

NEWSMAKERS

July 2017 - Vol. 3, No. 7

Students Express Thankfulness for College Shower

Shelby Blankenship, of Grundy High School, and Sarah Tedla, of Mountain Mission, were more than thankful for their gifts during our College Shower last May.

Clubwomen purchased a wealth of supplies for the two girls to start out their college careers,



Photos Courtesy of JoBeth Wampler

including laundry baskets, shower caddies, bed sheets and more.

Susan Slone, of MMS, accompanied Sarah, who posed alongside President Glenna Owens (above right). Terry Butcher and Adrianna Culbertson, of Southwest Virginia Community College's Upward Bound Program, joined Shelby's family and Glenna (below left).

Both girls, as well as their families and educators, expressed their deep gratitude for a little help getting started many miles from home.

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Newsmakers

Newsletter Editor - JoBeth Wampler (276-935-2123 / jobeth.wampler@gmail.com)

Clubwomen are encouraged to send in articles, pictures and suggestions.

Deadlines are the 20th of each month; however, late submissions will be considered for publication.

Club Calendar

July 1 - Camp Easterseals Anniversary

July 9 - Camp Easterseals Volunteer Check-in for Juniors

August 12 - GFWC VA Conference (Natural Bridge)

August 13 - GFWC VA LEADS Seminar

September 17 - Membership Tea & Luncheon (Willowbrook Country Club)

President's Message

Ladies,

As I sit here and write my President's message, it is so hard for me to believe that it is actually July. WOW!! Where has the summer gone? I guess it really is true that time flies when you are having fun. It won't be long until we will be back having meetings.



The Executive Board and I have continued to meet regularly and have been working on some ideas for the upcoming year. We have several things planned and will need your input and help to make them successful projects for the club. We are in the process of finalizing a few things and will then pass the dates along. Again, if you have any ideas for projects that you would like the Club to participate in for the upcoming year, let me or one of the other officers know.

I would like to remind each of you to like and follow the GFWC Grundy Woman's Club Facebook page and to watch there for information. We will be posting updates and notices there. If you are not on Facebook, please let me know and I will make sure that you get the information another way.

I hope that you have a great rest of the summer and a safe and happy July 4th holiday!!!

Glenna

Highlights from the Executive Board

Clubwomen might get the summer off from monthly meetings, but they're never inactive. Here are a few highlights from our last Executive Board Meeting:

After attempting to send a representative from the state to the GFWC Convention last month in California, the club's 501 (c) (3) status is still in limbo. More details are expected soon.

Debbie Deel, who was recently reassigned to the Haysi branch of New Peoples Bank, has reluctantly resigned from her post as International Outreach Chair and as a member of the club. We'll miss her greatly!

Several fundraisers were again discussed, including a drawing for a wreath, Flower Power and Cupcake Wars.

First Vice President/Leadership

JoBeth Wampler

Between reporting and all of those little to-dos no one tells you about when you volunteer for a role in the GFWC, there's a lot that can get lost in translation! That's why we'll be holding a Leadership Workshop on Saturday, July 8 at the Buchanan County Public Library. We hope to see all chairmen and officers in attendance; however, this workshop is for everyone! If you're a new member with no experience or an experienced member with lots to share, make time to join us. Beginning at 9 a.m., we'll cover what your role really entails, plus how you can make it as unique as you are! And I promise, we'll finish up by lunchtime!

Speaking of workshops, round-robin is the word at this year's GFWC Virginia Conference! In the June edition of the *Virginia Clubwoman*, it was announced that those in attendance at Natural Bridge on August 12th will be able to attend ALL workshops that day. According to GFWC VA President Fran Edwards, groups will rotate through four workshops before lunch and four different workshops after lunch. For new members and club chairmen, this is an especially wonderful time to network with other clubwomen, gain a little insight into what makes GFWC the organization it is, and bring back ideas we can mold into our own. Make sure to let Ginger know if you're planning to attend. Registration (\$99) is due July 14.

Second Vice President/Membership

Leigh Ann Hackney

'Warm Up With New Friends' is the membership theme for June, July and August! Be sure to invite friends to our Membership Brunch in September! Tell your friends now to save the date (Sept. 17).

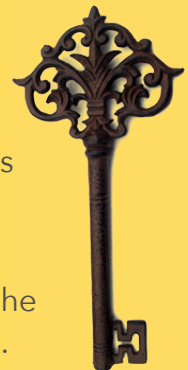
Leadership Tips

It's easy to work with people just like you. They're the easiest people to relate to, the easiest to read and understand. But a whole club full of 'you's' quickly gets stale. We need people around us who don't think like us at all. People with diverse backgrounds, diverse strengths and diverse perspectives. After all, it's in our differences that new ideas are formed.

Even though we aren't meeting, we're still working together throughout the summer. And where clubwomen work, we're not always going to agree.

People with big families can relate to the difficulty in managing different personalities. But no matter what was said or done, most of you will remember hearing your mom say, "Don't air our dirty laundry in public." In other words, keep family squabbles private. Not every family abided by that motto, but it stands to reason there was an unspoken trust family members were expected to share.

Do you have that kind of trust with your Federation sisters? Better yet, can your Federation sisters trust you in that way? As we go about our work, try to be the kind of person you desire in others - honest, forgiving and most of all, worthy of trust.



Treasurer

Ginger Robertson

Your \$30 membership dues are now due. You may mail payment to the club (P.O. Box 77, Grundy, VA 24614). Better yet, bring it with you to our first meeting in the fall.

Home Life & Health

Sandy Stiltner

Ladies remember to use your SUNSCREEN! I know you will be outside, enjoying the beautiful weather, but you need to remember to protect yourself. UV rays can come through the clouds. That is why you need protection. Skin cancer is real and none of us want it. (See Page 6 for more!)



In the Home Life area, we are working with Heritage Hall to do a paint day for the residents. Won't this be fun! I have got someone to donate the canvas for the residents, and I think we can secure enough paint and brushes to go around. Keep on the lookout for more info on this exciting project. Have a great summer!

Conservation

Anna Ruth Coleman

There are plenty of things clubwomen can be working on throughout the summer! Collecting pop tabs, grocery bags, and food storage containers are all great examples. Don't forget to bring these items to our first meeting, or keep track of how much your saving to make reporting easier later this year.

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

Birthdays

July 4 - Catherine Stiltner

July 7 - Nikki Stiltner

July 8 - Patricia Ratliff

July 11 - Sommer Chambers

July 17 - Sandy Cole

Jul 20 - Kayla Stephens

July 25 - Brandee Brown

July 26 - Connie Ramey

July 27 - Debbie Deel

August 9 - Anna Ruth Coleman

August 14 - Liz Stiltner

August 18 - Ginger Robertson

August 23 - Mary Belcher

August 31 - Donna Looney

Anniversaries

July 9 - Frannie Minton
(Rayburn)

July 22 - Connie Ramey

July 24 - Bertha Street (Mike)

July 26 - Leigh Ann Hackney
(Freddy)

Aug. 2 - Lynn Cornett (Rick)

Aug. 2 - Catherine Rasnake
(Matt)

Aug. 10 - Deena Hurley (Jerry)

Aug. 11 - Melinda Crigger (Bill)

Aug. 15 - Judy Holland (Tom)

Calendar of Events

July 15 - Cancer Walk (GBI Building)

July 17-21 Buchanan County Junior 4H Camp (SWVA 4H Center, Abingdon)

July 20 - Relay for Life Survivor Dinner (GBI Building)

July 29 - Generations United 4 (Poplar Gap Park)

August 4 - Relay for Life of Buchanan County (Poplar Gap Park)

August 15 - BCPS First Day of School

October 9 - BCPS Open House

Members Update

Please continue to be in prayer for Anna Ruth Coleman's husband, James, who suffered a heart attack in May and latter hospitalization.

As most of you know, our dear Liz Stiltner underwent surgery for lung cancer this past spring. She came home last month, thankful for the many well-wishes, but asks that we keep praying throughout her recovery.

Congratulations, Holly Stiltner! She and her husband Andrew are expecting! Please keep Holly and her baby in prayer through her due date in January 2018.

Barbara Fleenor will be a grandma in December! Congratulations and prayers for a healthy pregnancy!

Keep Mary Belcher in your thoughts and prayers as she cares for her uncle Vernon.

Condolences to Shirley Belcher, whose niece was killed in an automobile accident recently.

Partner Spotlight



When Dr. William (Bill) Magee, Jr. a plastic surgeon, and his wife Kathleen (Kathy), a nurse and clinical social worker, traveled to the Philippines with a group of medical volunteers in 1982, it was the beginning of an organization that would go on to provide hundreds of thousands of free surgeries for children and young adults in developing countries who are born with cleft lip, cleft palate or other facial deformities.

That year, approximately 300 families arrived in Naga City, hoping their children would receive surgery. Yet, the team could only treat 40 children.



When the Magees left, however, they promised to return with more help.

And return, they did. With the help of donations and volunteers, Operation Smile was born and is now one of the oldest and largest volunteer-based organizations dedicated to improving the health and lives of children worldwide through access to surgical care.


Today, Operation Smile has extended its global reach to more than 60 countries. Not bad for an organization founded and based right here in Virginia!



WE ARE COVERING THE WORLD WITH SMILES

Tips for National UV Awareness Month

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Follow these recommendations from the U.S. Center for Disease Control to help protect yourself and your family.

- ✦ **Shade** – You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.
- ✦ **Clothing** – When possible, wear long-sleeved shirts and long pants and skirts and clothes made from tightly woven fabric. Dry and darker colors may offer more protection than wet or lighter ones. You can also purchase clothing certified for UV protection under international standards. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.
- ✦ **Hat** – For the most protection, wear a hat, made from tightly woven fabric (like canvas) with a brim all the way around that shades your face, ears, and the back of your neck. A works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection. If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15, or staying in the shade.
- ✦ **Sunglasses** – Sunglasses protect your eyes from UV rays and reduce the risk of cataracts, as well as protect the tender skin around your eyes. Wrap-around sunglasses block UV rays from sneaking in from the side and those that block both UVA and UVB rays offer the best protection.
- ✦ **Sunscreen** – Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.
- ✦ *How sunscreen works.* Most sun protection products work by absorbing, reflecting, or scattering sunlight. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.
- ✦ *SPF.* Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. Remember, use at least SPF 15.
- ✦ *Reapplication.* Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.
- ✦ *Expiration date.* Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years or less if it has been exposed to high temperatures.
- ✦ *Cosmetics.* Some makeup and lip balms contain some of the same chemicals used in sunscreens. If they do not have at least SPF 15, don't use them by themselves.

For more information: http://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm.