

P rinting The Way

"To offer a nonprofit, educational and service-oriented organization to its members"

Vol. 6, No. 5

May 2006

April Program - Feeding the Heart & Bones

Our guest speaker was Dr. Judy Perkin, Public Health Department Chair at the UNF, gave an enlightening presentation on heart and bone health for the mature, including the "new pyramid". Risk factors for heart problems include your family history, age, menopause, weight, a waist circumference over 35", and a waist the same size or larger than your hips! A great website to check your body mass index is: <http://www.nhlbissupport.com/bmi/>



Marsha and Dr. Judy Perkin

For good bones, don't forget your 1200 mg of calcium/day!

May 13 - Book Club Excursion

On May 13, book club members will be going downtown to the "Much Ado About Books" festival at the Hyatt Regency. You don't need to be a book club member to join in. It will be interesting fun day where you can sit in on seminars and meet authors, such as James Patterson and Steve Berry. If you are interested, call Donna Medara at 529-7524.

May 24 - Book Club Meeting

We will meet this month at the home of Joy Gregus (3600 Long Cove Court) on May 24th at 11AM to discuss *The Templar Legacy* by Steve Berry. Remember to bring your lunch drinks and dessert will be provided.

Membership Drive - Time to Renew!!!!

A big welcome to our newest member:

Cindy Triay 284-2660
1919 Medinah Lane rumogator@hotmail.com

May begins our 2006/07 membership drive! Now is the time to renew your membership by dropping your \$20 check (made out to MPWC) or cash by Judy Williamson's home at 3583 Long Cove Court. Leave it in the envelope by her front door (it's checked daily.)

If any of your information has changed (email, phone, etc.) or you want to become more active in the club or change

committees, you can download a membership form from our website - www.MPWC.org (look under Members Only.) Just fill it out and return it to Judy.

Let's make 2006/2007 the best year yet!

Quigley House Donation

President Nancy Nettuno and Marguerite Riley recently visited the Quigley House and presented Director Ilene Fisher with our \$1000 check. The funds are to be used for "New Home Care Packages" for clients leaving the shelter and moving into their own homes.



Nancy, Marguerite, Ilene Fisher

Habitat for Humanity - Student Lunches

During their recent Spring break, a group of students from the University of Maryland spent their time working on Habitat for Humanity homes in Green Cove.



Brenda Toner & Shirley Orvosh

The MPWC provided lunch and members Brenda Toner and Shirley Orvosh picked them up and delivered the meals! Many thanks for Chef Bill for providing a wonderful lunch at a reasonable cost.



Above: Students from the University of Maryland.

President's Message

This month marks the second anniversary of my Presidency and soon another member will assume my position. It is a bitter-sweet time for me because this position has been such a significant part of my life. I took a look back at my personal goals when I assumed the Presidency and they were:

- ✓ Continue to make our club attractive to new residents in order to keep pace with the growing development of our community.
- ✓ Enhance the value of MPWC as a contributor to education and support for the needy.
- ✓ Have lots of fun.

I feel good about what we have achieved together. Our membership now is nearing 200. We have increased the number of scholarships to young women and expanded our monetary gifts to support the needy in Green Cove Springs. We've taken trips, worked hard and had fun together.

Your Executive Board will review the candidates for President and President Elect and make a proposal to you via email. In June, you will vote and your new leaders will take office. I will remain on the board as your Past President to support and assist wherever I am needed.

We will not have a regular business meeting in May but will travel to Jacksonville for a lunch and shopping trip to Draper's and Damon's.

We will have a regular meeting at Magnolia Point Golf and Country Club on June 14th and will vote for our new leaders at that time.

Thank you for your continued support!

Nancy

June 14 - Important Meeting

Our next meeting at the club on Wednesday, June 14, will be an important one as we will vote on bylaw changes as well as a new President. Plan now to attend!

May 24 - Ghost Walk

Sounds like fun – a ghost walk in St. Augustine on the evening of May 24. The cost is \$25.00 per couple with checks made out to "MPWC". This will be a fund raiser for the club and of course, we would like as much participation as possible. HUSBANDS are welcome!

The walk does not start until dark and is about 1-1/2 hrs. We can pick our own time, so I am thinking about 8:45 pm or 9:00 p.m. That leaves us time for our husbands, or significant others, to take us out for a wonderful dinner!

Please email me at Bamagaga@aol.com or call 284-3408 ASAP if you would like to join us! Checks can be put in my mailbox, or under front doormat - 3599 Shinnecock.

Hospitality Committee

Carol L'Hote has taken over Cary Hanley position on the Hospitality Committee – an important one that welcomes new residents into our community. Many thanks to Cary for her dedicated service!

Don't forget, if you see a new neighbor or any resident who is moving into the community, contact Carol L'Hote via email at TLHote@bellsouth.net or call 284-6623. YOU are one of the best ways the committee finds out about our new residents.

*** Classified Ads ***

FOR SALE: DELUXE SEWING MACHINE & TABLE - \$150; **DAYBED** (Ivory & Brass) - \$250 **QUILTING EQUIPMENT** - \$75. Will accept best offer on all. Contact Anita at 284-4909

FOR SALE: SOLID OAK DESK, three drawers, CPU space unit, built in power, keyboard drawer. **TRUNDLE/DAYBED**, pewter frame/w covers & pillows from Pottery Barn. Price negotiable. Call Ann at 284-0779

FOR SALE: FULL BED - \$30.00, Good condition. Call Rose or Fred at 904-284-2009

FOR SALE: TREADMILL - \$90.00 and **CARDIO-GLIDE**, \$50.00; Both in Excellent condition. Call Rose or Fred at 904-284-2009

3D CARPET & TILE CLEANING - Need some help with Spring cleaning? Get professional carpet, tile and upholstery cleaning; tile sealing & pet odor removal. MPWC advertiser & MP references - Call 813-6251

PJ'S PC SERVICES - Setup, Repairs, Home Networking, Configuration, etc. Call Paul Orvosh Jr. at 284-6793 or send an email to porvosh@yahoo.com

PRESSURE WASHING, Irrigation System Checks, Light Construction Jobs, Install Brick Walkways & Planters. Or, an extra hand. **"Just Call Boyd" Today!** Boyd Clements 728-9768

GOLF CART SERVICE. At your home, No service call charge. Lubrication, battery cleaning, general check-up & restoration. **"Just Call Boyd"** Boyd Clements 728-9768

FOR SALE: 3 WHEEL ELECTRIC CART (for a handicapped person) with battery. Like a HoverCraft. \$100 OBO - Call Betty Graves at 284-0605

HOME FOR RENT - at Magnolia Point, 3 BR/2 bath, 2025 sq. ft., beautiful golf course view. Available in June, Call member Katrina at 284-2721