  
blanchevarner@gmail.com 2021

### DIRECTORY UPDATES

*Phone number changes*  
**FRAZER, MARILYN**  
add 480-365-9505

**BRUN, KLASINA**  
Delete 352-242-6045

### Returning Members

**PINO, MONTANA** (Bob)  
7917 Bayside View Drive 3/29  
Orlando FL, 32819 PA  
c 610-633-9777 Sandpointe  
gamekook@yahoo.com 2016

**GUERRIERO, ANN**  
6410 Sand Lake Sound Rd, #419 11/9  
Orlando, FL, 32819 MA  
407-240-8308 c 407-492-1793 Overture  
[dollygee1@cfl.rr.com](mailto:dollygee1@cfl.rr.com) 2001

**B. Aboushahba, Editor**  
**WOW (West Orange Women)**  
**7999 Canyon Lake Circle**  
**Orlando, FL 32835**

## CLUBS AND ACTIVITIES UPDATE

**3rd VP Jennie Forsythe**

Whether you've been with WOW for a few years or you just joined us, We would love for you to get involved with our Activity Groups!!! **Seventeen of our activity groups have restarted!** Three groups need new coordinators: **Evening Bunco, Craft Club, and Lunch & Giggles**. This job can be shared and involves mostly being the contact person and emailing reminders once a month. Please contact me for information. **jennforsy@yahoo.com, 407-925-0908**



**Flex groups have open enrollment, come when you can. Just give your contact info to the leader so you can be updated.**

<b>Flex</b>	<b>Aggravation</b> Fridays, 11:30 to 2:30 <i>Orange Tree</i>	<b>Mary Borgan</b>	<b>407-929-3030</b>
<b>Flex</b>	<b>Book Club</b> <b>Zoom</b> 1st Monday <b>barbaboush@gmail.com</b>	<b>Barbara Aboushahba</b>	<b>407-761-8810</b>
	<b>Bridge</b> , Ladies Daytime (homes) 2 <sup>nd</sup> Tuesdays, 1 pm	<b>Jane Winegard</b>	<b>407-877-4771</b>
	<b>Bunco</b> 3 <sup>rd</sup> Monday Noon	<b>Jennie Forsythe</b>	<b>407-925-0908</b>
	<b>Bunco, Evening</b> 2 <sup>nd</sup> Thursday <b>Leader needed</b>	<b>Leader needed</b>	<b>Leader needed</b>
	<b>Bunco, Couples &amp; Dining Out</b> one Sat./month	<b>Jennie Forsythe</b>	<b>407-925-0908</b>
<b>Flex</b>	<b>Craft Club</b> 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday, 10:00 am <b>ON HOLD</b>	<b>Leader needed</b>	<b>Leader needed</b>
<b>Flex</b>	<b>Gift for Teaching</b> 1st Wednesday, 9 am-noon, <b>ON HOLD</b>	<b>Fran Jarolimek</b>	<b>352-874-1211</b>
	<b>Hand, Foot, &amp; Knee</b> 4th Tues, 11 -2	<b>Betty Ann Hack</b>	<b>(Text) 407-874-1211</b>
<b>Flex</b>	<b>International Dining</b> 2 <sup>nd</sup> Tuesdays, 11:30 am <b>Starts Nov 9</b>	<b>Kim Crookshanks</b>	<b>407-614-7144</b>
<b>Flex</b>	<b>Ladies' Day Out</b> monthly	<b>Laura Radius</b>	<b>708-308-9863</b>
	<b>Lunch &amp; Giggles</b> lunch at member homes, <b>Members needed</b>	<b>Leader needed</b>	<b>Leader needed</b>
	<b>Lunch and Laughs</b> 1st Tues. <b>FULL</b>	<b>Joan Dullmeyer</b>	<b>407-761-2045</b>
	<b>Lunch: Casual Lunch Bunch</b> 3 <sup>rd</sup> Tues., 11:30 am, <b>FULL</b>	<b>Margaret Krass</b>	<b>407-312-5676</b>
	<b>Mah Jongg, Advanced, Players</b> Wed, 11:30 - 3 pm <b>full</b>	<b>Phyllis Horing</b>	<b>407-296-9337</b>
	<b>Mah Jongg, Evening</b> Every other Tuesday, 7 pm <b>ON HOLD</b>	<b>Phyllis Horing</b>	<b>407-296-9337</b>
<b>Flex</b>	<b>Matinee Movie</b> varies month to month	<b>Mary Borgan</b>	<b>407-929-3030</b>
	<b>Pan</b> 1 <sup>st</sup> and 3 <sup>rd</sup> Thurs, 6:00 pm	<b>Phyllis Tepper</b>	<b>407-614-4640</b>
	<b>Pinochle/Hand &amp; Foot</b> <b>2nd, 3rd, 4th</b> Weds, 10:30 - 3:30	<b>Fran Jarolimek</b>	<b>352-874-1211</b>
	<b>Poker, Daytime</b> Mondays	<b>Bea Pimpinella</b>	<b>407-217-7446</b>
	<b>Poker, Evening</b> Every other Tuesday, 7 pm	<b>Sue Segal</b>	<b>407-296-8070, 407-493-2959</b>
	<b>Tennis, Intermediate players</b> Wed.& Fri. 9 to 10:30	<b>Sandra Nittoli</b>	<b>407-363-5511</b>