

# NEWSMAKERS

In The Big Things of Life ~ We Are At One

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## Club Calendar

February 6 - Club Meeting (Grundy Baptist Church)

February 7 - Virginia Clubwoman deadline

February 20 - District Chairmen Reports Due

March 1 - SWD Special Awards Deadline

March 15 - GFWC VA LEADS Applications Due

April 15 - SWD Spring Meeting (Pearisburg, VA)

Newsletter Editor JoBeth Wampler

## Peggy Yates Inducted in Hall of Fame

Longtime Clubwoman and Relay for Life advocate Peggy Yates was inducted into the Buchanan County Hall of Fame recently.

A three-time cancer survivor, Peggy has been diagnosed with breast and lung cancer, as well as that of a stray lymph node in her shoulder. Yet, through the course of her life, she's remained a powerfully bright light, remaining positive and choosing to think on the many blessings she's encountered. She's reminded others facing cancer to adopt a similar attitude. Spreading advocacy and awareness, her story has been featured in the local newspaper multiple times.

Helping to establish the Buchanan County Chapter of the American Cancer Society, Peggy has served in nearly every capacity with the Relay for Life.



Born in Marion, Virginia, Peggy and her family moved to Hurley in 1941. It was while working at Grundy Drug, she later met and married her late husband Tyler Yates, starting a family in Leemaster.

(Photo credit: Betty Shields)

# SWVA Ladykiller

## Top Quick Heart-Healthy Fitness Tips

We all love the color red, but not when it notes staggering numbers of heart-related deaths all over the map in Southwest Virginia.

And yet, that's where we're at – over 163.9 deaths per capita among women in Buchanan County alone. The US average is less than 95 per capita.

Does it have to do with poverty rates or access to health care? Is this just socioeconomics? Or is there something **we** can do to change the path we're on?

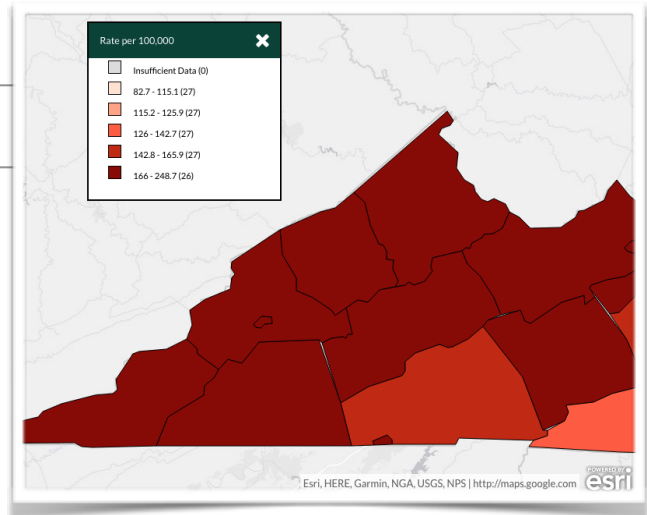
The American Heart Association (AHA) created Go Red For Women to address the hundreds of thousands of women's lives lost each year to what was once considered an old man's disease. To dispel the myths and raise awareness of heart disease and stroke as the number one killer of women, Go Red For Women has become a passionate, emotional, social initiative designed to empower women to take charge of their heart health. The following are their five Top Quick Heart-Healthy Fitness Tips that might help you stop this ladykiller in his tracks:

**1. Start with activities you love.** If you've had problems making exercise a regular part of your life, then I imagine you only think of exercise as something you have to do in the gym. But that's just not true! Things like walking, dancing in your living room, bowling and even cleaning the house can count as exercise as long as you're getting a little out of breath when you're doing them.

So sit down and make a list of all of the active things you do and find a way to make at least one of them a part of your day, every day. Then, after a few months of making those activities habits, try new ones or more traditional workouts like a group exercise class. As you get in the habit of being active and start to get more fit, you might just be amazed and what activities you like.

**2. Embrace the power of 10.** Think you can't get heart-health benefits from just 10-minute bouts of activity? Think again. Ten minutes of walking three times a day has been shown to lower blood pressure more effectively than a longer 30-minute bout of walking. Something as simple as walking before work, over lunch and after dinner is a fabulous way to squeeze in exercise – no gym required!

**3. It's not just about cardio.** When people think of heart-healthy exercise, they generally think of aerobic or cardio activities like jogging. But did you know that strength training (think lifting weights or doing bodyweight exercises like push-ups and lunges) can improve the health of your ticker, too? When you lift weights at a moderate intensity, you get your heart rate up. This means that you're working both your muscular system and your cardiovascular system. And when you make your muscles stronger, you make your body stronger, which helps





everything. So definitely do some resistance training a few times a week.

4. Use exercise to de-stress. Stress plays a critical role in heart health, and exercise is great at kicking stress to the curb. Learn to see exercise not as something that you have to do, but instead as something you want to do because it makes you feel good. While most workouts will pump up your feel-good endorphins, workouts like yoga, Pilates and Tai Chi are especially good for de-

stressing and improving the mind-body connection. Try 'em!

5. Support your efforts with a healthy diet. Working out – as awesome as it is – is only part of the heart-health equation. Eating a nutritious diet that's rich in fruits, veggies, whole grains, lean proteins and healthy fats is key to overall health, along with helping to give you the energy you need to power through those workouts and your everyday life.

### *President's Message*

Hello, ladies! Hope you all are having a great new year. As many of you know, we have just finished our reports for 2016. I am always amazed and impressed when we do the reports at how much we have done throughout the past year. I would like to say “thank you” to each of you for helping to make GFWC Grundy Woman's Club a successful organization. I would also like to say “thank you” to each of the committee chairpersons for all of their hard work in compiling the reports and getting them in on time. A BIG THANK YOU also goes out to Ginger Robertson for all of her help in getting the reports completed and keeping our statistics throughout the year. I would also like to encourage each of you to start the year off right by keeping track of all you do that counts in our statistics. If you have any questions about what to count and how, just ask.



As we start off 2017, I would like to encourage each and every one of you to make a New Year's resolution – “Let us forget not to be kind.” We all have many things going on in our personal and professional life and there is certainly a lot going on in the world around us, but I would like for each of us to make a conscious effort every day to do ONE kind thing for somebody – it doesn't have to be anything big just an act of kindness. Let's make a difference in the world around us by spreading a little kindness.

As we celebrate February, which is Heart Health Month and Valentine's Day, I would like to remind each of you that I love you and appreciate all you do to help me and GFWC Woman's Club. You ladies are certainly an awesome bunch! ❤️

*Glenna*

## Conservation - Anna Ruth Coleman

In 1993, the United Nations General Assembly designated 22nd of March as the first World Water Day. This year it will be observed on Wednesday, March 22, 2017.

The purpose of this annual event is to increase people's awareness of the importance of water in all aspects of life. It's a day to make a difference for the people of the global population who suffer from water related issues. It's a day to prepare for how we manage water in the future. It focuses



### Leadership Tips

*No matter how good you think you are as a leader, my goodness, the people around you will have all kinds of ideas for how you can get better. So for me, the most fundamental thing about leadership is to have the humility to continue to get feedback and to try to get better - because your job is to try to help everybody else get better. ~ Jim Yong Kim*



A little humility goes a long way. In the grand scheme of things, we are but meager creatures. Keeping a humbleness is one of the greatest ways to make a mighty influence on the world.

attention on the importance of fresh water and advocates for the sustainable management of freshwater resources.

It is incumbent upon each of us to be aware of actions taken by our legislature pertaining to chemicals used in our environment that affects the quality of our water. Since water is so important for all living things, we need to have a concern over pollution of any kind. Polluted water cannot safely be used by living things because dissolved substances or disease organisms may cause sickness or disaster. We can educate ourselves and share the information in order to take action and make a difference.

Let's all remember the importance of conserving and preserving the Earth's water supply and encourage this with our friends and family.

### **International Outreach - Debbie Deel**

I apologize for not updating in a while. I have been battling illness for nearly three months. However, I do believe I am officially on the mend. Praise God for doctors, medications and treatment plans that help!

Since my focus was on my health, I was NOT focused on much of anything else. Therefore, I don't feel I accomplished as much as I wanted to since becoming the International Chairman.

We did collect enough money for Trick or Treat for UNICEF to purchase a bicycle (\$160) and I appreciate all who helped

with that. How about we set our sights on buying two bicycles in 2017? I believe that is very doable – we'll come up with some creative ideas to garner interest.

In addition, I want to focus more attention on our other Project Partners – Heifer International, Operation Smile, and Shot @ Life.

It seems like Farm-to-Table eating has become the newest trend in restaurant dining and even family meals. Subscription services such as Blue Apron, Hello Fresh, and Plated, to name a few, deliver fresh ingredients right to your door. Obviously, buying fresh vegetables, fruits, meats and other locally grown foods helps our American farmers. That's where Heifer USA (a part of Heifer International) can benefit. Heifer USA and Heifer International help hardworking farmers who provide us with healthy food earn a sustainable income. Let's do our part!

## February Meeting Reminders

- ❁ **Wear Red – Photo Op after the Meeting!**
- ❁ **Bring Valentines & candy for Heritage Hall**
- ❁ **Bring Campbell's Soup Labels**

*Red Dress Day is Friday, February 3. Be sure to wear **red** and post your photo online with the hashtag **#GoRedWearRed** and **#GoRedGFWC**.*

## Buchanan County Calendar of Events

February 2 - Relay for Life Team Captains Meeting (Grundy Bible Institute)

February 3 - IF Women's Conference (Vansant Baptist Church)

February 14 - Friends of the Library Luncheon (BCPL)

February 16 - To Kill A Mockingbird opens (Artists Collaborative Theater)

March 11 - SWVA NWTF Hunting Heritage Banquet

## Birthdays

Feb. 16 - JoBeth Wampler

Feb. 17 - Becky Bartley

Feb. 19 - Tammy Ratliff

Mar. 28 - Loretta Viers

Mar. 29 - Donita Estep

## Anniversaries

Feb. 8 - Patricia Ratliff (David)

Feb. 22 - Sommer Chambers (Bart)

Feb. 22 - Betty Shields (Jerry)

Mar. 25 - LuAnne Capps (Kenny)





## Black History Month

*by Ginger Robertson*

Black History Month is observed in February 2017. Black History Month, Also known as African-American History Month in America, is an annual observance in the United States, Canada, and the United Kingdom for remembrance of important people and events in the history of the African diaspora.

The African diaspora refers to the communities throughout the world that are descended from the historic movement of peoples from Africa, predominantly to the Americas, Europe, Asia , and the Middle East, among other areas around the globe.

The expansion of Black History Week to Black History Month was first proposed by the leaders of the Black United Students at Kent State University in February 1969. The first celebration of the Black History Month took place at Kent State one year later, in February 1970.

*Editor's Note: Come to our February Club Meeting for a brief presentation on Black History Month... with a feminine twist. Here's a little clue on what Ginger will discuss: Out of this world!*

**GFWC Grundy Woman's Club  
Treasurer's Report  
01-01-2017 – 01-31-2017**

**Balance on Hand – 12-31-2016** **\$5,687.88**

**Receipts**

|                 |                  |
|-----------------|------------------|
| 01-03-17 Dinner | \$ 160.00        |
| Dues            | 40.00            |
| 01-24-17 Dues   | <u>\$ 300.00</u> |

**AVAILABLE FUNDS** **\$6,187.88**

**Disbursements:**

|  |                   |
|--|-------------------|
| 01-02-17 #5307 – Cash Dinner   | \$ 160.00         |
| 01-03-17 #5308 - Postmaster – PO Box 77, Grundy                      | 54.00             |
| 01-17-17 #5309 - Southwestern District Dues \$195; Dist. Proj. \$100 | 301.50            |
| 01-17-17 #5310 GFWC VA dues \$1625; state proj.\$100; cont.\$100     | 1,825.00          |
| 01-23-17 #5311 Postage-mail reports                                  | <u>\$ 17.85</u>   |
| Total Disbursements  | <b>\$2,358.35</b> |

**BALANCE ON HAND 01-31-2017** **\$ 3,829.53**

**GFWC Grundy Woman's Club**

January 2, 2017 – Minutes

The regular monthly meeting of the GFWC Grundy Woman's Club was held January 2, 2017 in the Grundy Baptist Church fellowship hall, President Glenna Owens presiding. President Owens welcomed 13 members (including 1 junior member) to the meeting.

Elle Hackney led the Pledge of Allegiance to the Flag of the United States of America. Tammy Ratliff brought the thought for the day. Mary Belcher led the prayer of grace.

Minutes of December 2016 meeting were approved. Treasurer's Report showed a balance of \$5687.88 and was placed on file.

**Reports of Committees & Projects:**

- Sandy Stiltner moved that because of the overpayment in December to Social Services, that no payment be made in the future without written request or included in the budget. MOTION APPROVED.
- Report on Holidays in the Hills food sales showed a loss. When asked, Maria said yes she would be in charge again next year.
- Tammy Ratliff has consented to chair the 2017 Holidays in the Hills.
- Final proceeds from the Chamber Silent Auction have not yet been stated.

**New Business**

- A reporting session will be held at the January 2, 2017 meeting, with reports due on January 25. Follow up to complete reports will be held January 16, 5 pm at the Chamber office.

The next regular meeting will be February 6, 2017, Grundy Baptist Church fellowship hall, 6 PM. Members urged to wear RED for heart month.

Members recited the Club Collect.

**Meeting adjourned.**

Betty Shields, Secretary

*Want to include something in **News**makers, the GFWC Grundy Woman's Club monthly newsletter? Contact JoBeth Wampler at [jobeth.wampler@gmail.com](mailto:jobeth.wampler@gmail.com) or call 276-935-2123 (W) or 540-250-6294 (M).*