

# Turtle Rock Women's Club

## October 2022

### Board Members



President  
Cean Cerny



1st VP  
Mary Beth  
Cordier



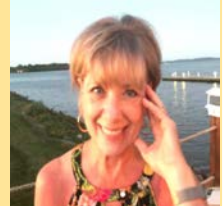
2nd VP  
Melinda  
Adams



Treasurer  
Kay  
Consigny



Secretary  
Susan  
Birkenmaier



Membership  
Karen Lyon

### Luncheon Committee



Donna McCarthy



Joan Miller



Audrey  
Paddock



Kim Weiser

### President's Message

What a storm! I'm so thankful our community had minimal damage compared to other areas of our state. I am especially grateful for the support of neighbors and friends under such dire circumstances. We send our support to those in need as they rebuild their communities.


As we welcome the relief of cooler autumn days and the exodus of the summer humidity let's take advantage of this beautiful fall weather to come out and participate in all our community has to offer. The weather had other plans for us so we had to cancel our jointly hosted food truck event at the TR community center last week.

As we move into fall we will celebrate Oktoberfest on October 15th. The TR Young Families group will join the women's and men's club to offer this community wide event. I've never been "hoppier"!

Happy fall y'all,  
Cean



## Events Calendar

October 5	Luncheon -- Grillsmith
October 15 	Oktoberfest at TRCC 4-8 p.m. Sponsored by the TRWC, TRMC and TR Young Families Group.
November 2	Luncheon -- Brine Seafood and Raw Bar
December 7	Stoneybrook Golf and Country Club
January 11, 2023	Cooper's Hawk <i>(Please note this date is the 2nd Wednesday in January)</i>



### New Member

#### ***Sadly no new members this month***

*If you know anyone who may be interested in joining the TRWC, please contact Karen Lyon at [karenlyon812@gmail.com](mailto:karenlyon812@gmail.com)*



HANNAH MARGHEE  
ILLUSTRATIONS



Diane Glynn  
Oct 5



Susan  
Birkenmaier  
Oct 11



Carol  
Nerenberg  
Oct 13



Kathie Myerburg  
Oct 17



Carol Royce  
Oct 19



Grace Cooney  
Oct 20



Jane Cubito  
Oct 21



Angela Pierre  
Oct 21



Maureen Mulder  
Oct 25



Debbie Jones  
Oct 30



Tammy Zelenak  
Oct 30

Happy  
Birthday

## Oktoberfest Celebration



**Saturday, October 15th from 4:00 - 8:00 p.m.**

**TR Community Center \*\*Rain or Shine\*\***

*"Hold on to your lederhosen"* The TR women's and men's clubs and TR Young Families Group are joining together to host an Oktoberfest celebration.

Bratwurst and hot dogs, complete with sauerkraut and condiments will be supplied along with beer and water. If you'd like, bring a dish to pass and BYOB if you prefer something else to drink. A donation of \$5 per adult is requested. Children eat free. Lawn games will be coordinated by the TR Young Families Group.

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### ***Turtle Rock Women's Club Luncheons*** ***Featured Guest Speakers***

#### **October Luncheon**

Dr. Debra Gill is a clinical psychologist (PhD from UCLA, 1998) who has coached clients for nearly 30 years in long-term weight management. Debra utilizes a non-diet approach that combines mindfulness, self-care, joy, and self-compassion. She has been featured on television and regularly presents to professional groups and to the public. Turtle Rock is lucky to have Debra as a community resident and neighbor. More information about Dr. Gill's work can be found on her website [www.debragill.com](http://www.debragill.com)

#### **November Luncheon**

Author (and Turtle Rock resident) Robin Hain will be the guest speaker at the TRWC November luncheon. She graduated with a Bachelor of Science in Psychology from Westfield State College which serves as a strong foundation for her continued pursuit of best practices in mental health, substance use disorder and trauma recovery. Robin's mission is to end behavioral health stigma and advocate for policy changes that support long-term recovery systems of care. As a contributing author in *The Book of Joy*, Robin provides inspiration on "Fearlessly Choosing Joy" in your life.

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# TURTLE ROCK WOMEN'S CLUB LUNCHEON

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Wednesday 11/02/2022

Social gathering 11:30 a.m./Lunch noon

## Appetizer

HOUSE SALAD w/ red wine vinaigrette

## Main Course

### FISH TACOS

blackened/ pineapple black bean salsa/ shaved cabbage/ lime crema

### GRILLED CHICKEN FOCCACIA

chicken breast/ pancetta/ roasted red peppers/ arugula/ provolone/ vinaigrette

\* gf available \*

### FARRO BOWL

roasted cauliflower/ shiitake mushrooms/ shaved Napa cabbage/ edamame/ asparagus/ soy miso vinaigrette

## Dessert

PUMPKIN PIE w/ whipped cream

coffee, tea, and water included

\* CASH BAR \*



2250 Gulf Gate Dr, Sarasota, FL 34231

(941) 952-3039

**\$28.00 / person \* tax and gratuity included\***

**\*Please include your entree selection on the memo line of your check \***

Drop your check off in the TRWC box at the TRCC.

Reservation deadline is **Wednesday October 26, 2022**





Bunco is played on the third Wednesday of each month from 6:00 pm - 8:00 pm at the Community Center. Gather at 5:30 pm and bring \$5.00 to play. Winners and losers split the game pot so everyone has a chance to win! This is a game of chance-no skill involved, plus the rotating partners and tables provide a great opportunity to meet and play with multiple people.



Bunco is a dice game generally played in groups of four, trying to score points while taking turns rolling three dice in a series of rounds. A bunco is achieved when a person rolls three-of-a-kind and all three numbers match the round number.



Each game consists of six rounds, numbered one to six in the order played. Players take turns rolling three dice. One point is awarded for each die rolled that matches the current round number, 5 points are awarded if all three dice match each other, but do not match the current round number, and 21 points if all three dice match the current round number (a "bunco").



If any points are scored, the player gets to roll again, continuing to add to their score. If no points are awarded, the player's turn ends and the dice are passed to the next player at the table. Each round ends when a player has scored 21 points, which makes rolling a bunco an instant win. The game ends when all six rounds are complete. The player with the most rounds won is the overall game winner, with ties typically broken by comparing total points scored.








The game is played in teams of two, and multiple tables of 4 will play simultaneously. After each round, players switch up the tables.





Need to learn to play?-we'll teach you. Novices and long time bunco lovers are all welcome. Having fun? If you choose, stay after bunco for a dice game of Left, Right, Center (\$3 per player)

*RSVP needed to **Donna McCarthy** at [dmccarthy1014@gmail.com](mailto:dmccarthy1014@gmail.com) so the game room can be set up for all the players.*

## ONGOING ACTIVITIES

Our on-going activities are great ways to make new friends in the neighborhood. If you are interested and have questions about a specific group, please contact the activity organizer. If you'd like to include a new activity, please let us know at [turtlerockwomensclub@gmail.com](mailto:turtlerockwomensclub@gmail.com).

	<p><b>Water Aerobics</b></p> <p>Mary Ann Gates and Liz Spyrisson lead a group exercise at our Community Pool on Tuesdays and Thursdays from 9:30 - 10:30 am. If you would like to join, please contact <b>Mary Ann Gates</b> at 941-927-5367 or <b>Liz Spyrisson</b> <a href="mailto:espyrison@gmail.com">espyrison@gmail.com</a> 941-587-2596.</p>
	<p><b>Daytime Book Group</b></p> <p>This group meets on the 3rd Wednesday of the month at 10:00 am. Please contact <b>Sora Yelin</b> at 941-926-4534 for questions or info regarding joining this book club.</p>
	<p><b>Bunco Night</b></p> <p>Bunco is played on the third Wednesday of each month from 6:00 pm - 8:00 pm at the Community Center. Gather at 5:30 pm and bring \$8.00 to play. <b>RSVP needed</b> to <b>Donna McCarthy</b> at <a href="mailto:dmccarthy1014@gmail.com">dmccarthy1014@gmail.com</a>.</p>
	<p><b>Mahjong</b></p> <p>A fun and challenging tile game, played at the TRCC on Mondays from 1-4 pm. Call <b>Judy Bentz</b> at 412-848-0950 for more info. We will teach beginners. Regulars can set their own tables.</p>
	<p><b>What Are You Reading? Evening Book Club</b></p> <p>Are you looking for an evening of great conversation and a chance to learn about new books and authors? Contact <b>Paula Griffin</b> at <a href="mailto:paulasrq@gmail.com">paulasrq@gmail.com</a>.</p>

	<p style="text-align: center;"><b>Duplicate Bridge</b></p> <p>DUPLICATE BRIDGE is played at the Community Center on the 2nd and 4th Fridays of each month from 1-4 p.m. If you'd like to play, please contact <b>Mary Ann Gates</b> at 941-927-5367.</p>
	<p style="text-align: center;"><b>Knit and Stitch Group</b></p> <p>If you knit, crochet, cross-stitch, do needlepoint or other hand- stitching projects for yourself or charity, join other stitchers on the second and fourth Wednesday of each month, 2-4 p.m, in a group member's house. Contact <b>Diane Glynn</b> at <a href="mailto:dianeglynn@aol.com">dianeglynn@aol.com</a></p>
	<p style="text-align: center;"><b>Tennis</b></p> <p>Our tennis group meets on Tuesday mornings at 8:30 am on the courts. We look forward to members joining us and enjoying some fun playing tennis. Please contact <b>Liz DeLuca</b> at 203-912-1404 or <a href="mailto:delucaliz@yahoo.com">delucaliz@yahoo.com</a>.</p>
	<p style="text-align: center;"><b>Game Night</b></p> <p>All women and men are invited to attend. Join other neighbors who also enjoy playing cards or games such as the Mexican Train domino game. We meet monthly on the 2nd Tuesday, 7-9pm, at the Community Center.</p> <p style="text-align: right;">RSVP/Questions, contact: <b>Joan Miller</b> at 630-258-1821 or <a href="mailto:joanmiller272@gmail.com">joanmiller272@gmail.com</a></p>