

# THE SCOOP NEWSLETTER

Issue No. 11



From exciting events and proud moments to must-know topics that spark our passion for service, the GFWC Miami Springs Woman's Club newsletter keeps us connected, inspired, and always in the loop.

MIAMI SPRINGS  
*Woman's Club*

EST. 1939

## Strength in Sisterhood

Message from your President



Milly Pérez-Crespo

Dear Members and Friends,

March is Women's History Month, a time to honor the strength, achievements, and lasting impact of women throughout history. It is also a wonderful reminder of the power of women working together in service and friendship.

Since our founding in 1939, the GFWC Miami Springs Woman's Club has been a shining example of sisterhood in action. Through your volunteerism, compassion, and dedication, you continue the legacy of women who believed in lifting others and strengthening our communities.

Women's History Month encourages us to celebrate the trailblazers who opened doors and paved the way, but it also reminds us that history is still being written by each one of us.

Thank you for your dedication and for the spirit of sisterhood that makes our club so special.

# HELLO GETTING TO KNOW YOU

Our club's greatest strength is the incredible women & men who make it special, and what better way to celebrate each other than by learning a little more about our members. In this fun "Getting to Know You" section, we'll feature rapid-fire questions that reveal passions, favorites, quirks, and stories that bring us closer together. Enjoy meeting the amazing people who serve beside you!



## MEET **NATALIE** ESCANAVERINO Member since 2026

**Where did you grow up?**  
Miami Springs

**Early bird or night owl?**  
Early bird

**Sweet or Savory?**  
Sweet

**What's your go-to comfort food?**  
Coffee-flavored ice cream

**What's a hobby you enjoy in your spare time?**  
Organizing

**Who inspires you the most?**  
My daughters

**What's your guiltiest pleasure?**  
Reality TV

**What's your biggest strength?**  
Problem solving

**What's a cause that is important to you?**  
Mental health and well-being

**Introvert, extrovert, or "depends on the day"?**  
Extrovert

**Morning must-have:** Shower

**If you could learn any new skill, what would it be?**  
Cooking

**What's always in your bag/purse?**  
Wipes

**Currently binge-watching:**  
My Lottery Dream Home

**What song can you listen to on repeat?**

Flowers by Miley Cyrus

**If your life were a movie, what's the title?**

It Will Be What You Make Of It

**Biggest fashion trend you lived through & kind of miss?**

Madonna's rubber bracelets

**If you could switch lives with one person for a day, who would it be?**

Kris Jenner

**Favorite food?**

Fettuccini Alfredo

**What's the one thing you wish you knew at age 19?**

Everything is not that serious...you will end up exactly where you are meant to be

**One word your friends would use to describe you:**

Funny

**Planner or wing-it type?**

Planner, planner, planner!

**Beach vacation or city adventure?**

Beach vacation

**You're in a bookstore - what section do you head to first?**

Clearance

**If you were a ghost, whom would you haunt first?**

My girls

**What's your love language? (Words, gifts, acts, time, touch)**

Giving gifts

**You get one superpower - what are you choosing?**

Mind reading.

**Which era would you time-travel to for a day?**

80's

**What's a quote or saying you live by or love?**

Do your best and let God do the rest!

**What small thing instantly makes your day better?**

Hearing my girls laughing together

**Participants are randomly selected. You could be next!**

# UPCOMING EVENTS

Our **Painting Classes** continue **every Tuesday at 10 AM** and provide a peaceful, inspiring space to learn from talented local artists. For information, contact our Arts & Culture Committee Chair, Joyce Yocum, at (786) 554-2275 or email her at, [DJYocum@comcast.net](mailto:DJYocum@comcast.net)

## Women's MARCH

The **Fundraising Committee** will meet every Wednesday at 7:00pm in March & April.

TUE  
6:00 PM

03

### Civic Engagement Committee Meeting

Organize Healthcare Forum. Chair: Alyssa Cundari Roelans

WED  
7:00 PM

04

### Fundraising Committee Meeting

THU  
7:00 PM

05

### Backpack Program Packing

Location: Clubhouse / 6:30 PM Unpacking. Organized by the Health & Wellness Committee/Chair: Elizabeth Fisher

SUN

09

### HAPPY INT'L WOMEN'S DAY

TUE  
7:00 PM

10

### Healthcare Forum

Location: Clubhouse/ Organized by our Civic Engagement & Outreach Committee/Chair: Alyssa Cundari Roelans

SAT  
10:30 AM

28

### MSWC GARDEN CLUB Meeting

Location: Clubhouse/Co-Chairs: Katie Ortis, Judy Michelson, Natalie Plasencia

MON  
7:00 PM

30

### MSWC Board Meeting

If you share a committee, please attend.



Sat 04 & Sun 05 from 9am-3pm, the Easter Bunny will be making Home Visits: [MSWomansClub.com](http://MSWomansClub.com) to get your tickets.

**MONDAY, APRIL 6 is our next membership meeting!**



MIAMI SPRINGS  
*Woman's Club*  
Scholarship Fund

# OPEN

APPLY  
TODAY

FOUR SCHOLARSHIPS  
FOUR AMAZING OPPORTUNITIES  
**APPLY TODAY**

DEADLINE: MARCH 13, 2026

LEARN MORE AT  
**MSWOMANSCLUB.COM**



**20**   
**PEOPLE**  
**PER MINUTE**  
**ARE PHYSICALLY**  
**ABUSED**  
**BY AN INTIMATE**  
**PARTNER IN THE US.**

DOMESTIC VIOLENCE HOTLINE

**800-799-7233**

Text "START" to 88788



**GET HELP!**  
**YOU'RE NOT ALONE.**



MIAMI SPRINGS  
*Woman's Club*



## OUR FEBRUARY PICK

Open and FREE to the community!

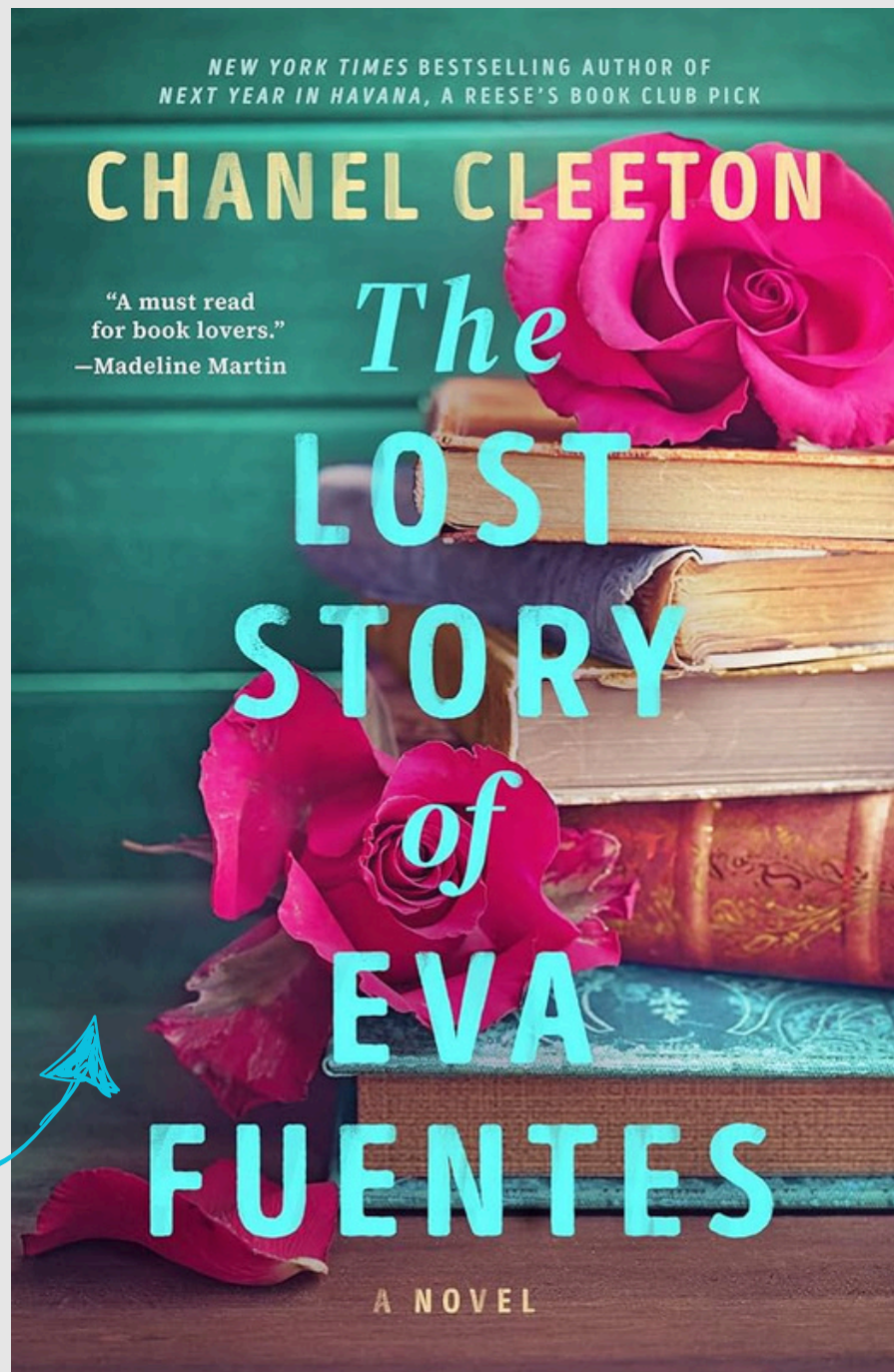
Read it, and join us on

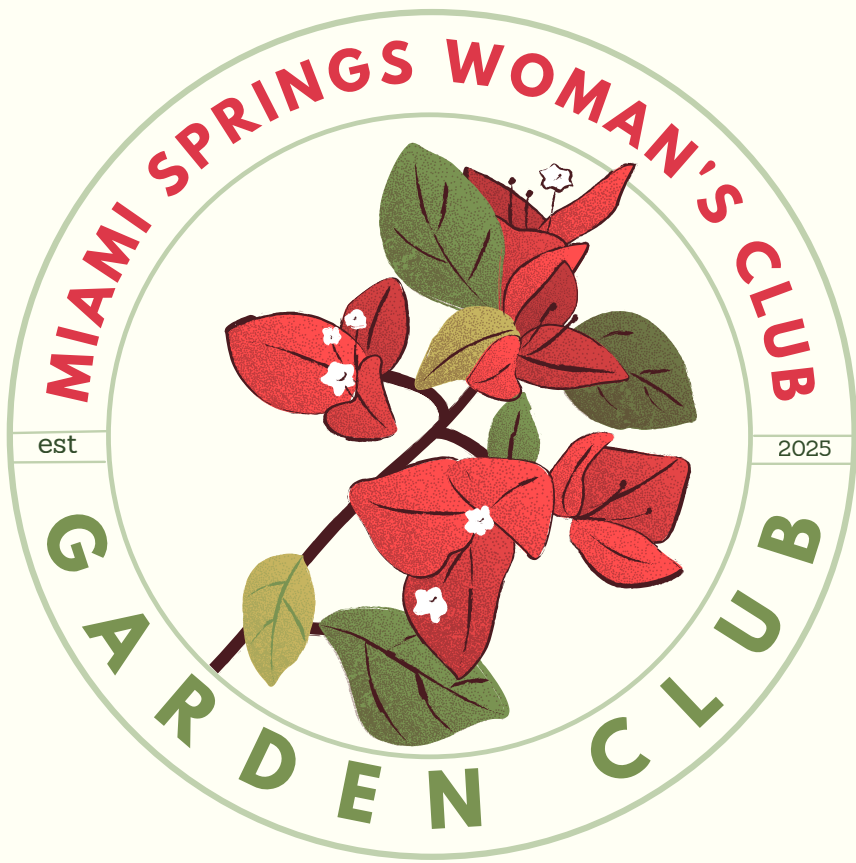
**Friday, Feb. 20th, at 7:00 pm,** at  
the Miami Springs Woman's Club,  
200 Westward Drive.

Let us know you're coming.

RSVP at [MSWomansClub.com](http://MSWomansClub.com)

*It's a good time!*





*For the joy of gardening*

## **NEXT MEETING**

*March 28, 10:30am*

Meeting Location:  
Clubhouse

200 Westward Drive

*Be part of the bloom!*

Open to all members of  
the community,  
regardless of Woman's  
Club affiliation

## *Interested?*

Fill out the interest form by pressing the below button

10th Annual



MIAMI SPRINGS  
*Woman's Club*

**HEALTH &  
WELLNESS  
Community Fair**



Thank you to everyone who volunteered, sponsored, presented & attended!

YOU ARE INVITED —

# Wertheim Community Healthcare Conference

*Promoting*

## Mental Health & Resiliency



**Organized by Green Family Foundation NeighborhoodHELP**

Experts in the field will share practical insights, evidence-based strategies, and proven approaches to help build resilience across our communities. The conference will also include a guided mindfulness session to support personal well-being, engaging speakers to spark meaningful dialogue, and exhibitors offering valuable mental health resources and services. Together, we'll create space to learn, connect, and support one another in improving mental health across our community.

**Keynote Speaker:**

Susan O. Holtzman, President & CEO, NAMI Miami-Dade

**Mindfulness Presenter:**

Monika Gressier, President, Mindful Monkeys

**Conference Featured Panelists:**

Carissa Ford, LCSW, Clinical Therapist III, Department of Psychiatry and Behavioral Health  
FIU Herbert Wertheim College of Medicine

Eileen Fluney, Ph.D., CEO & Executive Director, Paradise Christian School & Development Center, Inc.

Eugenio Rothe, M.D., Professor of Psychiatry and Behavioral Health, FIU Herbert Wertheim-  
College of Medicine

Justin Singh, M.D., Child & Adolescent Psychiatrist, Citrus Health Network, Inc.

Rose Homicile, Executive Director, Infinite Ways Network, Inc.

**Friday, March 13, 2026**

**9:00 AM – 2:00 PM**

**Florida International University**

**Biscayne Bay Campus**

**3000 NE 151st Street, WUC 244 North Miami FL 33181**

# MARCH HIGHLIGHTS IN US WOMEN'S HISTORY

Celebrate Women's History Month and International Women's Day (March 8)

- **March 1, 1978** – Women's History Week is first observed in Sonoma County, California
- **March 1, 1987** – Congress passes a resolution designating March as Women's History Month
- **March 2, 1903** – the Martha Washington Hotel opens in New York City, becoming the first hotel exclusively for women
- **March 3, 1913** – Women's Suffrage Parade in Washington, DC, where over 8000 women gathered to demand a constitutional amendment guaranteeing the right to vote
- **March 4, 1917** – Jeannette Rankin (R-MT) took her seat as the first female member of Congress
- **March 4, 1933** – Frances Perkins becomes United States Secretary of Labor, the first female member of the United States Cabinet
- **March 8** – International Women's Day, whose origins trace back to protests in the U.S. and Europe to honor and fight for the political rights for working women
- **March 12, 1912** – Juliette Gordon Low assembled 18 girls together in Savannah, Georgia, for the first-ever Girl Scout meeting
- **March 12, 1993** – Janet Reno is sworn in as the first woman U.S. Attorney General
- **March 13, 1986** – Susan Butcher won the first of 3 straight and 4 total Iditarod Trail Sled Dog Races in Alaska
- **March 17, 1910** – Camp Fire Girls is established as the first interracial, non-sectarian American organization for girls
- **March 17, 1917** – Loretta Perfectus Walsh became the first woman to join the Navy and the first woman to officially join the military in a role other than a nurse
- **March 20, 1852** – Harriet Beecher Stowe's novel Uncle Tom's Cabin is published and becomes the best-selling book of the 19th century
- **March 21, 1986** – Debi Thomas becomes the first African American woman to win the World Figure Skating Championship
- **March 23, 1917** – Virginia Woolf establishes the Hogarth Press with her husband, Leonard Woolf
- **March 31, 1888** – The National Council of Women of the U.S. is organized by Susan B. Anthony, Clara Barton, Julia Ward Howe, and Sojourner Truth, among others, the oldest non-sectarian women's organization in the U.S.
- **March 31, 1776** – Abigail Adams writes to her husband John, who is helping to frame the Declaration of Independence, and cautions, "Remember the ladies..."



MIAMI SPRINGS  
*Woman's Club*

We Are Proud to Partner With



Preserving our Club's Past & Embracing its Future:  
A Living Legacy with the  
Miami-Dade Public Library System Memory Lab



**Green Family Foundation  
NeighborhoodHELP®**

Through this novel program, medical students are immersed in the community as members of interprofessional teams that may include nursing, social work, physician assistant, and law students, based on each household's identified needs. Addressing the critical need for enhanced primary and preventive care services in NeighborhoodHELP communities.

# HOW CAN YOU CONTRIBUTE TO THE MEMORY LAB?

*Got Old Tech? Give It New Life at the Memory Lab*



The Memory Lab is seeking community donations of legacy media equipment to help Miami-Dade residents preserve their personal and family histories.

A Memory Lab is a dedicated space where people can digitize items such as family photos, home movies, audio recordings, and important documents. The Memory Lab will be a DIY space where users digitize their own materials using library-provided equipment and step-by-step guides, making the process accessible, affordable, and empowering.

Because many older media formats require equipment that is no longer manufactured, they are reaching out to the community for help locating reliable, working devices. They are currently seeking donations of vintage playback & digitization equipment including:

## Film



- 16mm projectors (e.g., EIKI or Bell & Howell)
- Kodak Reels Film Digitizer (for 8mm & Super 8mm film)

## Video



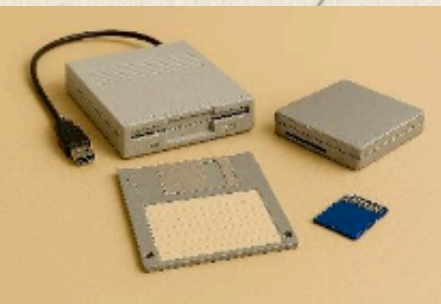
- Videocassette players (VHS and Betamax)
- Magnavox VHS-DVD recorder
- Multi-system Time Base Corrector (AVT-8710)
- Panasonic VW-GTE7E cassette adapter (for compact VHS)

## Audio



- Open-reel audio players (e.g., TEAC 3300)
- Cassette decks
- Minidisc players
- Turntables

## Digital Media



- Floppy disk drives (multiple formats)
- SD card readers (multiple formats)

If you have equipment you'd like to donate, or spare parts or devices you no longer use, please contact the MDPLS Digital Collections for drop-off details. Donations may be eligible for tax acknowledgment, and they are happy to provide more information.

Your support will help preserve Miami-Dade County's shared history & keep our community's stories alive for generations to come.

Contact Information

MDPLS Digital Collections

Phone: 305-921-2956

Email: [digitalcollections@mdpls.org](mailto:digitalcollections@mdpls.org)

# TOUR VOLUNTEERS NEEDED



## Miami Springs

HISTORICAL SOCIETY AND MUSEUM

The Historical Society & Museum is looking for volunteer tour guides, and they will provide all the training and information you need. This is a wonderful opportunity to learn more about our city's rich history and share it with residents & visitors, especially as we celebrate Miami Springs' Centennial Year. If you're interested in volunteering, please reach out to our club member: Maria Petralanda at 305-987-3028.



# COMMON SCAM TYPES

- **Government Impersonation:** Fake calls from the IRS, SSA, or Medicare threatening arrest or benefit loss unless immediate payment (often gift cards) is made.
- **Tech Support Scams:** Pop-ups or calls claiming computer viruses/issues, leading to remote access for malware installation or demanding payment for fake fixes.
- **Grandparent/Family Emergency Scams:** Impersonating a grandchild in trouble (accident, jail) needing urgent funds.
- **Romance Scams:** Building fake online relationships to exploit loneliness for money.
- **Medicare/Healthcare Scams:** Posing as Medicare reps for info or offering bogus services to bill Medicare.
- **Investment/Financial Fraud:** Promises of high returns, often disguised as complex products or simple pyramid schemes.
- **Home Repair Fraud:** Door-to-door scams offering unnecessary or shoddy work.
- **Sweepstakes/Lottery Scams:** Claiming you've won a prize and need to pay a fee to receive it.

## Evolving Tactics & Red Flags

- **AI Voice Cloning:** Scammers use AI to mimic a loved one's voice in calls.
- **QR Code Scams:** Fake QR codes on flyers or in emails offering gifts, leading to malicious sites.
- **Urgency & Threats:** High-pressure tactics demanding immediate action.
- **Unusual Payment Methods:** Requests for gift cards, wire transfers, or cash.

# HOW TO PROTECT YOURSELF

**Verify, Verify, Verify:** Independently call family or agencies using known numbers.

**Never Share Personal Info:** Don't give SSN, bank details over unsolicited calls/emails.

**Be Skeptical of Urgent Requests:** Government agencies won't demand immediate payment via gift cards.

**Beware of Tech Pop-Ups:** Never click links or allow remote access from unsolicited alerts.

**Talk About It:** Regularly discuss potential scams with family and friends.