



Springtime is here!

Founded in 1978

2019-2020 Year, Issue 7

www.lvwmensclub.com

Anna Johndrow
President

41 Years Strong!

Lago Vista
Women's Club

Newsletter

March

2020

March is a Lucky Month

The first day of Spring is almost here! March 19, we will enjoy an almost perfect divided between daylight and nighttime, and we can look forward to daylight savings time starting on March 8. But whether the Women's Club is active in that first 50% of daylight, or planning something within the other 50%, after dark...we are always busy!

Last month's program centered on love and love songs (thank you, Nancy Moore, for an outstanding performance by a very talented group.) This month's program is one of our most popular and a wee bit girlie in nature! It's our FASHION SHOW that may well leave the fashion icons of NYC and their recently celebrated Fashion Week, shivering with envy. Chico's is once again supplying the fashion, and a bevy of talented members will be thrilling us with their modeling skills. Make sure you are there!

I was fortunate enough to participate in the Scholarship luncheon, which is traditionally the starting point for the junior and senior girls to learn about

the LVWC scholarship process. What a marvelous experience! All of you would have been so proud of our club! The professionalism, organization, commitment, and empathy demonstrated by our Scholarship Committee members were extraordinary! But then, the girls were invited to ask us questions, and we were impressed by their composure, friendliness, focus, and fearlessness. Thank you, Paula Fisher and Kay Schneider, for organizing such a memorable activity. And thanks to all the club members who graciously donated food for the luncheon.

Please take the time to read your newsletter. Here you will find important information on what is coming up, details about the Special Interest Groups, pictures of outings, and details about opportunities for YOU to get involved. And speaking of involvement...it's nomination time! Please consider how you can contribute your time, energy, and experience to furthering the mission of our club. And have fun! Fran Plemmons is the

Nominations chair, so get with her and volunteer!

I know we are all concerned about Christine Snitkin's son and are praying for his swift recovery. But while Christine is away, we need someone to volunteer to take photographs during the luncheon. This is an important task that helps chronicle our progress and provides a record of our programs and participants. You don't have to be a professional photographer like Christine, but if you enjoy taking snapshots, our Club NEEDS YOU! Shoot me an email.

See you on the 10th!

Anna



Special points of interest:

- [March Birthdays](#)
- [Winner of March's free Luncheon meal](#)
- [More Gala Thank Yous to dish up](#)
- [LVWC Shows Strong Growth](#)
- [LVWC Philanthropic News](#)
- [Handbags for Hope](#)



Luncheon Information	2
Articles	3-4
March SIG Calendar	5
SIG News for March	6
SIG Preview Calendar for April	7
Bits & Pieces	8 & 10
Editorial	9



This Month's Luncheon & Program March 10, 2020

Chopped Power Slaw

Kale, red cabbage, carrots, brussel sprouts, dried cranberries, pumpkin seeds, and sunflower seeds.

Served with lemon poppyseed & peach habanero dressings

Baked Potatoes

With sides of beef chili, shredded cheese, sour cream, bacon bits, and red onions

Bread and Butter

Guinness Irish Cream Cake

Chocolate sponge cake with Guinness syrup & Irish cream mousse



Chico's Lakeline has once again agreed to provide us with a **style show** promoting the latest in spring styles. Of course, our models come from our own ranks. Join us for a fun-filled March celebration.



Pictures are from the North Shore Beacon and are of shows from past years.



April's Program Preview

Breast Cancer Awareness

About our Presenter:

A proven leader in building long-term community partnership opportunities, Suzanne Stone brings innovative ideas to support Komen Greater CETX's mission in fighting breast cancer. Stone has gained experience in outreach and education, volunteer programs, donor development and fundraising over her professional career.

Stone earned her Bachelor of Science degree in Radio, Television and Film from Texas Christian University and is certified in nonprofit management. During her free time, she enjoys going to the beach to catch waves on her surfboard, paddle boarding and watching baseball games.



Suzanne Stone



Next Month's Luncheon & Program April 14, 2020

EASTER BRUNCH

Garden Salad

Mixes greens with seasonal vegetables served with your choice of two dressings

Orange Glazed Ham

Mashed Potatoes

Glazed Carrots

Bread and Butter

Chef's Choice Dessert

A Toast to the Ladies of the Lago Vista Women's Club!

Perhaps you've noticed the wine bar when you've gone to get your water or iced tea when we meet together at K-Oaks. With the Gala over, here is a friendly reminder that there is still a way to contribute! For a small donation to our Philanthropic Fund, you can enjoy a glass of wine during the social hour or with your meal during our monthly women's club luncheons.

This year, we are serving three red and three white wines, so please let Gladys Ables or Ro Cass know if you have a preference. Remember, your enjoyment will also help in contrib-

uting to a good cause—a win-win to toast too.

Gladys Ables (713) 829-8299
gladysables@yahoo.com

Ro Cass (512) 461-3739
ro@theasses.com



LVWC
Luncheon Wine Bar

LVWC Scholarship Luncheon Provides both Food for Lunch & Thought

The Lago Vista Women's Club (LVWC) Scholarship Committee hosted a special luncheon for Junior and Senior girls from Lago Vista High School in the school's Media and Academic Center on Wednesday, February 12, 2020. Over 100 young ladies attended to dine and to learn about the scholarships the Lago Vista Women's Club offers. Club members provided food for a self-serve buffet. Anna Johndrow, the club President, opened the event with words of welcome. The committee members, made up of Paula Fisher (Chairperson), Kay Schneider, Donna Nash, Peg Olson, Laura Alcorta, and Anna, explained the history of the LVWC, the background and descrip-

tions of the scholarship process, and informed the audience of their own experiences and backgrounds.

High School officials attending the luncheon included the Principal Heather Stoner, Counselors Elanna Hylander and Meghin Huerta, and Assistant Principal Stu Taylor.

Since the first year of the program, the club has awarded over 200 scholarships, totaling more than \$470,000. The monetary grants have contributed to the making of doctors, attorneys, educators, personal trainers, nurses, clergy, actors, and women in other worthwhile professions. Application for a scholarship is open to any female

student who is enrolled her entire senior year at Lago Vista High School and will be attending as a full-time student (12 hours or more) in an accredited institution of higher learning. The deadline for applications is March 12, 2020.



LVWC SCHOLARSHIP
LUNCHEON

More photos of the luncheon on page 8

Our Growing Numbers *by Fran Plemmons*

MEMBERSHIP INFORMATION

Our Lago Vista Women's Club is growing, and we are so excited to welcome so many new members. There is some information that needs to be addressed to make sure we all understand the operation of the club.

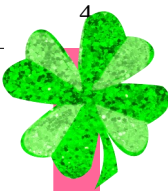
Our 2020-2021 membership year begins on June 1, 2020. All dues from 2019-2020 expire May 31, 2020, no matter what date they were paid. New members that paid dues from February- April were charged \$12.50 due to the short period covered by their yearly dues. They will pay \$25 starting June 1 to continue their membership through May 2021.

We value your membership and appreciate your involvement with the fellowship of the women of Lago Vista, Jonestown, Point Venture, and others from the North Shore. If you have questions or concerns, you may contact me at 512-547-9135 or at franfrog19@gmail.com.



Thank You Take Two!

More thanks to hand out for our 2020 Gala event: photographer, **Christine Snitkin**, and lighting technician, **Kay Schneider**



Philanthropic Committee Already in Motion for 2020 Grants!

The Philanthropic Committee got a head start on providing grants this year when we donated to the new culinary class for disabled children at the Lago Vista Middle School. The personalized thank you cards we received from those

students were sincere and heartwarming.

Our committee will be partnering with Candlelight Ranch to provide helping

hands to cook and clean up for several of their Military Family days. All women's club ladies who have a heart for our military are welcome to sign up and join us. The dates for this project will be forthcoming.

Lastly, our committee is in the process of informing the North Shore non-profits that grant applications are now available on our LVWC website. We will be accepting applications until March 27 at 5 pm. Please join us at our May 12th lunch for the presentation of the

grant checks to these worthy community programs.

We appreciate your generosity in raising the funds that will be distributed for scholarships and community grants this year. You ladies really do shine!

Laurie Engels
Chairwoman
Philanthropic
Committee



Obrigada , Gracias, and A Huge Thank You Brunch for the Gala Gals!

A beautiful Valentine appreciation breakfast was hosted by Patty Nixa to thank the "Gala Gals," for their months of work planning, organizing, and decorating for the 2020 Gala, "A Night at the Copacabana."

Guests enjoyed breakfast quiche, fruit, and pastries

before trying to answer 25 Gala Trivia Questions. Everyone went home with a commemorative Gala keyring and a heart-shaped cupcake.



**GALA GALS THANK YOU
BRUNCH**

More photos of the luncheon on page 8

Lucky March LVWC Birthdays



Cindy Henning	2	Paula Bledsoe	13	Robyn Burkhart	22
Christy Ordener	3	Marilea Pannell	14	Ginger Halsted	23
Elizabeth Goldsby	6	Christine Snitkin	14	Ruth Swanson	25
Diane Zaydel	6	Theresa Weber	14	Janice Giovannetti	27
Paisley Irwin-Patrick	10	Cherry Barefoot	15	Elaine Hughes	27
Barbara Salter	10	Patricia Sabre-Marroquin	17	Carolyn Baranowski-Risi	28
Beverly Selph	10	Sylvia Valls	20	Jean Dunham	29
Peg Olson	12	Estela Dela-Fuente	21	Belinda German	31

March 2020 SIG Preview Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 *Cooking Pot 10:30 - 2:00	3	4 *Mah Jongg 1:00 - 4:00	5	6 *Learning Bridge 10:00—12:00 *Party Bridge 1:00 - 4:00	7
8	9 *Bunco 1:45 - 4:00	10 *Musical Notes 11:30 *LVWC Luncheon	11 *Hand & Foot 1:00—4:00	12	13 *Learning Bridge 10:00—12:00	14
15	16 *Wine Tasting Around/World 4:00- 6:00	17 *Literary Club 12:30-3:00	18 *Mah Jongg 1:00-4:00	19	20 *Learning Bridge 10:00-12:00 *Party Bridge 1:00 - 4:00	21
22	23 Chef's Hat 11:00-2:00	24 *Chef's Hat (Take Two) 1:00-2:00 *Lunch & A Movie *Firearms Group 9:00-10:30 *TED Talks 12:00-2:00	25 *Hand & Foot 1:00-4:00	26	27 *Learning Bridge 10:00-12:00 *Artistic Divas 1:00-3:00	28
29	30	31				

March 2020 SIG At-A-Glance

March 2 — Cooking Pot
10:30 to 2:00
Info at sign-up table

March 4 — Mah Jongg
1:00 to 4:00
Primrose Room

March 6—Learning Bridge
10:00 to 12:00
Bluebonnet Room

Party Bridge
1:00 to 4:00
Bluebonnet Room

March 9 — Bunco
1:45 to 4:00
Bluebonnet Room

March 10 — Musical Notes
11:30
Johnson Room

LVWC Luncheon
K-Oaks

March 11 — Hand and Foot
1:00 to 4:00
Sunflower Room (K-Oaks)

March 13 -Learning Bridge
10:00 to 12:00
Bluebonnet Room

March 16—Wine Tasting Around/World
4:00- 6:00
Sign-up required

March 17—Literary Club
12:30 to 3:00
Bluebonnet Room

March 18—Mah Jongg
1:00 to 4:00
Primrose Room

March 20—Learning Bridge
10:00 to 12:00
Bluebonnet Room

Party Bridge
1:00 to 4:00
Bluebonnet Room

March 23 —Chef's Hat
11:00 to 2:00
Info at sign-up table

March 24 — Chef's Hat
11:00 to 2:00
Info at sign-up table

Lunch & A Movie
Info at sign-up table

March 24 (Continued)
Firearms Group
9:00 to 10:30
Bluebonnet Room

TED Talks
12:00 to 2:00
Lago Vista Library

March 25—Hand and Foot
1:00 to 4:00
Sunflower Room (K-Oaks)

March 27 —Learning Bridge
10:00 to 12:00
Bluebonnet Room

Artistic Divas
1:00 to 3:00
Cordovan Art Studio (Cedar Park)
Ceramic Painting



Artistic Divas

March Project: "field trip" to Cordovan Art School and Pottery Parlor in Cedar Park where we will pick out a ceramic piece and paint it. We will leave our pieces there to be fired

and glazed and the pieces will be returned at the April luncheon.

Date: March 27, 2020

Time: 1:00-3:00

Place: Cordovan Art School & Pottery Parlor - We will be carpooling to Cedar Park. If you are interested in attending, sign up at the March luncheon or contact Mindy Hensen.

Cost of the activity: \$20 Deposit

This will go towards activity costs which include: \$6 for the paint and then you pay for the piece you choose to paint. (Prices range from \$9 to over \$75.)



~Also from the Artistic Divas~

January's Perpetual Calendar activity has been rescheduled!

New Date: Friday, May 1, 2020

Time: 2:00-4:00 pm

Place: Lago Vista Cordovan Art Studio, 20308 Dawn Drive in Lago Vista.

We have a few openings for this class. If you are interested in attending, sign up at the March or April luncheon or contact Mindy Hensen.



Care Group

We are a group of **C**ompassionate, **A**ttentive, **R**eassuring and **E**ncouraging ladies ready to hear from you! CARE members are here to provide cheer and encouragement to all club members.

Please let us know if you or a member you know is ill, in the hospital, facing an upcoming surgery, or going through a difficult time. We will make phone calls, home visits if desired, provide a grocery service, and library book check out service for members that are ill or homebound.

If you need a ride to the monthly luncheons let us know. We are here for you!

Email us at: lvwccaregroup@gmail.com

Christy Ordener 432-349-5492

Trish Aikman 512-786-9615



The Chef's Hat

The Chef's Hat has great news! Due to popular demand and the desire for more personalized classes, the group is now offering **two cooking classes** every month. Each class size will be limited to 8 participants per class in order to have a more "one-on-one" experience - and so it's not so crowded in the kitchen.

Dates: 4th Monday and Tuesday of every month.

Time: 11:00 - 2:00

Cost: \$20 at sign-up

Visit us at the SIG table at the next luncheon to sign-up.



Firearms Group

The votes are in and the new name for our Firearms special interest group is....**Steel Magnolias!!** Quite fitting for this group of strong and smart ladies!

Next meeting: Tuesday, March 24th

Time: 9:00 am

Place: Primrose Room (LV Activity Center.)

All are welcome to attend!



Hand and Foot

Time: The second and fourth Wednesdays of each month

Time: 1:00 pm

Place: Sunflower Room (K-Oaks)

Hand and Foot is an easy game and beginners are always welcome. Bring a beverage and come and play! Last month we had three tables of card players. We'd love to include you in our fun this next month.

Bonnie Rupperecht and Gladys Ables are moderators.



The Literary Club

Date: Tuesday, March 17, 2020

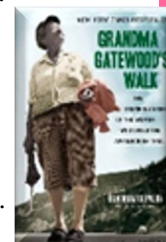
Time: 12:30-3:00

Place: Bluebonnet Room

Book: GRANDMA GATEWOOD'S WALK by Ben Montgomery

In 1954, Grandma Gatewood went for a walk. Without saying goodbye or giving notice of where she was going, she left her farm in Ohio and 11 children and hiked the Appalachian Trail.

This New York Times bestseller is the inspiring story of determination, natural survival skills, and courage from the eyes of a woman in her 60's who saved the Appalachian Trail.



Come along with Granny Gatewood and us as the Literary Group travels from Georgia to Maine with this remarkable woman.



April 2020 SIG Preview

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 *Mah Jongg 1:00-4:00	2	3 *Learning Bridge 10:00-12:00 *Party Bridge 1:00-4:00	4
5	6 *Cooking Pot 10:30-2:00	7	8 *Hand & Foot 1:00-4:00	9	10 *Learning Bridge 10:00-12:00	11
12	13 *Bunco 1:45-4:00	14 *Musical Notes 11:30 *LVWC Luncheon	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



April 8 – Hand & Foot
1:00 to 4:00
Sunflower Room
(K-Oaks)

April 1 – Mah Jongg
1:00 to 4:00
Primrose Room

April 10 – Learning Bridge
10:00 to 12:00
Bluebonnet Room

April 3 – Learning Bridge
10:00 to 12:00
Bluebonnet Room
Party Bridge
1:00 to 4:00
Bluebonnet Room

April 13 – Bunco
1:45 to 4:00
Bluebonnet Room

April 6 – Cooking Pot
10:30 to 2:00
Info at sign-up table

April 14 – Musical Notes
11:30
Johnson Room
LVWC Luncheon
K-Oaks

Congratulations

~to~

RUTH LLOYD

Winner of the
FREE MEAL
At our
March 2020
LVWC Luncheon!

Want to see your name in print? Specifically, in our newsletter? Send your questions, suggestions, editorials, and ideas to Tamra Flournoy at:

LagoVistaWCNewsLetter@gmail.com

(All articles must be approved before publication)

We're on the Web!
www.lvwmensclub.com



FROM THE

CROW'S NEST

Looking Ahead to our Summer Fun!

*Want to help make our showcase float
for Lago Vista's Fourth of July
Celebration Parade?*

**Contact Anna Jondrow or
Tamra Flournoy today!**





Bits & Pieces

More photos
from our Schol-
arship Luncheon

More pics from the
Gala Gals Thank
You Brunch

Last Month's musical
extravaganza, "Love Songs"
presented by Nancy Moore
and Company had all of us
feelin' the love!

Our **Hand & Foot SIG** took time
during their last get-together to take
a photo showing off their mad skills

The **Artistic Divas**
tried their hand at
Acrylic Pouring—a very
wet and messy project
indeed! Still it was great
fun thanks to the direc-
tion of Artist, Kay
Crawford. (More Photos can
be found on our Facebook page)

More **Bits & Pieces** on the Second half of page 10
~including~
Out & About's Pics from their Bertram expedition
The scoop on Handbags for Hope

What the Heck?!!?

March 2020

EDITORIAL

The Hidden Perils of Daylight Savings Time (DST) by Tamra Flourney

No sleeping people were hurt or otherwise besmirched in research done for this editorial.



to help save energy by getting people home earlier and using fewer lights because it is still daylight. However, as Indiana discovered, that savings is lost in the energy used to air-condition homes earlier. Also, somehow more petroleum is used during DST. So, the studies on this subject are many and varied—enough so that they seem to cancel each other out.

Perhaps, like me, you remember during the oil embargo of the 1970s when DST became standard time to save this hypothetical energy. During the winter of 1972-1973, many children traveling to school in the “artificially dark morning” were killed in traffic accidents because they were not seen.

New studies warn of the many health problems that can accompany those who struggle with the clock changes. They range from: An increased risk of heart attacks and ischaemic strokes, an increase in epileptic seizures, depression, suicide, and higher stress levels because it “misaligns our biological clocks for eight months of the year.” All of these lead to more accidents on the road and in the workplace.

I mention all of this so I can tell you that I have realized something as horrifying as it is startling. I call it DST Calcification Syndrome. (Don't try to look for this on the internet because I just made it up.) I will present my ideas and conclusions through a series of pictures.



The first pictures show a series of adults and children so tired from DST that they fall asleep along with images representing others who did the same thing and the calcification fate that may have befallen them.

There may be more reasons for this serious health risk, but—as I am not a medical doctor or a scientist—I am just calling it as I see it.

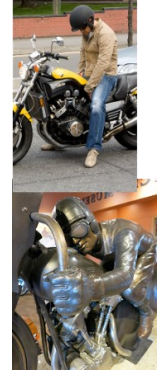
The last two series of pictures (shown on

the next page) show the progression of the illness and several examples of those who may have succumbed to previous out-breaks. It is clear something must be done—even if it is to ignore DST altogether, and just get up an hour later or better yet, whenever we feel like it. (Hopefully, employers, schools, doctors, and the like will accommodate us.) If all else fails, we can add as much movement to our routine as possible to stave off the calcification process until such time as DST no longer haunts our lives.

If, like me, you have trouble adjusting to Daylight Savings Time—and by that, I mean spending the next two or three months playing catch up after the clocks “Spring Forward,” but never noticing the extra hour when the clocks “fall back”—then you may be happy to know that you will not be the only one sleeping through the next few luncheons. Of course, it doesn't help when the White House dictates when we rise in the morning, either.

Once, when I was young, I asked my mother why we observed DST—such a preposterous notion—and she informed me that it was to help the farmers. This turns out to be a myth. Farmers actually have cause to hate DST, because the livestock have no respect for the clock, and it totally messes up their morning schedules. The idea to play with the clocks was first suggested by none other than Benjamin Franklin as a way to save candles. I liked Mr. Franklin before I heard this fact. Now? Well, I still admire him, but consider the possibility that he thought of this after playing with lightning. But I do cut him some slack—after all, jet lag had not been invented yet.

Daylight Savings Time is supposed



MEETINGS

LVWC is a 501 (c) (3) Non-Profit Organization. All meetings are open to everyone.

- **LVWC Executive Committee Meeting**
First Tuesday of the month
K-Oaks Club House-9:30 am
Sunflower Room
- **LVWC Luncheons**
2nd Tuesday of the month
K-Oaks Clubhouse-11:00 am



Photo Journals showing progression and examples of DST Calcification Syndrome mentioned in the editorial on the previous page.

Stages of DST Calcification Syndrome

Stage 1

Victim has trouble adjusting to Daylight Savings Time and Begins zombie-like sleepwalking and bouts of falling asleep at any time or anywhere.

Stage 2

Victim takes their restless/sleepiness levels outdoors where they fall asleep--deeply asleep

Once asleep extended hours of sunshine, combined with greater exposure to UV rays and radiation (due to holes in the ozone,) the victim slowly turns to stone.

**Evidence that
DST Calcification Syndrome
has been a problem for a
while.**

**Handbags
for
Hope**



**Bits &
Pieces
PART
TWO**



**LVWC mem-
bers have
too much
fun for just
one page!**

Once again, the LVWC will be collecting new and gently used handbags for women in domestic violence shelters. We will have large bins at our next 2 luncheons along with one at Lowe's and The Physical Therapy Office on Thunderbird Drive. (Please do not enter the clinic when dropping of your donation.)

Handbags are filled with information on life-saving free legal services and small toiletries and then distributed to shelters for children to give as gifts in time for Mother's Day.

A handbag, an everyday catchall and symbol of financial empowerment, may also serve as a life-saving utility to those experiencing power-based abuse.

In 2019 Texas Advocacy Project collected over 9,400 handbags for domestic violence survivors. The 2020 Handbags for Hope campaign will run from March 11th through April 10th. This is a great opportunity to clean out our closets and make room for those cute new handbags we'll all want this Spring!

**After working hard
making Fused
Glass art at Mosaic
Garden Treasures
in Bertram...**



**the Out & About Group headed
over to Flanigan's for lunch and
to check-out the movie memora-
bilia from the 1990's movie The
Newton Boys. All in all,
there was entirely too much fun!**

