

NEWSMAKERS

August 2017 - Vol. 3, No. 8

Au-some Swim Project Benefits Eight

Eight children from Buchanan County have benefitted from the GFWC Grundy Woman's Club Au-some Summer Swim Project.

Funded through the Buchanan County Autism Awareness 5K Walk/Run, hosted by the club in April, the project provided free adaptive swim lessons for children with autism through a partnership with the local YMCA. Working with the public school system to identify children most in need, the club also reached out to parents directly through a local autism support group.

Once selected, the children's parents were able to coordinate these private lessons with the Y directly. Not only could they plan around their own schedules, but also around the temperament of the child. As autism is a neurological disorder that can result in sensory overload and difficulty



Au-some Summer Swim participants Brice Lowe, left, and Jacob Woods, bottom, with their YMCA instructors. (Photos Courtesy of Lynn Lowe and Geraldine Woods).

coping with changes in routine, this flexibility allowed

parents to plan for the best time of day for the child and reschedule when necessary.

Parents and grandparents have been more than grateful for the support, which is believed to be the first of its kind for the autism community in Buchanan County.

See more in the Aug. 3rd edition of the Virginia Mountaineer or via our local club website at www.GFWCGrundyWomansClub.com.

New details will be shared at our August meeting!



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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

August 7 - Grundy Woman's Club (Grundy Baptist)

August 12 - GFWC VA Conference (Natural Bridge)

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

President's Message

Hello, ladies! Vacations are good! Wouldn't you agree?

It is great to get away from home and see new places and just relax and enjoy life. Over the past 16 days, my family and I have traveled from Grundy to the Rocky Mountains of Colorado in our RV. Yes, we survived without killing each other, even on the days we didn't have Wi-Fi or cellphone service. That part was actually really nice, unless you ask Catherine, who thought she would die without her cellphone. We have used the time away to destress and recharge for the upcoming school year – which is always crazy busy, as I know it is for many of you. We also spent some time making plans for the future.



Our summer break from regular monthly meetings is a lot like a vacation. It gives us a chance to recharge and stop and think about what our goals as a club really are. As many of you know, the Executive Board has continued to meet monthly since our last meeting in May and do just that. We have some great ideas and plans for the upcoming year. Those plans include having a special called meeting on August 7. This will be a special called meeting with the main purpose being to get a jumpstart on some fundraising projects.

I hope that each of you has had a fabulous summer and have had at least some time to take a break from your normal routine. PLEASE make every effort you can to attend the meeting on August 7 – if we are going to be successful as a club, we need everyone to get involved!

Glenna

First Vice Pres./Leadership

JoBeth Wampler

Thank you to everyone who attended our Leadership Workshop last month at the Buchanan County Public Library or watched from home via Facebook Live. We had a great morning, discussing our individual roles – from Clubwomen through the President. How can we be expected to elect women to do a job if we don't even know what the job is, right? A video of the workshop is still available on our Facebook Group page at <https://www.facebook.com/groups/450332980555/>. Not online? See me!

With that in mind, I'm gearing up to provide a **Reporting Workshop** that will help shed some light on how we're doing things right and

where we might need a little help. Believe me, even experienced chairmen need this one! Plus, I'll be preparing a little something special for our **new members** that will be sure to answer all of those questions they're sure to have about the GFWC.

This month, several of us will be headed to the GFWC Virginia Conference at Natural Bridge! Late registrations are still accepted, so why not join us? Several months ago, I applied to attend GFWC Virginia LEADS, which is a leadership seminar available to all clubwomen. Three from each district are eligible to attend; however, I learned I was the only one from the Southwestern to apply this year. Bummer! That was until our Club President Glenna Owens and Second Vice President Leigh Ann Hackney asked to attend! So this month, all three of us will spend an extra day at Natural Bridge, learning and growing to better serve our region. I can't wait!

Second Vice Pres./Membership Leigh Ann Hackney

Don't forget our Membership Tea & Luncheon next month at Willowbrook Country Club near Breaks. More details will be shared in next month's edition of the club newsletter, so stay posted!

Secretary Betty Shields

Did you ever stop to think about the officers of the GFWC Grundy Woman's Club? Each officer has specific responsibilities, while at the same time, consider the welfare of the entire organization.

As your secretary, I need your help in doing the best job I can. What can you do?

First, attend each meeting that you can; and

Leadership Tips

In your professional life, how well do you think your job could be performed without you there? If you're in retail or provide services to the public, would customers continue to be served? If you're a teacher, would your students continue to be taught?

Sure, they would! Those filling in for you know exactly what the goal is.

Now, apply this situation to our club. How effectively are we talking about our mission and punctuating that discussion with action?

When we're deep in a project, it's easy to lose focus. Knowing what we're working toward can help. Ever wonder why GFWC developed a Strategic Plan? You guessed it! Great leaders know the importance of sharing their vision with others and using that vision to make it a reality. Next time you find yourself fussing over the small details, ask yourself if your actions are moving us closer to our mission.

And, as we all know, you don't have to have a special job to be a leader. In the words of Robin S. Sharma...

"Leadership is not about a title or designation. It's about impact, influence and inspiration. Impact involves getting results, influence is about spreading the passion you have for your work, and you have to inspire teammates and customers."

What's your vision for our club? And how are you sharing it through action?



Birthdays

Aug. 9 - Anna Ruth Coleman

Aug. 14 - Liz Stiltner

Aug. 18 - Ginger Robertson

Aug. 23 - Mary Belcher

Aug. 31 - Donna Looney

Sept. 2 - Pam Webb

Sept. 7 - Carolyn Mitchell

Sept. 14 - Frannie Minton

Sept. 24 - Deena Hurley

Sept. 25 - Holly Stiltner

Anniversaries

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)

Sept. 10 - Pam Webb (George)

Members Update

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

there, you have helped me already! As club work, projects, programs, and all the fun stuff is discussed, be thinking about how you think suggestions can be improved. Then, if you have an idea that you would like to see implemented, don't be afraid to say, "Madam President, I would like to see [a certain new or previously discussed project]," followed up by action. And if you really are interested, make a motion and after it is seconded, the club will discuss that project. Sometimes, we discuss in depth before a motion ever hits the floor, when actually we should hear the motion, get a second, and then discuss.

Well, you say, how could that help the secretary record the motion properly in the Minutes of the Meeting? She can write down the motion as presented, and then, if during the discussion the maker of the motion decides to amend her motion, she may and the records are clearer.

Everyone present should know exactly what the motion states so that there will be no confusion. If you are opposed vote Nay – that is your choice.

This is a bit of an over-simplification of the process, but you get the idea. The "Big Girls" have to write their motions, giving everyone time to "chew on it" before voting.

So now, we are ready to begin our new club year on Monday, August 7, 2017. I'll be looking for you with my pen and pad in hand.

Catch the Volunteer Spirit!

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.

Public Issues

Tammy Ratliff

I have made two donations to the Virginia Mountain Home Nursing Home of books and puzzles. They love this stuff! I am going to start collecting more and make quarterly donations and have reached out to the local clinics to see if there is anything we can donate that would help them. Join me!

Reminder: Please bring brown or white canned food items or a monetary donation for the State Project, due Aug. 10. Donations can be dropped off at the Mountaineer.

Calendar of Events

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

Aug. 4-5 - Jackson Family Singing (Verner Blankenship Park, Hurley)

Aug. 4-6 Fire on the Mountain (Poplar Gap Park)

Aug. 5 - Southern Gap Outdoor Adventure Poker Run

Aug. 7 - Buchanan County Board of Supervisors (Grundy Courthouse)

Aug. 8 - Back to School Bash (BCTCC)

Aug. 10 - ACP Business/ Services Fair

Aug. 12 - Women's Self Defense Seminar (Buchanan County YMCA)

Aug. 12 - SWVA RMEF Chapter Banquet (Noah Horn Well Drilling)

Aug. 15 - ASL Business Fair & Welcome Back Luncheon

Aug. 15 - BCPS First Day of School

Aug. 26 - Advanced Women's Self Defense Seminar (Buchanan County YMCA)

Sept. 11 - Buchanan County Board of Supervisors (Grundy Courthouse)

Partner Spotlight



August is National Immunization Awareness Month.

What better way to honor this observance than by featuring Shot@Life? Check out this excerpt from an article in Romper from May 2017, in which actress Zoe Saldana (popular from her role as Gamora in the Guardians of the Galaxy movies) shares her thoughts on vaccinations and the growing debate between advocates and critics.



The U.N. Foundation's initiative to reach "the fifth child" — a term used to reference the fact that "one in five children around the world does not have access to the life-saving immunizations needed to survive" — is a Shot@Life. The campaign hopes to empower, educate, and encourage Americans to advocate for what it considers "the most cost-effective" solution to saving children's lives in developing countries.

Part of the campaign is to simply educate Americans, which Saldana says we aren't doing in the highly-politicized debate of vaccinations.

"If we are making a wrong decision due to ignorance and misinformation, [our children] are the active recipients to that act of ignorance," Saldana says. "Our children and children across the globe deserve at least [us to educate ourselves]."

Though she doesn't say it, the misinformation that Saldana is most likely referring to is the oft-misrepresented idea that vaccines are linked to ASD, or Autism Spectrum Disorder. Despite studies debunking the theory — in 2011, and again in 2013, the CDC presented evidence proving that vaccines children do not cause ASD — the topic has become a political war zone.

An article published in May in Time magazine highlighted the rise of preventable diseases across the U.S. Just 17 years ago, measles was considered completely wiped out; however, cases of the disease that kills 1 or 2 out of every 1,000 who contract it are popping up once again. It alleges this is mostly due to the anti-vaccination movement. But it's not just measles — mumps, whooping cough and chicken pox are also on the rise.



In Loving Memory of Patti Thornbury

Grundy Woman's Club Past President
(1978-1980) Patricia "Patti" Ann
Hutchinson Thornbury has passed away.

In the 30 years she and her husband Bill spent living and raising a family in Grundy, they cultivated a strong link to the county, not only as active community members but important business leaders. Throughout her career, Patti served as Pharmacist-in-Charge (PIC) at Midway Drug Store in Grundy. She and Bill owned the store along with several others, including: Barr-Thorn Drug and Family Drug both in Vansant; Val-U Pharmacy in Johnson City, Tenn.; Garden Creek Drug in Oakwood; Family Drug in Coeburn; Family Drug in Castlewood; Care More Pharmacy in Dorton, Ky; Family Drug in Lebanon; Hurley Drug in Hurley; Family Drug in Davenport; and Randall's Pharmacy in

Lexington. She also acted as pharmacist at Heritage Hall Healthcare & Rehabilitation and Grundy Hospital and PIC at Buchanan General Hospital.



Dedicated to her community, she was a member of the Grundy Woman's Club and served as President during the 1978-1980 term.

She and her husband Bill retired to Lexington, Ky, several years ago, but their legacy remains.

Updates on Fundraisers



Holidays in the Hills: New Director & Location Announced

The GFWC Grundy Woman's Club recently confirmed our annual Holidays in the Hills fundraiser will be held at the Appalachian Pharmacy School on Saturday, November 18th.



With a new director at the helm (New Member Tammy Ratliff graciously accepted the position earlier this year), it is our duty to offer her all the help and guidance she might need.

As our biggest fundraiser of the year, it's a huge undertaking. But with this major hurdle out of the way, many new details will be released in the coming months. Please help us spread the word!

Cancellations, Announcements & Postponements

The **Yard Sale** fundraiser originally planned for August 4-5 has been cancelled. Stay posted for updates!

At our August meeting, members may pick up booklets of tickets for a **Wreath Raffle fundraiser** we're hosting this fall. The cost will be \$1 per ticket and each booklet will contain 10 tickets. The wreath will be on display at the office of Dr. Carl F. Hackney soon. Come to our August meeting or see 2nd VP Leigh Ann Hackney for more details!

The **Cupcake Wars** fundraiser has been postponed until next spring.

Volunteers Needed for ASL/ACP Business Fairs & Back to School Bash

The Appalachian College of Pharmacy and Appalachian School of Law have announced the dates of their annual business fairs for new and returning students. Additionally this month, the Buchanan County Public School System will host a Back to School Bash. (See Calendar of Events, Page 5.)

What better time to share with others what the GFWC Grundy Woman's Club is all about?

A post has been shared on the Grundy Woman's Club Facebook group page. If you can volunteer a little time, please hit 'reply' on that post to let us know which event you can attend and if you have a time preference.

Of course, we know everyone in the club is different – some can take off work, others can only take a lunch, and yet others might have all day. No matter how long you can stay, though, we know how valuable it is. Thank you to those who share it with us!

Bylaws Amendments & New Budget Proposed

In June, the Executive Board met to discuss the budget for the 2017-2018 term. All members are encouraged to review the proposed budget prior to our August meeting. A copy is attached (See Page 9).

Additionally, President Glenna Owens appointed a Bylaws Committee, consisting of Judy Holland, Ginger Robertson, and JoBeth Wampler. Together, they have reviewed the current Bylaws of the GFWC Grundy Woman's Club and suggested four changes. These proposed amendments will be presented before the club during the upcoming August meeting and voted upon during the September meeting. Please review these ahead of time. The amendments proposed by the Bylaws Committee include:

II – PROGRAMS

Section I.

Proposed Amendment: Revise section.

Current: The six (6) Programs shall correspond with the State and General Federation:

1. Arts
2. Conservation
3. Education
4. Home Life
5. International
6. Public Affairs

Amendment would read: The six (6) Community Service Programs should conform to the State & GFWC Programs – Arts, Conservation, Education, Home Life/Health, International Outreach, and Public Issues. Other Committees and Special Appointments shall conform as far as deemed advisable to those of the State & General Federation.

Rational: Allows appointments of chairmen and committees to additional Community Service Projects and Advancement Areas.

III – MEETINGS

Section 3.

Proposed Amendment: Strike the word “alternate” and insert “even.”

Amendment would read: At the regular meeting in February of ~~alternate~~ [even] years, a nominating committee consisting of three active members shall be elected from the floor.

Rational: Clarifies the actual year.

Section 4.

Proposed Amendment: Delete section.

Rational: No longer a practice.

IV – DUES

Proposed Amendment: Change \$10 to \$15

Amendment would read: Any person becoming a member of the club during the last half of the New Year shall pay a minimum of ~~\$10~~ [\$15] for the remainder of the year.

Rational: Dues increased.

VIII – PARLIAMENTARY AUTHORITY

Proposed Amendment: Strike "revised" and insert "the current edition of" before Robert's.

Amendment would read: The parliamentary authority for this club shall be [the current edition of] *Robert's Rules of Order* ~~Revised~~.

GFWC Grundy Woman's Club

2017-2018

Proposed Budget

Income			
	Dues	65 @ \$30	\$1950.00
	Fundraisers		
		Auction	
		Holidays in the Hills	
		Vintage Fashion Show	
		Miscellaneous	\$4325.00
Total Income			\$6275.00
Expenses			
	Dues		
		State - 65 @ \$25	\$1625.00
		District - 65 @ \$3	\$195.00
		Hostess Fund - 65 @ \$0.10	\$6.50
	RAM		\$100.00
	SWCC Scholarship		\$500.00
	ASL Scholarship		\$500.00
	ACP Scholarship		\$500.00
	Relay for Life		\$500.00
	Miscellaneous		\$2348.50
Total Expenses			\$6275.00

*Want to include something in **News**makers, 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).*

**GFWC Grundy Woman's Club
Treasurer's Report
05-31-2017--07-31-2017**

Balance on Hand – 05-31-2017 **\$4,423.64**

Receipts

06-09-17	Donation Autism Walk	\$ 50.00
	Donation – swim lesson	95.00
07-31-17	Dues	60.00
	Refund-Vansant PO Box	15.00
	Reimburse Conference	<u>355.25</u>

Total Receipts \$ 575.25

AVAILABLE FUNDS **\$ 4,998.89**

Disbursements:

05-04-17	IPage (debit card)	174.39
06-09-17	#5326 Chamber dues	50.00
07-17-17	#5327 Conference	817.25
07-20-17	#5328 Friends-Patti Thornbury	<u>30.00</u>

Total Disbursements \$ 1,071.64

BALANCE ON HAND 0-31-2017 **\$3,927.25**