



# The Space Coast Comet

gfwcspacecoastwc.org



## January Meeting

Join us on Wednesday, January 3, 2024 for our January General Membership Meeting. We will be meeting at 10:00 at the GFWC Community Woman's Club Clubhouse in Cocoa (5 Rosa L. Jones Drive, Cocoa). Our program will consist of a presentation on human trafficking and the club arts and crafts contest.

For more information on the human trafficking portion of the meeting, please see Taylor's GFWC Signature Program article on [page 4](#). This is an important topic and we hope you'll attend to hear the presentation.

We hope that you are putting the finishing touches on your arts and crafts contest entries! Each member can enter as many items as they wish, however the items must have been finished in 2023. We ask that you print and fill out the required paperwork prior to coming to the meeting. These forms can be found on our [club's website](#). We look forward to seeing your creative entries!

[CLICK HERE](#) for forms.

## Volunteer of the Year

GFWC Florida's Volunteer of the Year award is given annually to the GFWC Florida woman's club member who best exemplifies outstanding service through volunteerism. This award includes only service rendered through GFWC Florida club work. The recipient of this award is a member who has given unselfishly of her time and energy for worthwhile causes through GFWC Florida club work. Volunteer work must have been performed during the current calendar year (January 1–December 31).

If you would like to nominate one of our club members, please [email President Sarah](#) no later than **December 20, 2023**. You must include the member's name and a 2-page narrative/resume, double spaced with a minimum size 12 font in Calibri or Arial with half-inch margins. Explain why this member is being nominated and why she is deserving of this recognition. Her narrative/resume must include only her achievements and involvement in GFWC Florida Club work at the club level. Only volunteer efforts for the immediate calendar year (January 1 – December 31) may be included.

President Sarah will select the Volunteer of the Year from the your submissions. The winner will be announced at January General Meeting. Our club's Volunteer of the Year will advance to the District for consideration as the District 6 Volunteer of the Year. All District Volunteers of the Year will be recognized at the GFWC Florida State Convention and the GFWC FL Volunteer of the Year will be announced at that time.





# President's Message

Happy  
holidays from  
my  
family to  
yours!

Dear members,

I hope you all had a wonderful Thanksgiving. Whether you had a quiet day watching holiday specials on tv or a houseful of family and friends, I hope the day was exactly what you wanted it to be.

This is quite a busy season full of celebrations, preparations, and the many traditions we enjoy. I want to thank our hard-working members who have been preparing our reports, planning our holiday party, working on projects and developing new ideas. Remember to take a break from our club work and enjoy all that this season has to offer with family and friends.

Please keep in mind that this can also be a difficult season for so many who are missing a loved one or struggling with life's many challenges. Continue to offer support to others who may need an extra dose of comfort and joy. If you are struggling, please don't hesitate to reach out and ask for help.

No matter what holiday or celebration you participate in at this time of year, I wish you and your family peace, love, and happiness.

~Sarah Anthony



# 1st Vice-President's Message

I hope everyone had a wonderful Thanksgiving with family and friends. We may need to have an extra Walk & Talk this month to work off the delicious food.

Report writing is underway and my holiday present to everyone is that you DO NOT have to report your hours for December. We will add everyone's hours and donations for those projects we know we are doing in December.

I would like to remind everyone that GFWC Florida has a writing contest. You can write a short story and/or poem. The deadline is **February 1, 2024** and awards will be given at the GFWC Florida convention in April. If you are interested please send [rcalberti@aol.com](mailto:rcalberti@aol.com) for instructions.

Have a very happy holiday season and a healthy 2024.

~JoAnne Post



## GFWC FL Webinars:

Be sure to sign up for the next webinar on Wednesday, January 3, 2024 at 7:00pm. The topic will be report writing. Even if you aren't helping with club report writing, this is a good opportunity to learn more about GFWC and GFWC Florida. Registration is on the [GFWC FL website](#) in the member center.



## 2nd Vice-President's Message

I can't believe it is the Holiday Season already, with the New Year around the corner. Time goes by fast when we are having fun. That's what our fundraisers are about:

Having fun while raising money for our favorite charities. We will start having our brainstorming meetings again in January. I know we will have really great and fun fundraising ideas. We are open to anything you have to offer. I'm really looking forward to the new year!

~Judy Bissel



### WREATHS ACROSS AMERICA

Saturday, December 16, 2023

9:00 am

Melbourne Cemetery

710 E. Hibiscus Blvd, Melbourne

Ceremony begins at 9:00.

Placement will follow the ceremony.

Contact JoAnne if you would like to participate.

## Holiday Giving 2023

The holidays are the perfect time to make annual donations to your favorite charities. GFWC members continually support the many organizations that align with our mission and the values that our members hold dear. Here is a list (with links) of the organizations that GFWC, GFWC Florida, and our club support.

- [Heifer International](#)
- [Hope for Justice](#)
- [St. Jude Children's Research Hospital](#)
- [United Nations Foundation Shot@Life Campaign](#)
- [Canine Companions](#)
- [March of Dimes](#)
- [Operation Smile](#)
- [U.S. Fund for UNICEF](#)
- [Camp Boggy Creek](#)
- [Arts 4 All Florida](#)
- [Serene Harbor Certified Domestic Violence Shelter](#)

- [The Children's Hunger Project](#)
- [Central Brevard Sharing Center](#)
- [Keep Brevard Beautiful](#)
- [Brevard Zoo](#)
- [Friends of Children of Brevard](#)
- [Grandparents Raising Grandchildren](#)
- [Florida Wildlife Hospital](#)
- [Sea Turtle Preservation Society](#)
- [The League of Women Voters](#)
- [Ronald McDonald House](#)
- [Lions Club International](#)
- [Nana's House](#)
- [Healthy Start](#)

\*This is not a complete list of the wonderful charities doing amazing work in our community. We encourage you to seek out those charities that you feel inspired to support. Please remember to report (to JoAnne) any donations that you make.

# Community Service Programs (CSPs)

## Arts & Culture CSP

Chair: Available

## Civic Engagement & Outreach CSP

Chair: Available

While most of us are celebrating Christmas, Hannukah, or Kwanza, there are many other December holidays celebrated around the world. December 5th (or 6th) is the Feast of St. Nicholas, who had a proclivity for gift-giving and was the inspiration of Santa Claus. Bodhi Day (Dec. 8th) is celebrated by Buddhists and honors the day that Buddha achieved enlightenment. As the days grow longer beginning on the winter solstice (Dec. 21st), also the shortest day of the year, Wiccans and Pagans celebrate Yule. This holiday was originally celebrated in Scandinavia as a Norse festival. What holidays does your family celebrate at this time of year?

Weekends and holidays can be dangerous times on our roadways. Two of the most celebrated days of the year, Christmas Eve and New Year's Eve, also are among the most deadly. The National Highway Safety Traffic Administration (NHTSA) reported that in 2019 during the week between Christmas and New Year's Day, 210 lives were lost due to alcohol-impaired driving crashes. That's why December has been recognized as [National Impaired Driving Prevention Month](#). Before taking that first drink, have a plan that includes a designated driver, a taxi or ride share, or an overnight stay at a friend's home. Just a single drink can cause a decline in visual function, mental judgment and motor skills, resulting in driver impairment.



## GFWC Signature Program: Domestic & Sexual Violence Awareness & Prevention

Chair: Taylor Malishenko

Our January 3rd Membership Meeting program will focus on Human Trafficking Awareness month, plus our annual Art Show. We will request a speaker to address Human Trafficking in Brevard County.

Human trafficking is Florida's biggest hidden crime. Florida is 3rd in the nation for human trafficking after California and Texas. It is called "modern day slavery". Eighty percent of the victims are women. This is not an easy topic, but we need be aware of this crime and will learn more at our next meeting. If you would like to prepare yourself for the discussion prior to the meeting, Sheriff Wayne Ivey has a presentation on [YouTube](#).

As we approach the end of the year, thank you for all your support to Serene Harbor. You have supported the women and children who are

protected in a secure location which limits their ability to live a normal life.

Wishing you a Happy Christmas and a Merry New Year. Yes, it's the English way.



**If you, or someone you know needs help, please call or text Serene Harbor's 24/7 confidential hotline: 321-726-8282(TTY).**

# Community Service Programs (CSPs)



## Education & Libraries CSP

Chair: Sally Kramer

It seems we wait all year for the holiday season to come and before you know it the time is now, and we feel rushed and unorganized. Lists can help, but how many times have you crossed something off, only to add a new idea to the bottom of your list and it gets longer and longer? Sometimes involving two or three pages!

If you need some gift ideas, remember that books of all kinds make wonderful Christmas gifts for any age. Picture books, coffee table books, travel books, how-to books, recipe books and story books. With a book, you can go anywhere or do anything!

Join us for our next book club gathering. New members are always welcome. Please email me if you would like more information.

**Date:** December 18, 2023

**Time:** 1:00 p.m.

**Place:** TBA - We will be going to a restaurant for lunch. Watch your email for the location.

**Book for discussion:** *Comfort and Joy* by Kristen Hannah

**Wishing you all Happy Holidays full of good times with friends and family!**



## GFWC Affiliate Focus

GFWC is proud to work side-by-side with a number of dynamic and impactful organizations. Together, we work to improve our communities and better our world.



["St. Jude Children's Research Hospital"](#) is leading the way the world understands, treats and defeats childhood cancer and other deadly diseases. Everything the organization does is centered on finding cures and saving children. And families never receive a bill from St. Jude.

St. Jude continues the vision of its founder, Danny Thomas, that no child is denied treatment based on race, religion, or a family's ability to pay. By sharing our knowledge freely and exchanging ideas openly, St. Jude inspires more collaboration between doctors and researchers worldwide, and, as a result, more lifesaving treatments for children everywhere.

Treatments invented at St. Jude have helped push the overall childhood cancer survival rate from 20 percent to 80 percent since it opened 50 years ago." (GFWC website)

Supporting St. Jude during the holiday season couldn't be easier! Whether shopping brands that give back (Pottery Barn, Williams Sonoma, Home Goods, & West Elm), shopping the [St. Jude Gift Shop](#), holiday cards, or honoring the people on your list with an online donation to St. Jude (which comes with a greeting card), your purchases will make a donation to St. Jude.

During the holiday season, you can also provide a toy for the hospital play area with every \$10 donation on their [website](#)!

# Community Service Programs (CSPs)



## Environment CSP

Chair: Nancy Brown

Thank you to our members and guests who came to the November meeting at the Brevard Zoo. Alyssa Rice gave an awesome presentation on all of the Zoo's conservation efforts. It is truly inspiring to hear about all that they do every day to protect the natural places in Brevard County. And a big thank you to everyone who helped make seed sticks for the aviary. The aviary needs 3,000 seed sticks each month and we were able to make 800 during the service project hour before the meeting.

Six members of our club joined many volunteers on Saturday, November 4th at Coconut Beach Park for a beach cleanup. The event was sponsored by the Sea Turtle Preservation Society. In addition to picking up trash – including very small pieces of plastic that sea turtles often mistake for food, we saw hatched sea turtle eggs along the beach. Hopefully most of the hatchlings made it to the ocean.



## December Environmental Tip:

The Brevard Discovery Garden, created and maintained by Brevard County Master Gardeners is open to the public on the 1st and 3rd Wednesdays of each month from 9:00 a.m. – 12:00. You can visit the garden free of charge and learn about Florida native and Florida friendly plants, trees etc. The garden is at 3695 Lake Drive in Cocoa. You can find information on their Facebook page, Brevard Discovery Garden.



## Health & Wellness CSP

Chair:  
Linda Greenstein

## Charity Miles

The GFWC Space Coast-COMETs surpassed 1,200 miles for November, supporting Purple Heart Homes. December 1st is National AIDS Day and we will be changing our charity to (RED). Founded by Bono and Bobby Shriver in 2006 to fight AIDS, (RED) partnered with the world's most iconic brands and people to create projects, and experiences that raise money, heat and urgency for the fight to end AIDS. The money generated by (RED) goes to the Global Fund to support critical programs that empower health workers and provide testing, treatment and care in places where injustices have enabled pandemics to thrive. (RED) has raised \$750 million for the Global Fund and impacted 250 million lives. Our team challenge is **1,400** miles for December!

Our COMETS have five members for the Fight Child Hunger 5K on Saturday, January 13, 2024. If you would like to join us, [CLICK HERE](#) to register. Make sure you join our team: GFWC Space Coast-COMETs. Hope to see you there!

## Walk and Talk

Our next gathering is Monday, December 11 at 8:30 am. We will meet at the corner by the old Bed, Bath, and Beyond. Dress for the weather, wear sunscreen, a hat, and sturdy shoes. Don't forget to bring your passports! We'll stop for a snack at Panera after our walk.

## Something New

To encourage positive lifestyle behaviors, we are having the "12 Days of Health and Wellness" Challenge from December 1- January 5. See the details on page 7 of this newsletter.

# 12 Days of Health & Wellness

## Challenge Activities

On the 1st day of Health & Wellness my club suggested: An early morning glass of water and a 10 minute stretch. (N/F)

On the 2nd day of Health & Wellness my club suggested: eat berries with your breakfast. (N)

On the 3rd day of Health & Wellness my club suggested: 20 minutes of walking. (F)

On the 4th day of Health & Wellness my club suggested: Declutter a space that needs it. (W)

On the 5th day of Health & Wellness my club suggested: Volunteer helping others. (C)

On the 6th day of Health & Wellness my club suggested: Practice deep breathing. (W)

On the 7th day of Health & Wellness my club suggested: Write a letter to a friend. (C)

On the 8th day of Health & Wellness my club suggested: Stand up from your chair without using your hands. (F)

On the 9th day of Health & Wellness my club suggested: Try a new healthy recipe. (N)

On the 10th day of Health & Wellness my club suggested: Take at least 30 minutes doing something just for you. (W)

On the 11th day of Health & Wellness my club suggested: Turn off screens and read 20 minutes before bed. (W)

On the 12th day of Health & Wellness my club suggested: Get eight hours of sleep. (W)

[CLICK HERE for the calendar to record your activities.](#)

## Additional Wellness Activities

1. Turn all “screens” 1 hour before bed
2. Cut out coffee after 3 pm
3. Find something that makes you laugh!
4. 15 minutes of screen free hobby after dinner (puzzles, reading, cards, etc.)
5. Practice gratitude

The holidays are a busy time of year, packed with festive meals, family commitments, and additional fun outings. This extra hustle and bustle can make it difficult to maintain your fitness and nutrition goals—but that doesn't mean it's impossible.

To encourage positive lifestyle behaviors, we are having the “**12 Days of Health and Wellness**” Challenge from December 1st to January 5th. There are four categories of activities: Fitness, Nutrition, Wellness, and Community. You will have a different activity to complete each day for twelve days. You can do them in a row or do them on days that work for you.

If you want to build a strong habit, you can repeat the “12 Days of Health and Wellness” three times starting on December 1st and ending on January 5th.

A calendar to record your activities was emailed to all club members. If you need another copy or if you want to offer a new member or friend the opportunity to participate, additional calendars and the activity sheet is available on our website.

Have fun and don't forget to bring your finished calendar and your passport to the January meeting!

## Additional Fitness Activities

1. Walk a flight of stairs twice in one day
2. Do a fitness class at the gym or on YouTube
3. Stand up and move every hour from 8am-8pm
4. Do 30 minutes of continuous cardio

## Additional Community Activities

1. Call a friend on the phone or do a video chat
2. Spend time with a friend in person
3. Perform a random act of kindness

## Additional Nutrition Activities

1. Eat a balanced lunch including protein, whole grain, fruit or veggies
2. Drink 8 glasses of water (last 1 hour before bed)
3. Eat less added sugar

# GFWC Advancement Areas

## Membership

Chair: Available

## Leadership

Chair: Sarah Anthony

Watch for upcoming information on our  
January Membership Social!



## Legislation & Public Policy

Chair: Available

The GFWC Legislative Action Center (LAC) is the primary tool that GFWC uses to educate and mobilize its members. Members who sign up for the LAC receive updates on specific legislation GFWC is supporting. These updates let members know when to contact their national legislators about a bill. To realize the full potential of this tool, however, members must sign up for the LAC.

You can sign up for the LAC by going to the [GFWC website](#). Click on the "What We Do" tab, then click on Legislation/Public Policy. Finally, scroll down and click on the image that says, "Legislative Action Center."

We are continuing our leadership education with the seven acts of "everyday" leaders as outlined in the GFWC Club Manual. These acts are: commit, listen, communicate, be humble, innovate, learn, and SMILE!

This month we will focus on **LISTEN**.

From the GFWC Club manual: I have never heard anyone say, "I am a lousy listener." Almost everyone says, "I am a great listener." The fact of the matter is that we are terrible at listening. Everyday leaders engage their power of listening; **listen more than you speak**. Listen to experts and fellow enthusiasts, including those you disagree with. Absorb their perspectives, insights, and experiences.

### Tips for being a better listener:

1. Face the speaker and have eye contact.
2. "Listen" to the non-verbal cues such as facial expressions and tone of voice.
3. Don't interrupt.
4. Listen without judging or jumping to conclusions.
5. Don't start planning what to say next.
6. Show that you're listening.
7. Don't impose your opinions or solutions.
8. Stay focused.
9. Ask questions.
10. Paraphrase and summarize.

Remember, practice makes perfect!





## December Events

### December 6:

11:30 am—General Membership Meeting  
Holiday Luncheon Party  
Tuscany Grill, The Avenues

### December 7:

**Happy Hanukkah!**

### December 11:

8:30 am—Walk & Talk  
The Avenues (Meet in front of  
old Bed, Bath, & Beyond store)

### December 14:

7:00 pm—GFWC Webinar—Fundraising  
Zoom

### December 16:

9:00 am—Wreaths Across America  
Melbourne Cemetery  
710 E. Hibiscus Blvd

### December 18:

1:00 pm - Book Club (Lunch)  
Location TBD

### December 20:

10:00 am— Board of Directors Meeting  
Zoom

### December 25:

**Merry Christmas!**

### December 26:

**Happy Kwanzaa!**

### December 31:

**Happy New Year's Eve!**

*We look forward to seeing you at  
one of our many activities this  
month!*

## What We're Collecting

This is a list of on-going collections for items that will be donated to various organizations in our area.

- **Pull-tabs** (soda & soup can tabs) - will be donated to Ronald McDonald House charities. (Health & Wellness)
- **Eyeglasses** - will be donated to the Lions Club. (Health & Wellness)
- **Bottle corks** (wine & champagne) — for an upcoming fundraiser.

More items will be added as projects are developed. To donate, please **[contact our club.](#)**

## Contact Us!

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