



Wakefield Women's Club



Newsletter Serving Wakefield and Surrounding Communities

WWC Board

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Marguerite Grimm 562-0299

First Vice Presidents

Doris Davidson 870-6996

Judy Lando 554-3220

Second Vice Presidents

Carol Colburn 544-1834

Nancy Shulby 488-6105

Secretary

Alicia Tripp 562-2434

Treasurer

Linda Wymer 556-1642

Co-Memberships

Barb Friend 554-2803

Pam Verdonik 846-0608

Activities

Rosemary Butterfield-Lea 846-2651

Newsletter

Lynne Ferreira 569-0478

Publicity

Cathy Thompson 227-3039

Community

Susan Cokas 554-6554

Hospitality

Beverly Cray 554-2528

Mary Ellen Agee 570-7848

Web Manager

Sharon Edmondson 676-8641

Advisor

Dee Cecchetti 554-1872

PRESIDENT'S MESSAGE . . .

How are your New Year's Resolutions panning out?

Are you dieting, are you de-cluttering and organizing your closets? February is the time to sharpen the clippers and trim back the crepe myrtles. Get out your flower seed and plant catalogs and plan your garden. Consider adding a bird bath or arbor laden with climbing roses or new foot path to your landscape this year. Hey, better yet, now is a good time to plan your summer vacation and make reservations. Whatever your winter plans are don't forget to attend the February 14th luncheon.

The American Heart Association states that, "Heart disease is the number-one killer of American women, one out of 2.5 American women will die from heart disease or stroke. Heart disease kills more women than all the forms of cancer combined, even including breast. Heart disease kills 500,000 women each year. That's more than one every minute."

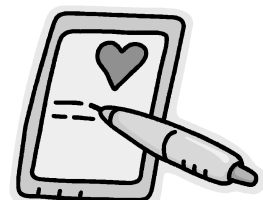
Sitting at your luncheon table will be ten women. Based on the previous statement four of those women will die from heart disease.

Dr. Radha G. Kachhy, MD is from Duke Cardiology of Raleigh and will speak to us on women's heart health. Candace Moose, a WWC member and heart transplant survivor will share her personal experience with heart disease and the importance of organ donation.

Also, in February, WWC starts its search for the selection of the 2007/2008 Board. We want you on the Board. Please contact Second Vice President Nancy Shulby or Carol Colburn if you are interested. This is a great way to expand your circle of friends and become more involved in the club. Or perhaps you would prefer to join Fabiola McGuire, Fashion Show Chairman, to plan this year's "cat walk of designer rags."

It's February! Join us! Sign up! Make WWC *your* New Year's Resolution.

Marguerite



Women's Club News and Announcements

Cooking Class — Real Men Do Eat Quiche!

Get ready for that January break from the winter blues. Patti Pilarinos has agreed to do a cooking demonstration. We will make various quiches and enjoy them for lunch.

When:	January 25, 2007
Where:	Patti Pilarinos's house
Time:	10:00 AM
Location:	2312 Wakefield Plantation Drive Raleigh, NC 27614 (Across from the TPC)
Cost:	\$10.00 per person
Participants:	15

Please drop off or send your \$10.00 check made out to Patti Pilarinos, by January 19, 2007 to: Dee Cecchetti
1728 Talbot Ridge Street Wake Forest, NC 27587 Phone: 554-1872

Do you want to be more involved with the WWC??

We are in the process of organizing our Board for next year. If you are interested in serving on the Board for the 2007 - 08 year or would like more information on the positions available, please contact Nancy Shulby at 488 - 6105 or shulbyfamily@aol.com. We always encourage new members to step up and get involved. You will make many new lasting friendships!

Notice

Luncheon reservations are now due on the Wednesday, not the Friday, before the luncheon.

JUNE SPRING FLING

Mark your calendar. A dinner/dance is being planned for the first weekend in June. Watch your upcoming newsletters for details.



REMINDER

A woman may attend two luncheons per year as a guest - after that they will need to join the WWC in order to participate in any WWC luncheons/activities. Please contact Pam Verdonik at pamvone@aol.com for membership information.

JUNE 6th LUNCHEON

Our June luncheon will be held the first Wednesday of the month. It will not be held at the Tournament Players Club of Wakefield due to the conflict with the Nationwide Golf Tournament that week and the public schools getting out June 7th for the summer.

Our First Vice Presidents are working on a fantastic new site location for our luncheon and program.

Watch next months newsletter for details.

NEW MEMBER

COFFEE

The next New Member Coffee will be held on Monday, Feb. 5th at 10:30. It will be held at the home of Aniko Gaal.



Please contact Pam Verdonik to RSVP and for directions. Pam can be reached at: 846-0608 or pamvone@aol.com

Girls' Night Out – Dinner and Dancing Lessons

Dust off your dancing shoes and get ready for line dancing and the shag!

The date is Tuesday, February 6th departing from the TPC at 5 pm. We will be dining at the Melting Pot from 5:30-7 pm and then heading to the Long Branch for dancing. The bus transportation is \$15, dancing is \$5 and dinner (no alcohol included) is \$25. It is sure to be an evening of great food, fun and laughter!



Call Rosemary Butterfield-Lea at 846-2651 for information and to reserve your spot. Write your check to WWC for \$45.00 by January 25, 2007 (in the memo section, please write Girls' Night Out) and drop off at the UPS Store, WWC, Box 222 or mail it to: Wakefield Women's Club, 14460 New Falls of Neuse, Suite 149-222, Raleigh, NC 27614.

One kind word can warm three winter months.

-Japanese Proverb

Wakefield Women's Club Activities & Events: Fall, 2006

Club Activities	Coordinator Contact Information	Day & Time	Program Description
Bible Study	Wendy Jonkers @ 570-9278	every Tues. @ 10 a.m.	Meets weekly (except in summer) for interesting group. Discussions of God's word
Daytime Book Club	Tanya Koslowski	3rd Wed/mo @10 a.m.	Call Tanya for details
Evening Book Club	Jeanne Orellana @ 554-3697	4th Wed./mo @ 7 p.m.	Call Jeanne for details and book list.
Daytime Bridge Club	Rachel Dutcher @ 562-0150	meets 2nd Thurs/mo from 9:30 a- 12:30 p	Semi-seasoned players welcomed!!!!!!
Bunco Babes	Merribeth Valdez @ 562-1705	1st Tues./mo @ 7 p.m.	Dice-only game. Call Merribeth for Details
Canasta Club	Sue Vanderbach @ 327-2222	1st Wed/mo @ 1 p.m.	New players welcomed- runs Oct.-June
Chick Flick Friday	Nancy Allen @ 488-8210	4th Fri./mo @ noon	Bring your own treat & \$1 for the movie kitty
Couples Dinner Club	Regina Heroux @ 554-3939	every other mo x 4 rotations (Sept-May)	4 couples/group. Each couple hosts main dish-1 x only (other couples bring side dishes)
Couples Panic Card Group	Nancy Wells @ 676-8076	1st Sat./mo. @ 7 p.m.	Rotate to players homes for a fun evening!
Cooking Classes	Dee Cecchetti @ 554-1872	Scheduled for January	Details to come
Foreign & Independent Film Group	Penny Van Dyne @ 562-7111	2nd. Friday/mo. @ noon	Exciting films not normally seen; Call Penny to see if space is available.

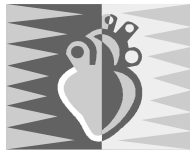
****Note if club is full and you're interested in starting a new one, contact Rosemary Lea at 846-2651****

Events: Events may occur monthly, quarterly, or infrequently. Call the coordinator for more information.

****There will be sign up sheets for activities at the next luncheon. Any ideas for new and fun activities are welcomed!****

New Member Coffee	Pam Verdonik @ 846-0608	Feb 2007 details to come	Great opportunity to meet new members and learn about WWC activities!!!!
Ladies Night Out	Rosemary Butterfield Lea @ 349-3902	Feb 4th 2007	See Newsletter for details.
Quarterly Getaways	Jane Garske @ 676-1876	TBA	See future newsletters for details

Wakefield Women's Club invites perspective members to participate in any of our club activities, but to become a regular member of the group, participants must join the Wakefield Women's Club. Contact Barb Friend for a WWC Membership Form at 554-2803 or jfriend2@nc.rr.com.



February 14th Luncheon

Social Hour 11:15 Buffet Lunch 12:00

Luncheon Cost \$18.00 per person

Buffet Lunch includes beverage and dessert



_____ I am enclosing check # _____ for _____ people in the amount of \$ _____

We are sorry but the TPC no longer allows WWC members to charge luncheons to your TPC account.

Name: _____ Telephone #: _____

Address: _____

Name of Guest(s) _____

Deadline for Reservations is Wednesday, February 7th

Drop off Coupon at the UPS Store at Wakefield Commons, Box 149-222
or mail to WWC, 14460 New Falls of Neuse Road, Suite #149-222,
Raleigh, NC 27614

Cancellation notices must be received by noon on Friday before the luncheon in order to receive a refund.
Reservations are required for this luncheon. No walk-ins please.



“AT THE HEART OF LOVE ”

Valentine's Day is the time when we explore the topic of love. The symbol of love, and of Valentine's Day, is the Heart. So today, let's remind ourselves to take good care of what makes us all tick...Our HEART.



Dr. Radha G. Kachhy, MD is from Duke Cardiology of Raleigh, will speak to us on women's heart health. She is an expert on women and heart disease and will discuss: signs to look for in heart disease, what to do if there is heart disease in your family, and other conditions regarding women's heart health.

Candace Moose, is a member of the WWC, a retired nurse, health educator, and author of a book on her own heart transplant titled "The Grateful Heart Diary of a Heart Transplant." Most importantly, she is a survivor. Candace will share her experiences with heart disease and the importance of organ donation.

This is a health issue that we don't think about until it hits a family member or even ourselves. Heart disease is the number one killer of women and men today.

Come to the luncheon and become well informed on LOVING your heart. Only you have the power to take care of yourself.

*Wakefield Women's Club
14460 New Falls of the Neuse Road
Suite #149-222
Raleigh, NC 27614*

Do you want to get your
newsletter faster???

Sign up for electronic email delivery rather than a hard copy and we'll send it to you the day the other newsletters get mailed!
Just email Barb Friend @
jfriend2@nc.rr.com to get on the list!!

Attention Members

The Board has approved a change to the dues effective immediately. Dues paid July 1st thru January 31st will still be \$35 for membership through June 30th. Dues paid February 1st through June 30th will be \$20 and cover membership through June 30th.

Newsletter Deadline

Just a reminder: the deadline is February 7th. Submit all articles to Lynne Ferreira at lkz1@earthlink.net.