



# St. Petersburg Alumnae Panhellenic Association

[www.stpetepanhellenic.com](http://www.stpetepanhellenic.com)



# Save the Date

JOIN US  
FOR HAPPY HOUR



**5:30pm November 10th**

**Doc Ford's St. Pete Pier**

Located at the base of the downtown St. Pete Pier!

St. Pete is as stunning as it is delicious. With inside and outside views of both downtown St. Pete, and Tampa bay, there is a seat in the house for everybody. Enjoy the sea-breeze on the seawall while enjoying a of couple Doc Ford's Mojitos and Yucatan Shrimp!

**RSVP To Lisa by November 8th 727 410-4573**

to ensure our **Outside Seating Reservation**

Wishing you and yours a



Watch for the January Newsletter for Upcoming Events



# Jingle Mingle



6:00pm Tuesday, December 8<sup>th</sup>

## Middle Grounds Grille

10925 Gulf Blvd, Treasure Island

Order from the Menu

Bring a Wrapped Holiday Gift (\$10 value)

**RSVP by Saturday, December 5<sup>th</sup>**

Reservations via phone or email Anne McIntyre

727 542-7285 or [asmc7500@aol.com](mailto:asmc7500@aol.com)



**10am Saturday**

February 6<sup>th</sup>

Isla Del Sol

Golf & Country  
Club

**FASHION**  
*Show*

*Brunch*



MARK YOUR  
CALENDAR!

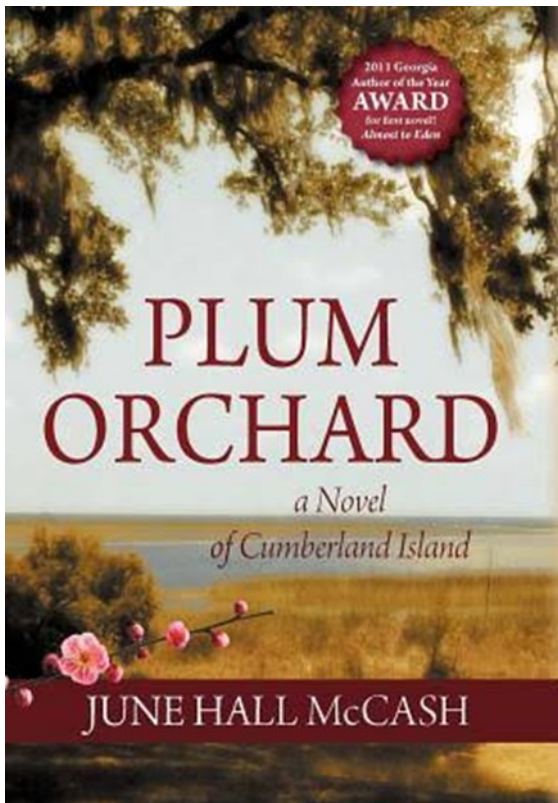


# *Panhellenic Pandemic News* by donna cothron

Ladies, during this time of staying safe, I have read a few books, ate a lot of brownies, watched a whole lot of movies and thought I would share a few with you. Please, if you will share a few of your favorite recipes, books and movies.

**HIGHLY**   
**RECOMMENDED**

**brownies  
& books**



## **Plum Orchard**

2011 Georgia Author of the Year June Hall McCash once again delivers a story of hope and renewal with Plum Orchard. The saga is set on Cumberland Island during plantation-era Georgia and centers around a remarkable woman known as Elisabeth Bernardey. Zabette, as she is called, was born the illegitimate daughter of a planter, and was raised as the planter's daughter, so she finds herself neither completely free nor totally in bondage. Plum Orchard chronicles her journey through the Antebellum South as she strives to live in two worlds while belonging totally to neither. This epic tale spans a large portion of the nineteenth century and is a narrative that explores both the darkness that was slavery and the light that lives within the human heart.

Lunchroom Lady Iced Brownies\*\*50 yr old Recipe\*\*1 c butter ,1/2 c cocoa,2 c flour,2 c sugar,4 eggs,4 tsp vanilla,1 c chopped nuts.Pour in 9x13 pan,bake 20-25 mins on 350.Check at 20 mins\*\*Icing\*1/4 c softened butter 1/4 c can milk (regular milk is fine)1/4 c cocoa,3 c powdered sugar,dash salt,Mix all together & frost as desired.



# INDIAN SUMMERS

Set in a subtropical paradise during the twilight era of the British Empire, *Indian Summers* explores the collision of the ruling class English with their Indian subjects, and the intricate game of power, politics, and passion that ensues. Julie Walters (*Harry Potter*, Oscar® nominee for *Billy Elliot* and *Educating Rita*) stars as Cynthia Coffin, the glamorous doyenne of an English social club, and is joined by Henry Lloyd-Hughes, Jemima West, Nikesh Patel, Roshan Seth, and Lillete Dubey.



Find Indian Summers on Amazon Prime Movies and these links online

<https://www.pbs.org/wgbh/masterpiece/episodes/indian-summers-s2-e1/>

<http://britishperioddramas.com/news/heres-how-you-can-watch-every-episode-of-indian-summers-for-free/>



## Tips for Better Sleep

Go to bed at the same time every night, even on weekends. It keeps your biological clock synchronized.

Establish a relaxing pre-bedtime routine -- brushing your teeth or reading -- that lets your body know it is time for sleep.

Avoid caffeine six hours before bedtime.

Avoid alcohol and tobacco two hours before bedtime.

Get up at the same time every day, no matter when you went to sleep.

Unwind from daily activities early so your mind is clear at bedtime.

Exercise regularly so you will sleep better.

---

Sisters Please send me your  
Panhellenic Pandemic Recommendations



Please detach this portion and return with your check now to:

Pat Lins 4549 14th Way NE, St. Petersburg, FL 33703. Make check payable to St. Petersburg Alumnae Panhellenic Association.

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Sorority / School: \_\_\_\_\_

Dues \$15.00 \_\_\_\_\_ & Scholarship Donation \$ \_\_\_\_\_

-Total Enclosed \$ \_\_\_\_\_

**DONATIONS  
SCHOLARSHIP FUND  
DONATION LEVELS:**

**Spirit Donor \$5 - \$49**

**Sunflower Donor: \$50-\$99**

**Star Donor: \$100+**

Your individual donations combined with the proceeds raised from the years events allowed SPAPA to award **three \$1,500 scholarships!**

The individual donors are recognized on the luncheon program by gift level and by sorority. We also accept business or organization level donations. See if your sorority can contribute today! Thanks!

**Donations to the Scholarship Fund has been making a difference in young women's collegiate careers since 1928.**

This year as you fill out your membership dues check we hope you will include a little or a lot extra toward the scholarship fund! Individual donations are extremely important to continue to fund the scholarship program at the same level.

Awarding the scholarships to our next generation of Panhellenic women is such a wonderful close to our busy year.

It is amazing to hear the things they hope to accomplish. We also like to recognize the success our current members and their achievements in their professions, in their families and in the St. Petersburg community.

Board of Directors

**Keep In Touch**

**Facebook: St Petersburg Alumnae Panhellenic**

**Instagram: st\_pete\_alumnae\_panhellenic**

President	Lisa Brown	727-410-4573	<a href="mailto:lg1onek@tampabay.rr.com">lg1onek@tampabay.rr.com</a> ;
Vice President	Donna Cothron	727-455-9576	<a href="mailto:donnakothon@gmail.com">donnakothon@gmail.com</a>
Secretary	Kim Blessinger	727-698-0510	<a href="mailto:kim.blessinger@gmail.com">kim.blessinger@gmail.com</a> ;
Treasurer	Pat Lins	727- 452-7653	<a href="mailto:pat.lins@yahoo.com">pat.lins@yahoo.com</a> ;
Advisor	Carol O'Bryon Rogich	727-864-4124	<a href="mailto:obdesign@tampabay.rr.com">obdesign@tampabay.rr.com</a> ;





The St. Petersburg Alumnae Panhellenic Association is a member of the National Panhellenic Conference (NPC). The NPC, which was founded in 1902, serves as an umbrella organization for its 26 member fraternities. Panhellenic members represent over 655 college and university campuses in the United States and Canada, and over 4,600 alumnae associations.

Our St. Petersburg Panhellenic membership is composed of 125 women representing the 18 of the 26 National Panhellenic Conference member fraternities having come from locations all over the United States and Canada. We have local alumnae chapter representatives and social members of varying ages and interests who work together provide input and governance.



**St. Petersburg Alumnae  
Panhellenic Association**