



THE SEA BREEZE

Sawgrass Women's Club Monthly Newsletter

September, 2023

Message from the President

Welcome Back!

Remember the anticipation of going back to school in the fall? The smell of No. 2 pencils ground up in the pencil sharpener? The shine of new shoes without a scuff mark? Getting back together with friends? Fall has a way of bringing us back together—Welcome back to the Sawgrass Women's Club 44th year!

We have an amazing year planned with new opportunities and old activities for every interest. Maybe you've been dying to try mahjongg or come to Storied Lives? Be sure to read through the newsletter and find out what's happening this September. We have an amazing General Program about Sharks and the Ocearch shark tagging program by Dr. Bryan Franks. Also, sign up for our W.A.V.E. safety program and learn how you can protect yourself. One new activity this year is the opportunity to participate in fun and easy games and enjoy a drink with friends.

SWC is an amazing organization due to the dedication of our volunteers. I'm giving a shout out to all those involved in making things happen. We still have plenty of opportunities to get involved—it is a great way to meet people and others will be eternally grateful to you! We have open positions on the Advisory Board (see our website) or if you have a great idea for something new, let's talk!

Getting back to going to school...I always loved school! It's probably why my brain is filled with millions of useless facts. In order to share this phenomenon with you, here is a little quiz to see how many useless facts are in *your* brain!



True or False?

1. Sharks' skin is smooth and oily to speed through water.
2. Sharks do not have bones.
3. Sharks can see in color.
4. Sharks first appeared on the earth a million years ago.
5. Some sharks lay eggs and some are live-bearing.

(Answers near the end of the newsletter!)

Nan Healy

SWC SEPTEMBER PROGRAM

Monday, September 18, 2023

10:00 a.m. Social ~ 10:30 a.m. Program

Reservations are required ~ Reserve on-line at
www.sawgrasswomensclub.com

Shark Week is every week!

When was the last time you were wading in the ocean and felt something brush up against your leg? Was it a shark? It may have been but there were only 41 confirmed cases of shark bites in the U.S. in 2022. How can you reduce your risk of a shark bite? Why are sharks important to the ocean ecosystem? How do we know where sharks are located?



We are delighted to welcome Dr. Bryan Franks, Associate Professor of Marine Science and the Director of the Marine Science Research Institute at Jacksonville University. He has been studying sharks for 20 years and previously was the Managing Director of the Bimini Biological Field Station. Dr.

Franks' current research interests focus on multiple aspects of shark ecology including habitat use, movements and predator-prey dynamics. He collaborates with numerous scientists worldwide and is an integral part of the OCEARCH program.

OCEARCH is a global non-profit organization conducting unprecedented research on our ocean's giants in order to help scientists collect previously unattainable data in the ocean. You may know them best through their extensive shark tagging program that allows us to watch shark migration online.

Dr. Franks holds a B.S. from Villanova University and an M.S. and Ph.D. from Drexel University. He conducted

early research on desert tortoises in the California Mojave Desert and lived in the Bahamas for over three years. He is a die-hard Philadelphia sports fan!



Welcome Back Martini Soirée

Join us as we toast martinis for the new year with SWC! We will have dirty martinis, specialty lemon drop martinis & chocolate espresso martinis paired with gourmet finger foods. We will also learn how to make these martinis so you can recreate them at your next holiday party! Any questions, [contact Katie Tartt @ katherinetartt@me.com](mailto:katherinetartt@me.com).



Date: **Saturday, September 9th**
 Time: **4:00 p.m. – 6:00 p.m.**
 Location: **Beach Club, Oceans Edge South**
 Cost: **\$58.28 plus nominal fee**
 Registration online: **Begins August 17th and ends September 6^h.**

Bunco

Date: **Tuesday, September 12th**
 Time: **6:00 p.m. – 8:00 p.m.**
 Location: **Katie Tartt's house, 292 Payasada Circle**
 Cost: **\$10 to play. Light snacks provided. BYOB!**
 Email Katie at katherinetartt@me.com



Happy Hour

SWC After Hours Happy Hour! No RSVP required, just show up! Join us as we enjoy the beautiful weather overlooking the ocean!



Date: **Thursday, September 21st**
 Time: **5:00 p.m. – 7:00 p.m.**
 Location: **The Beach Club Pavilion**

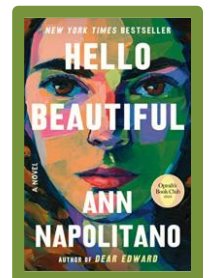
What a summer we had! We read two great books, had fun discussions of each, and even though attendance was smaller than usual we enjoyed a casual discussion of both River Sing Me Home by Eleanor Shearer and Vera Wong's Unsolicited Advice for Murderers by Jesse Q. Sutanto.

On August 22nd we will gather in the Miller Room at 4:00 pm for our annual summer reading round-up. Come for a discussion of the best books you've read this year. Bring a printed description of three of your favorite titles to share with the group. We will collect everyone's recommendations and put together a list of books for the SWC Website. This meeting always has attendees taking notes on everyone's suggestions, thrilled with the new cache of book titles.



We have a new notification system for our book club meetings. We are now using the SWC Event Notification process so all SWC members will get an email announcing our meetings. You still have to RSVP (so we have enough chairs for everyone) but you will do it through the SWC website.

The SWC book club will meet at the Sawgrass Golf Club on September 26th at 4:00 pm. We will be discussing Hello Beautiful by Ann Napolitano. This book is an exquisite homage to Louisa May Alcott's timeless classic, *Little Women*. Hello Beautiful is a profoundly moving portrait of what is possible when we choose to love someone not in spite of who they are, but because of it. Arrive early if you'd like to get a drink from the pub, as we'll start at 4:00 p.m.



We are looking for members who would be interested in leading one of our book discussions this year. If you are interested, please contact Jill Mountan at jillmountan@yahoo.com or Anne Morgan at peteandannemorgan@gmail.com.

Mahjongg

Cathy Edge /
Betty MacGilvray



SWC Mahjongg players meet at the Beach Club (Topsider) Mondays from 1:00 p.m. – 4:00 p.m. for drop-in games. Beginners to advanced players are welcome. Play will be available on Labor Day, September 4th, same time and location.

Interested in group mahjongg lessons? Please contact Cathy at catherineaedge@gmail.com or Betty at emarymac3@gmail.com to receive current information.

Canasta

Sara-Ann Gomez



Canasta is here and thriving. We are playing on Tuesdays from 1:00 p.m. to 3:00 p.m. in Oceans Edge South at the Beach Club.

If you are new to the game or the Sawgrass Rules for Canasta, please contact Sara Gomez at 914-393-9681 or email gomezaraann@gmail.com. She is willing to teach and help anyone get started.

Storied Lives

Deb Holton

Can you remember a time when someone extended a simple act of kindness to you? Did it warm your heart? Make you laugh or make you cry? We want to hear about it! Storied Lives will meet on Monday, September 18th at 4:00 p.m. at the Pavilion. Please limit your story to one page so that we can hear everyone's tale! Join us before Hamburger Night!



For more information, contact Deb Holton at debholton@gmail.com.

Needlers

Joyce Miller

Welcome to all of you who knit, crochet, or enjoy other needle crafts! In the time-honored tradition of knitting circles (or crocheting circles, etc.), the Needlers meet on the second Wednesday of the month, at the Beach Club from 1:00 p.m.- 3:00 p.m. In September, we will get together on the 13th, exact location TBD. For more information, kindly contact Joyce Miller, joyceamiller@me.com.



Kathy Cohen shows off her latest project, a lovely scarf.

During the August 9 Needlers meeting, Sue Smith (top project in blueberry) and Joyce Miller (bottom in eggplant) both worked on the Church mouse Classic Pattern, Easy Folded Poncho, to be worn whenever the weather cools off.



Duplicate Bridge

Diane Cannon

♠♥ DUPLICATE BRIDGE 2023-2024 ♦♣

We meet on the first and third Mondays from October 2023 through March 2024. (Exception is January 8th and 22nd.) This is a sanctioned game. We look forward to new people joining our group. Please contact Diane Cannon at dncannon@aol.com or 904-392-6900.

Location: Ocean's Edge South

Time: Set up by 12:00 p.m. Play begins at 12:30 p.m.

Maximum Number: 48

Cost: \$50 p/p for the season

Registration Online: Begins August 1st and ends September 10th.

We're looking for some additional teams!

Save the Date!

The Chicago Bridge Marathon is a fun activity offered by the Sawgrass Women's Club (SWC). Pairs of players sign up in the fall and play as a team for 10 matches - beginning in **October through March 31st**. You may play whenever you would like and where you would like, as long as all 10 matches are **completed by March 31st**. Each match will consist of 20 bridge hands, (five rounds of four hands each) with one of the other pairs. Hands are played and scored in accordance with the usual rules of bridge. Email jgustine@sawgrasscountryclub.com or jkelly@sawgrasscountryclub.com, if you want to play at the Club to schedule your time and date, or at each other's homes, which some of us prefer. The **participation fee is \$20.00 per person**, and you must be a member of the SWC. All funds collected will be used for prize money at the end of the season.



For those of you who are new to bridge, this is a fun and "non-competitive" way to play more. It's not duplicate; we just shuffle the cards and play, so you are not playing the same hands competitively against another team. Please contact [Karla Dunham](#), 904-285-6463 or at kdunham1216@comcast.net, should you have any concerns or questions. You need to **sign up before October 1st**.

USS Orleck Tour and Lunch



Unless you served in the Navy, you've probably never had lunch on a battleship! So save-the-date for the first DayTrippers event of the season. On **Wednesday, November 1st**, we'll be touring the USS Orleck, a retired US Navy destroyer that is now moored near the football stadium in downtown Jacksonville. After the tour, we'll have a catered lunch on the deck. Watch for **the October Newsletter** for more details about this event, including cost and when sign ups will open on the SWC website.

Lunch Around

Lisa Grabeman

Our first Lunch Around of the season will be held at the **Reef Restaurant in St. Augustine**. Please join us for a delightful lunch (order off the menu) with a beautiful ocean view. Please email [Lisa Grabeman](mailto:grabeman@msn.com) with any questions at grabeman@msn.com or sign up online.



Date: **Wednesday, October 18th**

Location: **4100 Coastal Highway, St. Augustine**

Time: **12:00 p.m.**

Maximum Number: **20**

Cost: **On your own**

Registration/Payment Online: **Begins September 18th and ends October 10th**.

Bridge Lessons at Sawgrass

Sharon Lindberg /
Christine Costello

Special Event

Nan Healy

WAVE – Personal Safety and Awareness Training

Transfer Bidding

When do I use Transfer Bidding? Our first lesson of the year will help you answer this question. We are lucky to have Lynne Warfield as our bridge instructor again. Take advantage of her easy-to-follow instruction and join us. This class is for beginner and intermediate players.



Date: **November 10th.**

Location: **Ocean's Edge South**

Time: **8:45 a.m. – 11:00 a.m.**

Maximum Number: **8 to 12 people**

Cost: **\$15**

Registration/Payment Online: **Begins October 10th
and ends November 9th.**

Questions? Call Or email **Sharon Lindberg** at Lindbergsharon@gmail.com or 315-559-5691 or **Christine Costello** at ckcostello@comcast.net or 203-253-3262.

Games, Inc.

Elly Stephens /
Anne Horton

Do you like the game of Hearts? Bananagrams? Trivial Pursuit? Scattegories? Join us to play some board, card and tile games that are fun and easy to learn while enjoying a drink and friendship! A wide assortment of games will be provided with simple instructions. Grab a game and start the fun!



We will meet the second and fourth Wednesdays from 4:00 p.m. - 6:00 p.m. in the Miller room. This month, we will meet on Wednesday, September 13th and Wednesday, September 27th. For more information, contact **Elly Stephens**, elainestephens@gmail.com or (843) 540-0156 or **Anne Horton**, annehorton789@gmail.com.



The St. Johns Country Sheriff's Office will be conducting their W.A.V.E. (Women Against Violent Encounters) training for us at the Sawgrass Clubhouse. This is a program conducted by female SJSO deputies for the benefit of women. W.A.V.E. is designed to teach women threat awareness combined with basic self-defense techniques to respond to potential threats. The program focuses on situational awareness, verbal commands, assertiveness and some physical techniques.

Date: **Wednesday, September 20th**

Location: **Golf Clubhouse**

Time: **5:30 p.m. – 8:00 p.m.**

Maximum Number: **60**

Cost: **Free**

Registration/Payment Online: **Begins August 15th
and ends September 11th.**

Any questions, please contact **Nan Healy** at nankhealy@gmail.com or 904-318-5114.



Fun with Flowers (And Keith!)

Elise Beard



Join the amazing, talented and funny Keith with Got Flowers Jax as he educates us on flowers AND we make an amazing arrangement together. This month we feature a garden themed arrangement in a whitewashed box. Keith says "This is something daintier, filled with lots of greenery and more intuitively placed blooms, a little more wild in form." Some ladies stay afterwards for a beverage and social time! Any questions, please contact [Elise Beard at elisebeard@msn.com](mailto:elisebeard@msn.com) or 904-463-7774.

Date: Sunday, September 24th

Location: Golf Clubhouse /Miller Room

Time: 3:00 p.m. – 5:00 p.m.

Maximum Number: 40 (may be room for more)

Cost: \$40 PP plus nominal fees

Registration/Payment Online: Begins August 12th and ends September 21st.



Answers to the Shark Trivia:

1. **False.** Sharks have skin with microscopic "teeth" to reduce friction in the water so that their skin feels like sandpaper.
2. **True.** They are made up of cartilage.
3. **True.** Sharks can see in color and have excellent night vision.
4. **False.** Sharks appeared on earth 455 million years ago!
5. **True.** Isn't that amazing!



A Toy to Remember

How many of us remember the Cabbage Patch doll craze? When our son, Christopher, was around 3 years old, that's all he wanted for Christmas. The search was on: K-Mart didn't have any, Toys R'Us was sold out. CVS, Walgreens.... nothing. This was back in 1984/1985, way before Amazon was in the picture, so I was out of options.

BUT, at that time my brother worked for Northwest airlines in their cargo division and made frequent trips to China. As luck would have it, he was scheduled to make a trip in December of 1985. I mentioned our dilemma and he said he'd keep an eye out. Sure enough, he was able to bring several Cabbage Patch dolls back and shipped one off to us just in time for Christmas.

Christmas morning, Chris was thrilled, his older sister just rolled her eyes, and we were relieved. The part of the story that Chris doesn't like us to share is the name he gave the doll...

'Hong Kong' because that's what it said on the package. 😊😊





Mary Jean Spegal

swcpvmembership@gmail.com

704-277-4274



We extend a warm welcome to our new and renewing members to the Sawgrass Women's Club. We are excited to start 2023-24 off with 325 members, 13 of which are new! New members include: Hollis Boyd, Debra Cameron, Barbara Conroy, Bruce Ann Ferguson, Terri Glaze, Patsy Harlow, Dorothy Iaconis, Kitty Ketcham, Tish McCormick, Ruth Olson, Christine Sears, Leigh Warren, and Kristen Ely. An exciting year is planned ahead; we hope you will enjoy the many activities and get-togethers we have in store.

Once again, the SWC Online Directory is up and running. Please note that this will be the only directory we will be using this year. If you haven't already done so, review your personal information and verify that it is correct. You may access the Online Directory by going to www.sawgrasswomensclub.com and clicking on Members Only. From there you can enter the password that has been sent to you when you joined or renewed your membership. Feel free to contact the Membership Chair, Mary Jean Spegal, if you need help getting into this directory.



September: 9/2 Carla Cullati, 9/3 Bruce Ann Ferguson, 9/4 Kristen Ely, 9/5 Karen Rettner, Gail Werneburg, 9/6 Susan Gregg, 9/8 Barbara Mulhall, 9/9 Eileen Miele, Joan Romain, 9/10 Edith Eng Tow, Nancy Robbins, 9/11 Erin Walsh, 9/18 Thayre Dennis, 9/19 Roseanne Corrigan, 9/20 Susan Cruickshank, Sue Taylor, 9/21 Linda Maywood, 9/24 Susie Downard, 9/27 Lin Knapp, 9/28 Lynne Scielzo, Deborah Hartley, 9/30 Veronica Kellaher

Remember to always visit our Facebook page and website:

[Sawgrasswomensclubpontevedrabeach](https://www.facebook.com/Sawgrasswomensclubpontevedrabeach)

www.sawgrasswomensclub.com

2023-2024 Officers

President – Nan Healy
1st Vice President, Programs – Cindy Feeley
2nd Vice President, Membership – Mary Jean Spegal
3rd Vice President, Health & Wellness – Katie Tartt
Treasurer – Martha Hayes
Recording Secretary – Mary Beth DeBrueys
Corresponding Secretary/Master Calendar – Casey Robyn
Parliamentarian – Gail Nangle

Advisory Board

Book Club – Anne Morgan / Jill Mountain
Bridge, Chicago – Karla Dunham
Bridge, Duplicate – Diane Cannon
Bridge Lessons – Sharon Lindberg
Communications – Mary Jean Spegal
DayTrippers – Barbara Maletz
Decorations – Paula Larsen
Fashion Show – Casey Robyn
Fun with Flowers – Elise Beard
Games – Elly Stephens / Anne Horton
Historian – Cheryl Meduzia
Hospitality – Betty MacGilvray
Lunch Around – Lisa Grabeman
Mahjongg – Cathy Edge, Betty MacGilvray
Needlers – Joyce Miller
Newsletter Editor / Publisher – Tracy Stevenson
Social Media – Cheryl Meduzia
Storied Lives – Deb Holton
Website – Peg Babcock

Dates to Remember

Aug. 22 Summer Reading Roundup
Sept. 9 Martini Soiree 4:00 p.m. – 6:00 p.m.
Sept. 13 Needlers (1:00 p.m. -3:00 p.m.)
Sept. 12 Bunco 6:00 p.m. (Katie Tartt's home)
Sept. 18 General Program 10:00 a.m.
Sept. 18 Storied Lives 4:00 p.m.
Sept. 20 Special Event - W.A.V.E. 5:30 p.m. – 8:00 p.m.
Sept. 21 Happy Hour 5:00 p.m. – 7:00 p.m. Pavillion
Sept. 24 Fun with Flowers 1:00 p.m. -3:00 p.m.
Sept. 26 Book Club 4:00 p.m.
Oct. 18 Lunch Around 12:00 p.m.
Nov. 1 Day Trippers USS Orleck Tour & Lunch
Nov. 10 Bridge Lesson – Transfers 9:00 a.m. – 11:00 a.m.

Open mahjongg – Mondays 1- 4pm Beach Club
Open canasta – Tuesdays 1-3pm Beach Club
Duplicate Bridge – 1st and 3rd Mondays

Casey Robyn maintains the Sawgrass Women's Club Master Calendar. When planning activities please contact her for date availability at: ceerobyn@yahoo.com

Send newsletter articles to: traceskier@att.net
Deadline for information to be included in the Newsletter is the 6th of the month prior to the next issue.

Sawgrass Women's Club Cares
Please notify [Casey Robyn at \(937\)623-8483](mailto:CaseyRobyn@937623-8483) concerning Sawgrass Women's Club members who are experiencing life situations which warrant notes of sympathy or encouragement.