



# The Comet

## October Membership Meeting



Our October Membership Meeting will be on Wednesday, October 1<sup>st</sup> at the Viera East Resident's Clubhouse. Doors open for social time at 9:30 and the meeting will begin at 10:00.

The focus will honor Domestic Violence Awareness Month. Please wear purple and bring your donations for Serene Harbor to this meeting. Our special guest speaker will be from Serene Harbor to tell us about their mission.

## September Fun!



## Calendar

# 2025 October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Membership Meeting 1964 Golf Vista Blvd.	2	3	4
5	6 5:30 PM TCHP Packing TCHP Facility	7	8 1:00 New Member Orientation Sally K's House	9	10	11
12	13	14	15 1:00 Board Meeting Sarah's House	16	17	18
19 1:00 Book Club Suzanne B's House	20	21 7:00 GFWC FL Webinar Zoom	22 8:30 AM Walk & Talk Don Griffin Trail	23	24 10:00 D6 Fall Tour Pelican Bch. Clubhouse	25
26	27 11:30 Lunch Bunch Sonny's BBQ	28	29	30	31	



## President's Message



President  
Sarah Anthony  
[sarah.anthony614@gmail.com](mailto:sarah.anthony614@gmail.com)

Dear Members,

September was a busy month, and I don't see things slowing down anytime soon—but that's a good thing! Hard work brings real change, not only in our community but also in ourselves. The true joy comes from touching lives and making a difference.

Last weekend's GFWC Florida Board of Directors' Meeting reminded me how much pride I feel in our club—connecting with old friends, making new ones, and learning how together, we can do even more. Thank you for the heart, time, and energy you give. You truly make a difference!

With gratitude,  
Sarah

## 1st Vice-President's Message



1st Vice-President  
JoAnne Post  
[jpost 314@aol.com](mailto:jpost 314@aol.com)

October is here and hopefully Mother Nature will start to bring us some cooler temps and be kind to us and keep the hurricanes away. Our club has plenty brewing the next few months. Don't miss out on the laughter, hopefully some pumpkin flavored goodies and the joy of giving back to our community together.

As always please remember to submit your hours online or to me and if anyone is having difficulty with the online tool please reach out.

Happy Halloween

## Fundraising



2nd Vice-President  
Diane Angus  
[diane.angus1@gmail.com](mailto:diane.angus1@gmail.com)

We will be spending this month preparing for the upcoming Craft Sales at both Satellite Beach Founder's Day and Heritage Isle Craft Sale, which will be held on November 1<sup>st</sup> and 8<sup>th</sup>, respectively.

If you have any items to donate to the club, please send me an email so that I can make sure we coordinate your donation.

Thank you to all who participated with the Pizza for a Purpose fundraiser! We're still waiting on the final totals, but we will report those as soon as we get them.

Remember that we always have the Piggy Bank fundraiser and RaiseRight going on. If you need more information on either of these, please contact me.

If you have any ideas for a fundraiser or if you would like to help with our fundraising efforts, please contact me!



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*Jen H., earns for hockey*

Get started by downloading the [RaiseRight™ app](#) on your phone or go to [RaiseRight.com](#) on your computer.

For step-by-step instructions, visit [RaiseRight.com/m/StartEarning](#).



To join our club's fundraising efforts, please use this link: <https://bit.ly/4eJOKSJ>  
If you have any questions or need assistance, please contact us:

[gfwcspacecoast@gmail.com](mailto:gfwcspacecoast@gmail.com)

Be sure to use our club code: **SF65D7DEF8S4**



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# GFWC Florida Board of Directors' Meeting



Space Coast President Sarah with GFWC FL Past-President Mary Powell, this year's LEADS Co-Chairmen!



GFWC Florida LEADS!  
Linda G. and JoAnne P. are  
proud 2025 LEADS  
graduates!



Sally K. with  
special guest  
Cady Coleman -  
Saturday night's  
speaker



Club Dinner  
Friday Night

# Membership



Chairman  
**Sally Kramer**  
ckramer34@cfl.rr.com

Congratulations and welcome to two new members that have completed all the requirements for membership:

## **Helen Curci and Margie Collins**

Their contact information will be available in the upcoming club directory and via email.

Be sure to pass out the new brochures and talk to anyone and everyone about the benefits of belonging to a GFWC club, especially ours! We have so much to share with new members and give to our community, it's a win, win, win.

## **Orientation for New Members**

**Date:** Wednesday, October 8, 2025  
**Time:** 1 – 2:30 pm  
**Place:** Sally's home

## **Lunch Bunch**



We are going to try something new... **Lunch Bunch!** This will be a no host lunch at different venues each month to give members that would like to come, a chance to sit and visit, eat lunch and get to know each other better. Please send Sally an email by October 24th to let her know you'll be joining us for lunch. Ckramer34@cfl.rr.com

**Date:** Tuesday, October 28, 2025  
**Time:** 11:30 pm  
**Place:** Sonny's BBQ 150 Sheriff Road  
Melbourne, FL

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



Chairman  
Taylor Malishenko  
malishenkotp@gmail.com

The GFWC International Day of Service was September 27<sup>th</sup>, however our club participated along with many other clubs all month! We started with our “Pizza with a Purpose” fundraiser on the 23rd. We delivered items for donation at GFWC Florida Board of Director’s meeting, and our club is extending into October with a special speaker on the 1st.

Our October speaker is Courtney Malfatti, Serene Harbor Program and Supportive Housing Manager. Serene Harbor Certified Domestic Violence Shelter has provided the following requests:

- 10 Twin bed fitted sheets and 10 double full-sized fitted sheets. Please buy better quality sheets.
- Pantry items: canned goods, rice, pasta, snacks for kids (chips, popcorn, etc.), ground beef and chicken. We will deliver after our day of service.
- Other needs: laundry detergent, dish detergent, shampoo, deodorant.

Funds from our club’s Pizza with a Purpose fundraiser will go to Serene Harbor and Life Recaptured,

Bring all of you items for Serene Harbor to our October meeting.

## Art & Culture CSP

Chairman  
Needed

Our club's Arts & Crafts Show will be held at our January Membership meeting on January 7<sup>th</sup>. Have you finished your entry yet? All entries must be completed in 2025 to be eligible for entry. All participants MUST agree that your artwork will be entered into the District 6 and GFWC Florida shows if you win at the club level.

Rules, categories, and forms can be found on the GFWC Florida website in the Member Center.  
[www.gfwcflorida.org/member-center](http://www.gfwcflorida.org/member-center)

## Civic Engagement & Outreach CSP

Chairman  
Needed

Save the Date for **Wreaths Across America!**

**Date:** Saturday, December 13, 2025

**Time:** 11:00 am

**Location:** Florida Memorial Garden  
US 1 - Rockledge

All members are welcome to participate.  
Contact Gussie Reichel (321-591-4725) if you plan to join us or if you have any questions.

## Health & Wellness CSP



Chairman  
**Linda Greenstein**  
lhgreenstein@gmail.com

October is Breast Cancer Awareness. We will switch our Charity Miles charity to Susan G. Komen on October 1<sup>st</sup>. Their mission “is to save lives by meeting the most critical needs in our communities and investing in breakthrough research to prevent and cure breast cancer”. Let’s support this foundation by accumulating 1,900 miles in October. If you are not on our GFWC Space Coast - COMETS for Charity Miles, please contact me and I will help you join the fun.

The Children’s Hunger Project packing event is on Tuesday, October 7th. Those who have registered need to be at the facility by 5:20 pm so we can start packing on time. Everyone needs to wear comfortable clothes and close toed shoes. If you cannot attend, please let me know.

Our Walk and Talk will be on Wednesday, October 22nd. We will meet at Don Griffin Recreational Trail located at 960 Cogswell St. in Rockledge at 8:30 am. This is a 2.2 mile walk around Lake Betsi. Dress for the weather, wear sturdy walking shoes and don’t forget your sunscreen, hat or visor and water. Hope to see many of you there!

The GFWC Florida 2024-2026 Focus Project for Health and Wellness is “Healthy Living with the Blue Zones Project”. The founder of the Blue Zones, Dan Buettner, traveled the world and discovered spots with the greatest concentration of the longest living people and learned nine lessons for Living Longer. We call them the Power 9: Move Naturally, Down Shift, Purpose, Wine at 5, Plant Slant, 80% Rule, Loved ones First; Belong, and Right Tribe.

## Health & Wellness CSP, continued



Chairman  
Linda Greenstein  
lhgreenstein@gmail.com

Walking is the easiest way to Move Naturally. We started our club with a Charity Miles team and have accumulated more than 40,000 miles with most of them walking. We learned about Down Shift during our December De-Stressor Challenge and found that gardening, scented candles and swinging or rocking turned out to be good de-stressors. Being a member of our club gives us a sense of **PURPOSE** and we have always put our **LOVED ONES FIRST**. These are four of Power 9.

This month we will learn about the 80% Rule. The idea is to stop eating when your stomach is 80% full. That 20% gap between hunger and full could be the difference between losing weight or gaining it. People in the blue zones eat their smallest meal in the late afternoon or early evening and then don't eat any more for the rest of the day. I am going to practice the 80% Rule throughout October to see what happens. Anyone want to join me?



Photos from the  
Turtle Krawl 5K

# Education & Libraries CSP



**Temporary Chairman**  
**Sally Kramer**  
[ckramer34@cfl.rr.com](mailto:ckramer34@cfl.rr.com)

## Little Free Library

Terry Rose has volunteered to take care of our Little Free Library. She will always be in need of children's books and adult books. If you have any books to donate, call Terry to arrange delivery.

## Book Club

Jackie Insalaco has volunteered to lead our Book Club starting in January. A big thank you to both Jackie and Terry for volunteering to help and take some of the load off of me.

We currently have 15 members. Everyone is welcome and can join us at any time.

## October Book Club Gathering

**Date:** October 20, 2025

**Time:** 1:00 pm

**Place:** Suzanne Bennett's home (see directory for address)

**Book:** "A Tree Grows in Brooklyn" by Betty Smith

## Quilts for Endeavour Elementary

We are almost finished with quilts until after the holidays. There are 3 left to finish up before we get them out to Endeavour Elementary School in the next few weeks.

We have 3 baby afghans, 20 crocheted baby hats, and 20 fleece baby blankets to give to Healthy Start and 5 quilts to take to Endeavour Elementary. A BIG, BIG THANK YOU to everyone that has helped with this project. Our work will definitely make a difference in our community.

# District 6 Meeting



**GFWC**  
est. 1890  
GENERAL FEDERATION  
OF WOMEN'S CLUBS  
FLORIDA



## GFWC FLORIDA District 6

*Adventures and Endless Opportunities*

### Call For District 6 Fall Annual Tour

**Date:** Friday, October 24, 2025  
**Time:** 9:15 – 10:00 am – Registration and Continental Breakfast  
           10:00 – 2:00 pm meeting  
**Cost:** \$25.00/person – Includes registration, Continental Breakfast and Lunch  
**Host:** Satellite Beach Woman's Club  
           Pelican Beach Clubhouse,  
           1495 Highway A1A, Satellite Beach, Florida 32937  
**Speakers:** GFWC FL President Elect Terry Reese  
                  GFWC FL First Vice President Laura Connally

This year's program will feature a special presentation, proudly supported by GFWC, on the **Women's Suffrage National Monument Foundation**. This is the organization tasked with building a long-overdue monument in Washington D.C. Of all the monuments, memorials and statues in our nation, fewer than 4% honor American women's history, and none are currently located on the National Mall.

Our speakers will also shine a spotlight on the plans for the **National Coast Guard Museum** and explore how GFWC can support this once-in-a-lifetime project. The United States Coast Guard is the only branch of our military without a national museum, and this effort seeks to honor its history and service for generations to come.

At this business meeting we will also be voting for the next District 6 Director and Junior District 6 Director for the term 2026 – 2028. The candidates meeting the requirements for this position:

**District 6 Director** - Sarah Anthony, GFWC FL Human Trafficking Chairman 2024 – 2026, LEADS Co-Chairman 2024 – 2026 and President of GFWC Space Coast Woman's Club.

**Junior District 6 Director** - Allie Rines, GFWC FL AV Tech and President of GFWC South Brevard Junior Woman's Club.

Please choose one of the following sandwiches for Lunch:

Mediterranean Veggie, Cranberry Walnut Chicken Salad,  
           Grilled Chicken and Avocado BLT

**Reservations:** Please register as a club, not individually, and include the list of lunch choices for each member. Make check payable to **GFWC FL District 6** and mail it with the **Club Registration Form and the Sample Annual Meeting Registration Form**.

**Mail to:** Susan Musil, 6858 Toland Drive #202, Melbourne, Florida 32940

**DEADLINE FOR REGISTRATION IS: OCTOBER 15, 2025**

# District 6 President's Project Fundraiser



## GFWC FLORIDA PRESIDENT'S PROJECT FLIGHT OF HONOR

You are cordially invited  
to attend the GFWC District 6

### FASHION SHOW FUNDRAISER

Presented by:

Janet Carr

Apparel and Accessory Store

When: November 5, 2025  
10:00 am - Doors Open for Shopping  
11:00 am - Fashion Show - Lunch Following

Where: Suntree Country Club  
300 Country Club Drive  
Melbourne, FL 32940

Tickets: \$50 ticket donation  
Proceeds to benefit Flight of Honor & District 6

Payable to: GFWC District 6 (check only)

Payment Due: No later than October 24, 2025

Mail to : Jan Gates  
3432 Coastline Lane - Melbourne, FL 32940  
Please write following menu choices on check  
\*Grilled Shrimp or Salmon Caesar Salad  
\*Le Croissant, Cranberry & Walnut Chicken Salad  
\*Quiche Lorraine

Door  
Prizes

Baskets

50/50

For More Information: Jan Gates - Flight of Honor District 6  
Chairman at: [presidentsproject6@gfwcflorida.org](mailto:presidentsproject6@gfwcflorida.org)

# What We're Collecting

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

- **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 recycling on our Etsy shop & craft projects. (Environment)
- **Travel-size toiletry products** - will be donated to Endeavour Elementary School and Trinity Lutheran School-Rockledge. (Health & Wellness)
- **Pantry Items** (non-perishable foods) - will be donated to Serene Harbor (Domestic Violence)
- **Cleaning Items** (including laundry supplies) - will be donated to Serene Harbor (Domestic Violence)
- **School supplies** - will be donated to Endeavour Elementary (Education & Libraries)

More items will be added as projects are developed.  
To donate, please [contact our club](#) or bring to our monthly meeting.

## Contact Us!

321-446-8941

gfwcspacecoast@gmail.com  
gfwcspacecoastwc.org



[facebook.com/gfvcspacecoastwc](https://facebook.com/gfvcspacecoastwc)

## Club Officers

President: Sarah Anthony  
1st VP: JoAnne Post  
2nd VP: Diane Angus  
Treasurer: Susan Musil  
Recording Secretary:  
Laurie Watkins  
Corresponding Secretary:  
Tiny Butler

## Information

This newsletter is published on the 1st of every month, September to May. All information is submitted by club members. For corrections, please contact our club.