

A Quarterly Publication of Ladies 327, Inc.



#SUPPORTLOCAL



About Us:

- 1. Encourage fellowship, camaraderie, and friendship to women who request membership and meet the membership criteria via regularly scheduled monthly activities including, but not limited to, group lunches/dinners/other functions of general interest.
- Support and shop local small business with scheduled activities and everyday life.
- 3. Support and assist other 501(c)3 charitable organizations in achieving their proprietary goals through advertisement, participation, think tank activity, monetary contributions, and any other legal enterprise that may be beneficial to those entities.



Our Board of Directors are responsible for overseeing all the organization's activities. Our board members are 100% volunteer

Notice:

Thank you for choosing to be part of our community. We are committed to protecting your information and your right to privacy. If you have any questions or concerns about this privacy notice or our practice with regards to your personal information, please contact admin@ladies327.org

Board Members

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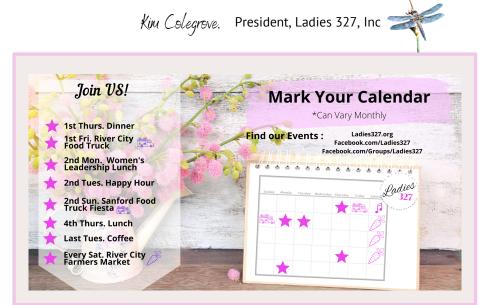
CONNECTIONS is a FREE quarterly publication. It will help you stay up to date on upcoming events, local programs, and what our Non-Profits are doing for the community CONNECTIONS is available in digital & printed format. THANK YOU to our advertisers. You are helping to support these programs



WOW just WOW...is all I can say! When we kicked this organization off six years ago, I could have never imagined we would be where we are today: supported by hundreds of volunteers, producing multi-city events, partnering with over 30 non-profits and hundreds of local businesses. It is because of you and your passion for our community that we are able to accomplish all this.

As we enter this summer season when the weather begins to change, kids are out of school, and vacations are planned, we hope you and your family will take in all that our great city has to offer. Whether taking in a Concert in the Park, having dinner together at a Food Truck Fiesta or strolling through the Rivers City Farmers Market, Summer is the perfect time to celebrate friends and family.

I love seeing your pictures at our events, hearing the stories of friendships made and even meeting your pets! Which is why I wanted to take this moment to celebrate YOU...our members, our vendors, our partners, our volunteers and our friends. We know there are so many ways you can spend your time, so many great organizations to support and so many fun things to do – Thank you for choosing Ladies 327!



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the infuse project





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Meet Our Non-Profit Partner:



In 2011, I received a "KNOCK" at my door. It was a young girl needing help getting to an awards ceremony after her relative turned her away. It was at that very "AHA Moment" that Glorious Hands, Inc., A Girls Mentoring Academy, was established because I believed there had to be more support! I quickly went to a local Title I Middle School and asked the principal for five girls that could use some additional support. That number increased from five to twenty-five in a few weeks.

Glorious Hands Inc. serves as "A Positive Place for Girls," ages 10-19 providing the support and resources that girls need during this influential time of their life. Our weekly empowerment sessions and monthly experiences set the stage for our Role Model Mentors to establish consistent, meaningful, and strong relationships with our jewels. During the pandemic, we had to make some huge changes, but we continuously provided counseling, food, and weekly experiences for our jewels and families.

One thing that stood out when I think of challenges was transportation to our weekly after school meetings and experiences. We would often hear, "I didn't come because I didn't have a ride." In order to be an effective mentor in the lives of our jewels, we have to maintain a consistent relationship. Transportation went to the top of our Wishlist. At our ten-year anniversary celebration, The Father's Table Foundation in Sanford, FL purchased and donated a 15-passenger van! We are forever grateful to our community for the continued support!

For the past 5 years, Ladies 327 has sponsored our Glorious Teatime Celebration! This event allows our jewels to showcase their special gifts and talents. This is truly an enjoyable time to celebrate Mother's Day with their loved ones!

We celebrated our 11 year anniversary (May 16) by serving spaghetti dinners to the homeless throughout the City of Sanford. We will continue to use our glorious hands to answer every "KNOCK" on the door! GH will continue to lead, not through mere words, but by being a living example! If you know a young lady that does NOT have a Role Model Mentor in her life, please refer her to our academy!

Our jewels need us more now than ever! With more idle time being spent at home, this is definitely the time for us to show up and impact their lives.

Please Like & Follow Glorious Hands on social media



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Ladies

Meet us at our newest event! Chit Chat & Coffee



Summertime and the livin' is easy...

For some, maybe. But, for many of us, Summer offers a whole layer of stress. Juggling new schedules, keeping the unschooled children entertained, avoiding Mom guilt, playing hostess, beating the heat and all while trying to wiggle into last year's bathing suit. I don't know about you, but I'm stressed out just thinking about it!

Summer is a wonderful Season for friends and family. Tis the season of vacation, graduation and celebrations galore, BUT it can quickly become overwhelming, especially if we forget to take care of ourselves in the process. Here are some quick tips for avoiding summer stress:

1. Stay Hydrated. Not only does drinking water flush impurities from the bloodstream helping us prevent infection, it also helps to keep our joints lubricated and regulate our body temperature, making staying on the move MUCH easier. Staying hydrated also helps to improve our sleep quality, memory and mood...reach for the water girl!

2. Stay Flexible. We can schedule every second until the cows come home, but surprise, things are going to happen. Going with the flow can become your new superpower; it shows that you are versatile, resilient and quick on your feet. Adopting this attitude will also help us control our emotions when the mommy-meltdowns start to set in.

3. Stay Connected. It is very easy to feel like we are all alone in this Summer storm of activity, but isolation is not the answer. Call your Mama, phone a friend, invite a neighbor to lunch or join us at one of our many fellowship events...we'd love to meet you!



Whatever you do this Summer, just remember to: give yourself some grace, enjoy the little moments and invest in yourself wherever you can. You got this!

Jo Badger lice President, Ladies 327, Inc



There is room for EVERYONE in Ladies327

We are proud to say that we support and are well supported by the MEN in our community. While we do have some 'Ladies only' events, we have a host of events that are for EVERYONE!



Find us & our events on Facebook Instagram @Ladies327, or on our site www.Ladies327.org



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We asked our ladies for summer ideas. Here are some responses:

Sun Rail - round trip to Orlando for adventuring. Kelly Park - Float down a lazy river. Orlando Science Center Devil's Den - Cold Swim Florida Cavern State Park King's Landing - for Kayaking Weekie Wachee - for mermaids Wakulla Springs Wild Florida Sunken Gardens Lighthouse Tours Monster Truck Rides LakeRidge Winery Spain - but that one is not local!

and of course all the Ladies EVENTS!





We celebrate life in every way we can. Allow us to help you with your journey!



Happy Summer Ladies!

Last Season, The Ladies partnered with The Infuse Project and other local businesses to premier IGNITE: a Women's life and Business Expo.

Talk about exciting! I hope to see this event come back to Sanford! It was the first event I had seen that was in my local area and was not connected to a specific company or church. I didn't have to drive to Orlando, Tampa, or farther. In keeping to their mission to build and support growth of women in life and business, the organizers offered this amazing experience for less than the average price of a similar event. It offered local, live speakers, live music, food in the VIP area, vendors, and food trucks. I absolutely loved that I did not have to choose between speakers and did not take up the entire day!

Many believe that these events are business seminars but there is a lot of motivation and personal growth that happens that are for everyone. I am always able to find golden nuggets! Jessica's story gives women faith and hope, Sheryl inspires us to shine in our truth, and Martha came in with some of the ways to get to our goals. I was able to volunteer for this one and spent the day as a glowing butterfly thanks to Electric Diva's creation. Highly recommend grabbing a gal pal and coming to the next one as a guest or as a volunteer!

This page Sponsored by:

Lissette Reina, Editor



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<u>JULY</u>

- 1- River City Food Truck Festival
- 4- Star Spangled Sanford
- 7- Ladies 327 Monthly Dinner
- 10- Sanford Food Truck Fiesta
- 11- Women's Leadership Lunch
- 13- Tree of Life Craft Class
- 16- Hispanic Outreach Festival
- 19- Ladies 327 Monthly Happy Hour
- 22- BUNCO
- 26- Chit Chat & Coffee
- 28- Ladies 327 Monthly Lunch
- 30- Action Church Back to School Bash

31- Back to School Bash with Longwood Police Department



Please visit our website for updates and events: www.ladies327.org/calendar

For the most up-to-date information, we encourage you to search the event on Facebook!

<u>AUGUST</u>

- 4- Ladies 327 Monthly Dinner
- 5- River City Food Truck Festival
- 8- Women's Leadership Luncheon
- 14- Sanford Food Truck Fiesta
- 16- Ladies 327 Monthly Happy Hour
- 21- BINGO
- 25- Ladies 327 Monthly Lunch
- 29- Poured Painting Craft Class
- 30-Chit Chat & Coffee



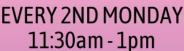
<u>SEPT</u>

- 1- Ladies 327 Monthly Dinner
- 2- River City Food Truck Festival
- 9- BUNCO
- 11- Sanford Food Truck Fiesta
- 12- Women's Leadership Lunch
- 13- Ladies 327 Monthly Happy Hour
- 22- Ladies 327 Luncheon
- 24- Sanford Ave Block Party
- 25- Celery City Craft and Vendor Market
- 27-Chit Chat & Coffee



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Thank you for reading and sharing CONNECTIONS! Watch for our next issue in October!