



## President's Message

**111!** That's the new attendance record we set at the April luncheon. It is very gratifying that so many of you would take time out of your busy schedules to get together every month for these events. Our attendance numbers have been increasing almost every month since the middle of last year. This is an organization that simply enjoys being together and sharing old war stories about time at HI and catching up on the latest doctor's appointments and other benefits of growing older together.

We have a great group of volunteers working with our party planner, Deb Dupper, who manage each member event and ensure smooth sailing for all involved. Mary Reffelt, Shirley Murphy, Shirley Bowers and Vivial O'Dell handle front table duties, while Teri Godfrey, Clive and Carol Bailey, John Bowers and many others set up and tear down all the table decorations. So if you happen to see one of these great folks, please express your thanks for the efforts they make to ensure you enjoy these events..

Summer is just around the corner with its heat, humidity and hurricane danger. There's not much any of us can do about any of these things - except be as prepared as we can be. That's why it's great news that Bay News 9 chief meteorologist, Josh Linker, will be our featured speaker at our July 16 luncheon. Many members were seriously impacted by the 2024 storms and we are all looking forward to this hurricane season with some degree of angst. Josh will provide the latest forecasts for the upcoming season and explain the technology behind these forecasts.

Our May 21st luncheon will give us a first-row view of our Community involvement in 2025, starting with the call to purchase school supplies so we can donate them to Family Support Services. These are great opportunities for our individual members to participate in our community outreaches - adding to the overall impact of MVA's benevolence. So let's fill up some tables with the school supplies (listed on Page 3) at our May luncheon.





**Pinellas Education  
Foundation**  
Inspired minds transform lives

# MVA in the Community



**Pinellas Education  
Foundation**  
Inspired minds transform lives

It's always great to hear from the community organizations that we support. In this case, we received a letter from Johnny Boykins, Board member at the Pinellas Education Foundation. We support the academic community in Pinellas County with our \$10,000 annual scholarship to a deserving high school senior.

3/27/25



**Pinellas Education  
Foundation**  
Inspired minds transform lives

As a Board member of the Pinellas  
Education Foundation, I'm deeply grateful  
for your generous support. Your recent  
gift is transforming the lives of students  
and educators in Pinellas County.

Thank you for your investment in  
education; your commitment means  
the world to us!

U/R

Johnny Boykins  
Board member



*Walt Disney*

**"Laughter is timeless.  
Imagination has no age.  
And dreams are forever."**



*Ben Franklin*

**"Those who love deeply  
never grow old;  
they may die of old age,  
but they die young."**



# MVA in the Community



**Coming Soon - May 6, 7, 8, 2025**



## Connecting Caregivers Conference

**Where You Can Find Help and Hope**



**Connecting Caregivers Conference** is a virtual event over 3 days. It is totally free and everyone who registers will receive the complete set of videos from the conference to review at their leisure. This conference covers a wide variety of topics of value to caregivers - from legal documents to fall prevention.

*Linda Burhans* is known as the Gal Who Cares for the Caregivers. She was the guest speaker at the MVA luncheon in March.

One in 4 Americans is currently a caregiver, and that number will continue to increase as the population ages.

Don't miss this **FREE** event from the comfort of your own home.

Register now at:

<https://connectingcaregiversconference.com/>



## Stop The Movement Update

This organization is tightly focused on preventing human trafficking - especially in the Tampa Bay area. We heard the story of Kim Figueiroa, a trafficking survivor at our April luncheon. Many members have requested information about how to stay informed about the organization. You can get involved in the following ways;

Link to our website

<https://www.stopthemovement.org>.

Join the mailing list.

Email [info@stopthemovement.org](mailto:info@stopthemovement.org)



Attend our entertaining fundraising event coming up:

**SAVE THE DATE - Comedy to the Rescue, July 18th at Coastal Creative, St. Pete.**  
Comedy night, food, auction/raffles.

**FLORIDA HUMAN TRAFFICKING HOTLINE**

**(855) FLA-SAFE (855) 352-7233**



# MVA in the Community

## **SCHOOL SUPPLY DRIVE FOR FAMILY SUPPORT SERVICES (BRING TO MAY MEETING)**

**Binders, 1" 3-ring**

**Colored Pencils**

**Composition Notebooks (Wide)**

**Glue Sticks**

**Highlighters**

**Index Cards 3X5**

**Crayola Crayons (16/24 Count)**

**Loose-Leaf Paper (Wide, College, Graph)**

**Notebook Dividers**

**Pencil Box (5X8 Size)**

**Pencil Hand-Held Sharpener**

**Pencil Pouch Zipped**

**Pencils Number 2**

**Pens (Blue & Black Ink)**

**Rubber Erasers**

**Rulers (inch/cm. markings)**

**Scissors, Blunt**

**Scissors, Pointed**

**Spiral Notebooks (Wide)**





# First Wednesday Social

## April 2, 2025



Smiles and good times all around! The MVA socials are an opportunity to share a good meal, great conversations, some liquid refreshments and a heavy dose of Al Shields and many door prizes. We meet on the first Wednesday of each month except August and December. See you there!







# First Wednesday Social April 2, 2025



*Dick Shea, Shawn Cotton*



*Larry Trefz, Al Parisi, Hendrik Gelderloos*



*Vivian O'Dell, Mary Reffelt,  
Shirley Murphy, Shirley Bowers*



*Pure adulation!*



*Katrina & Brian Pershing*



*Cathy & Bill Naabe*





# First Wednesday Social April 2, 2025



*Jeff Ring, Jerry Dangler*



*Fran Kay, Helen Malzahn*



*Betty & Roddy King*



*Sharon & Ron Mason*



*Loni Wellington, Jo Ketring*



*Gayle Smith, John Voissem*



*George Suther, Patty Marchand*



*Al & Gail Olsen*



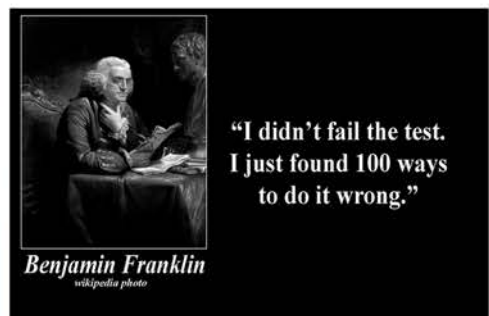
*Steve & Margaret Simmons*



*Robin Lewis, Harry Blackston*



*Patsy & Dick Rohrs*







# First Wednesday Social April 2, 2025



*Larry Harper*



*Helen Malzahn*



*Dave Cox*



*Pat Keegan*



*Richard Malzahn*



*Betty Held*



*Bob Kay*



*Fran Kay*



*Al Shields*



*Shirley Bowers*



*Jim McCormick*



*Lorraine Wert*





# First Wednesday Social April 2, 2025



*Kathie Hubbard*



*Fred Miller*



*Jackie Saucier*



*Sam Janofsky*



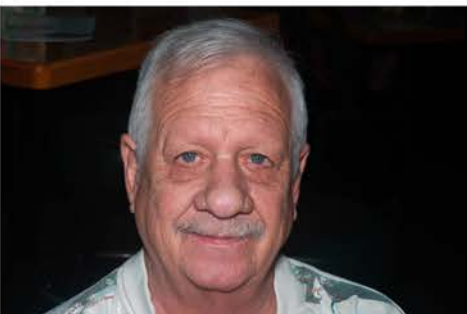
*Karyn Klos*



*Howard Howe*



*Carol Janney*



*Dave Donnelly*



*Sherry Rasmussen*



*Richard Reffelt*



*Cheryl McAvoy*



*John Schiffgen*

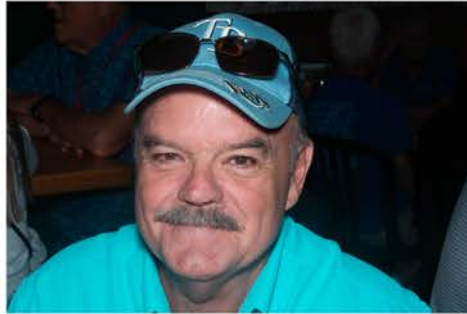




# First Wednesday Social April 2, 2025



*Mary Reffelt guards the goodies!*



*Mike Ranallo*



*Genevieve Urbanski*



*Dan Trepanier*



*Sandy Janofsky*



*David Hadsock*



*Marge Lynch*



*Gloria Whitfield*







# For Our Members



What a perfect day in the park! Over 50 MVA members and guests showed up at Walsingham Park on Friday, April 25 to welcome in the Spring season with the 3rd annual MVA picnic. The event provided a great opportunity for members to gather and talk with no agenda or time limits. Dave Hewitt was on the grill cooking burgers and dogs for the group, and members brought their favorite side dishes to share. In addition to the great conversations, members were able to participate in horse-shoes, corn hole and the ladder game. Wendy Hugar planned and executed the picnic with help from the following volunteers: Dave Hewitt, Bob Cannistraro, Teri and Michael Godfrey, Bea and Tom Conner, Katrina and Brian Pershing.

As always, our MVA volunteers make it possible to enjoy such events. If you see any of these folks, please thank them for their willingness to help.







## Back to the '60s

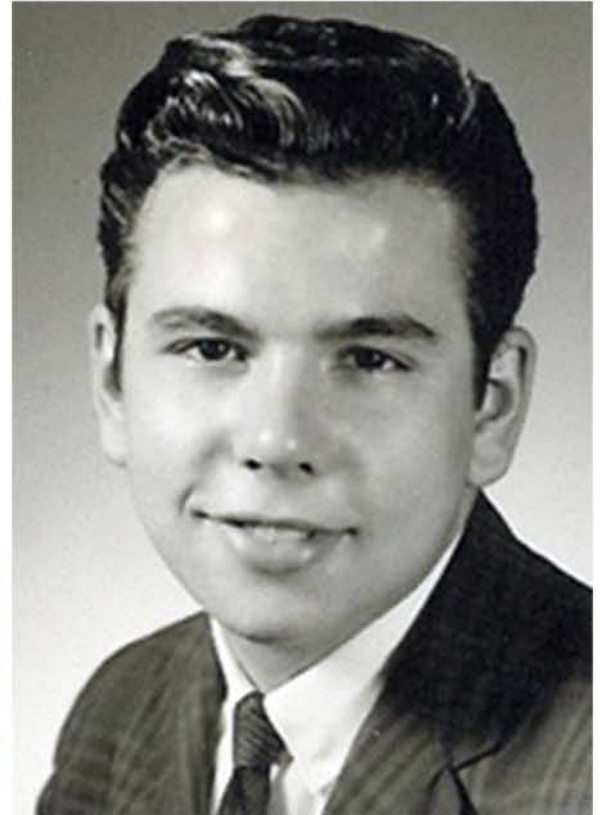


### Were you alive in '65?

We are about to turn the clock back 60 years in June at the monthly luncheon on the 18th. We are going to be reminded about those good old days - without iPhones, computers and streaming TV. So dig out your best tie dyes and get ready for some real '60s fun.

This is one you don't want to miss.  
We may even serve SPAM for lunch with a Tang chaser!

Just for fun, we are asking our members to send in their favorite photo of themselves taken some time in the '60s. You can do that by using the online form: <https://form.jotform.com/251074297367060>



*Thom Dupper, Bishop Barry HS class of '65*



*Satchel Paige*

**"How old would you be if you didn't know how old you was?"**

**"You know you're getting old when you stoop to tie your shoe-laces and wonder what else you could do while you're down there."**



*George Burns*





# Monthly Luncheon April 16



What a great luncheon. We set the attendance record with 111! The luncheon highlight was hearing from Kim Figueroa, a survivor of human trafficking. She recalled her life of abuse from family members, being taken from the home and into the foster care system, being sent to a maximum security youth facility and finally aging out of the foster system and into a life of terror - being sold for sex all across the country. It was a police officer who referred her to his church that turned her life around. She is now working with the US Marshals, FBI and local law enforcement to help eradicate human trafficking. Hers was truly an inspirational, cautionary tale.



*MVA President, Thom Dupper; Stop the Movement CEO Kristin Taylor, speaker Kim Figueroa and MVA Manager of Community Affairs, Gloria Hill.*







# Monthly Luncheon April 16



*Carol Bailey, Ben & Emilie Carter*



*Loni Wellington, John Schiffgen, Jo Ketring*



*Genevieve Urbanski, Larry Harper, Shirley Murphy  
Howard Howe, Carol & Clive Bailey*



*John & Suzanne Francis, Julie & Greg Zajdel*



*Gloria Hill, Carol Janney*



*Gayle Smith, John Voissem*



*Clive & Carol Bailey*



*Teri & Michael Godfrey*



*Margaret & Steve Simmons*



*Clive Bailey, Al Parisi, Carol Bailey*



*Masako & Larry Shannon*



*Tom & Bea Conner*





# Monthly Luncheon April 16



*Bob & Jan Friend*



*Donald & Barbara Brash*



*Mary & Richard Reffelt*



*Dennis & Jane Willis*



*Newlyweds Frank & Argie Easton*



*Barbara Pothier, Jacqueline Morgan*



*Extended Dupper Family*



*Wendy Hugar, PJ Clayton*



*Katrina & Brian Pershing*



*Eldridge Bradley, George Suther*



*Gloria Hill, Speaker Kim Figueroa*



*Karyn & Jerry Klos*





# Monthly Luncheon April 16



*Deb Dupper, Mary Reffelt*



*Gloria Hill*



*John Francis*



*Bonnie Williams*



*Terry Miller*



*Betty Held*



*Hendrik Gelderloos*



*Wendy Hugar*



*Richard Reffelt*



*Anne Burson*



*Roddy King*



*Kay McCormick*





# Monthly Luncheon April 16



*Wendy Hugar*



*Dave Donnelly*



*Patty Jo Clayton*



*David Hadsock*



*Helen Malzahn*



*Dick Rohrs*



*Nancy Dalton*



*Bill Martin*



*Fran Kay*



*Mark Barlow*



*Pat Keegan*



*Larry Harper*





# Monthly Luncheon April 16



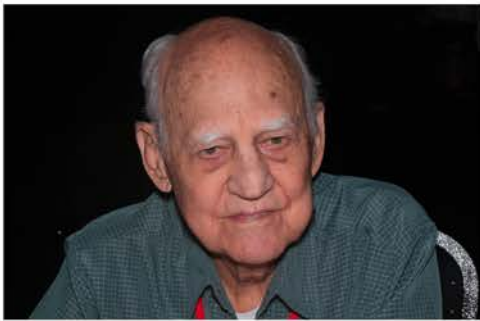
*Lorraine Wert*



*Howard Howe*



*Carol Janney*



*Jim Acosta*



*Faith Krahmer*



*Jerry Klos*



*Jacqueline Morgan*



*John Samson*



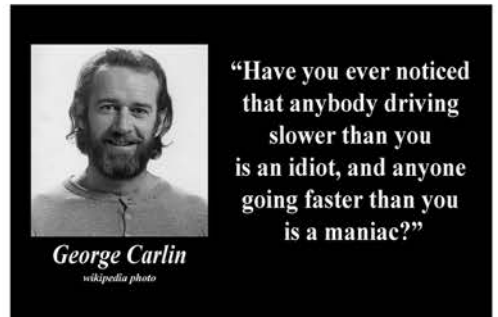
*Argie Easton*



*Bob Lovejoy*



*John Samson*







# Monthly Luncheon April 16



*Sam Janofsky*



*Roxanne Lindquist*



*Larry Piper*



*Rosemary Bradley*



*Bob Dalton*



*Cheryl Bartel*



*Jeff Ring*



*Genevieve Urbanski*



*Larry Trefz*



*Patsy Rohrs*



*Bill Naabe*

"At age 20, we worry about what others think of us.  
At age 40, we don't care what they think of us.  
At age 60, we discover they haven't been thinking of us at all."



*Ann Landers*





# Monthly Luncheon April 16



*Cheryl McAvoy*



*Bryan Martinez*



*Patty Marchand*



*Dick Malzahn*



*Betty Held*



*Bob Kay*



*Gloria Whitfield*



*Artie Martin*



*Marge Lynch*



*C.S. Lewis*  
wikipedia photo

**"Life is not measured  
by the number of breaths  
we take, but by the moments  
that take our breath away."**



*Sophia Loren*

**"There is a fountain of  
youth; it is your mind,  
your talents, the creativity  
you bring to your life  
and the lives of the  
people you love."**





# Monthly Luncheon April 16



*Suzanne Francis*



*Fred Miller*



*Betsy King*



## Upcoming Luncheon Themes

The **May 21st** luncheon will feature an overview of the MVA involvement in the local community. This includes our scholarship award, community agency grants and school partnerships. The MVA is making a difference in the Tampa Bay community.



On **June 18**, we will celebrate the decade of the 1960s. And what a decade it was! So dust off your tie dyes and show your flower power. Lots of '60s flashbacks and other surprises for all who attend. This one will be great fun, so mark your calendars and submit your favorite '60s picture of yourself: <https://form.jotform.com/251074297367060>



Josh Linker, Chief Meteorologist with Bay News 9 will join us on **July 16** to talk about the upcoming storm season and what he is predicting for our area. Josh will also talk about the current state of weather science and what effects may or may not have on storm forecasting.





## Happy April Birthday from MVA!



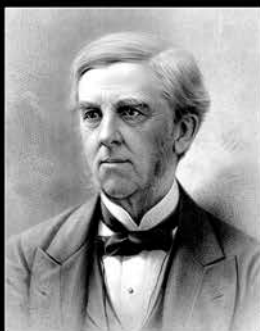
05/02 Clive Bailey  
05/03 Barbara Pothier  
05/04 Sharon Carrozza  
05/05 Helen Malzahn  
05/06 Jo Ketring  
05/14 Samuel Janofsky  
05/14 Margaret Lynch  
05/14 Mary Reffelt  
05/17 Julie Zajdel  
05/20 Barbara Brash  
05/20 Lawrence Brogan  
05/21 Jackson Freeman  
05/21 Nicholas Siczak  
05/23 Dick Rohrs  
05/27 Patricia Marchand  
05/30 Al Parisi



**“If I had known I  
was going to live  
this long, I’d have  
taken better care  
of myself.”**

*Anonymous*

**“Old age is always  
fifteen years older  
than I am.”**



*Oliver Wendell Holmes*



*Winston Churchill*  
wikipedia photo

**“When I was younger  
I made it a rule never  
to take strong drink  
before lunch. It is now  
my rule never to do so  
before breakfast.”**