

# NEWSMAKERS

September 2017 - Vol. 3, No. 9



## Celebrating with the President...

*Clubwoman Shirley Belcher Returns from GFWC Annual Convention in Calif.*

Grundy Clubwoman Shirley C. Belcher traveled to sunny California to attend the 127th Annual Convention of the General Federation of Women's Clubs.

Held at the JW Marriott in Palm Desert, CA, in June, the convention offered members of GFWC clubs around the world the opportunity to celebrate their accomplishments, learn about new initiatives, and participate in the advancement of the organization.

Accompanied by her daughter Julia M. Belcher, of D.C., Shirley, who serves as our International Outreach Chairman was 1 out of 799 delegates, visitors and boosters to attend the conference, which was presided over by GFWC International President Sheila E. Shea and Director of Junior Clubs Jolie Frankfurth.

Despite the 120-degree days, the spacious hotel kept attendees comfortable as they attended workshops, dinners and ceremonies.

Beginning on Thursday, June 22, a morning and evening aerial tramway and celebrity home tour, which GFWC referred to as 'Soaring Heights and Celebrity Sites,' offered the women a

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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.

## Club Calendar

Sept. 16 & 30 - Pill Bottle Washing (Buchanan Presbyterian Church)

Sept. 17 - Membership Tea & Luncheon (Willowbrook Country Club)

Oct. 14 - SWD Meeting (Abingdon)

Nov. 18 - Holidays in the Hills

## President's Message

Ladies,

As those of you who were at the August meeting know, we are back in full swing doing Woman's Club work.

We have several projects that we are busy working on and many activities planned for the upcoming months.

I know that each and every one of us is busy and has lots of demands on our time and energy, but in order to accomplish all of our goals, I need your help. I

would like for each of you to pick at least two projects (and you can volunteer for more than two) and commit to working on them. If you need a list of projects, let me know and I'll get that to you.

I hope to see each of you at our September meeting which will be held on Sunday, September 17 at Willowbrook Country Club, which is our membership meeting (see the related article for details). I encourage you to bring a friend who is not a member of the club and show her what a great time we have doing all the work we do.

I will be handing out the updated pages for our Grundy Woman's Club handbook at the September meeting. If you did not get the manual last September and would like a copy, please let me know and I will make sure you get a copy.



Glenna

## First Vice Pres./Leadership JoBeth Wampler

"In brightest day, in blackest night, no evil shall escape my sight. Let those who worship evil's might, beware my power, Green Lantern's light."

During this year's GFWC Virginia LEADS, we heard some amazing speakers. There were parliamentary procedures of note from GFWC VA Parliamentarian Marlene Wine and advice on public speaking from GFWC Director of Junior Clubs Jolie Frankfurth. From the latter, one of my favorite quotes was this one: "Don't dress to impress - dress for the occasion." Did you know Jolie, who has traveled across the U.S. speaking to state federations like ours, has a trusty jacket that makes her feel most comfortable behind the podium? Well, she does! Even the pros get nervous, yet they know a few tricks can help. However, one of the greatest concepts brought to life, in this clubwoman's opinion, was

in reference to a creed. Referencing the creeds of several comic book superheroes, like that of the Green Lantern which I shared above, GFWC VA LEADS Chair Trina Behbahani asked what our own personal mission statement might look like.

There are several things to consider before slapping a few pretty words together. Trina suggested examining the lives of others, those we hope to emulate. Think of what your ideal self might look like and consider the legacy you hope to leave behind. Determine a purpose and think carefully about your skillset. Then, define specific goals and craft your personal mission statement.

As with any plan, however, tweaks might be needed along the way. So always go back through the cycle from time to time to adjust your creed as needed. But the point I think to be made here is that of self-awareness. Once we clarify our purpose, putting one foot in front of the other to accomplish that mission is much easier. So I ask you, fellow clubwomen: What's your creed? What do you hope to achieve and how can the GFWC help you do it?

## **Second Vice Pres./Membership** **Leigh Ann Hackney**

Hope you have marked your calendar for the annual Membership Tea Party set for Sunday, Sept. 17th from 2-5pm at Willowbrook Country Club, Breaks, VA. Last year's inaugural event was a huge success! Our "Bring your favorite tea/coffee cup" gave us all a little insight to our fellow clubwomen. None of us attendees will ever forget Bertha's explanation of her favorite cup!

\*So mark your calendar!

\*Wear your finest party attire (Hat and all)!

\*Bring your favorite tea/coffee cup!

\*And be ready for some tasty food and awesome fellowship!

\*Last but not least, BRING A FRIEND!

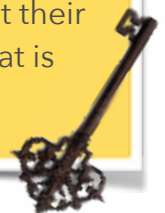
## **Leadership Tips**

In Leadercast's 'Key Objectives for Effective Team Building,' developing an environment where team members feel respected and valued speaks to the inherent human need to feel safe.

Cheryl Bachelder, the CEO of Popeyes® Louisiana Kitchen, Inc., was quoted as saying, *"Unless we actually care enough to find out what makes our employees feel safe enough to express concerns, safe enough to ask tough questions, safe enough to try a job they don't know how to do, safe enough to take a bold risk and investment ... we're never going to find out about the potential of the organization if we can't create a safe harbor for them to practice."*

In order to foster a collaborative team culture, Leadercast suggests this: At your next meeting, take note of how often investing in strategy is emphasized, versus investing in people and relationships. Talk with your members afterward, to either encourage their perspective, or redirect it, to encourage building relationships.

Then, get to know your members and co-leaders! Make time to speak personally with each person for a few minutes to learn about their lives, their issues and what is important to them.



## Birthdays

Sept. 2 - Pam Webb

Sept. 7 - Carolyn Mitchell

Sept. 14 - Frannie Minton

Sept. 24 - Deena Hurley

Sept. 25 - Holly Stiltner

Oct. 6 - Susie Wolford

Oct. 7 - Ashleigh Stephens

Oct. 21 - Ruth Horn

Oct. 21 - Tara Looney

Oct. 29 - Betty Shields

## Anniversaries

Sept. 10 - Pam Webb  
(George)

Oct. 1 - Liz Stiltner  
(Richard)

Oct. 10 - Heather Adkins  
(Trey)

Oct. 12 - JoBeth Wampler  
(Scotty)

## Members Update

We offer our deepest condolences to Jill Yates and her family on the loss of Peggy (See Page 6).

## Meeting Prompt

Please bring blankets and personal hygiene items for Remote Area Medical by the October meeting.

## Treasurer

**Ginger Robertson**

Your \$30 membership dues are now due. You may mail payment to the club (P.O. Box 77, Grundy, VA 24614) or bring it to our next meeting.

## Arts

**Bertha Street**

Plans are in the works for a **painting workshop** that can also be used as a club fundraiser. We will provide materials for the class and refreshments. This is on tap for late September to early October. Stay tuned...

## Conservation

**Anna Ruth Coleman**

The average total home water use for each person in the U.S. is about 50 gallons a day. More water is used in the bathroom than any other place in the home. A dripping faucet can waste up to 2,000 gallons of water a year – a reminder to each of us to conserve our resources in our personal use of water and to teach children and grandchildren the importance of not wasting this limited resource. Here are some ways we can conserve water at school and at home:

- Fill a pitcher with tap water and put it in the fridge, rather than running the tap every time you want a cold drink!
- Water your lawn in the early morning to avoid evaporation.
- Take shorter showers. (Get a timer and time yourself.)
- Repair dripping faucets.
- Place a layer of mulch around trees and plants to retain water.
- Turn off the tap in your bathroom while you brush your teeth.
- Don't let the water run constantly while you're washing or rinsing dishes.
- Clean sidewalks and driveways with a broom – not the water hose!



By evaluating all the ways in which you use water, you can start to think about ways you can conserve.

P.S. Members who do not wish to keep their **eclipse glasses**, bring them and we will look for chances to recycle. Also, please begin saving your **mascara wands** for a recycling project.



"Colorful Cans Project" – Thanks to all of you who contributed funds to purchase "cans" for our State Project. Southwestern District collected a total of 198 cans and 126 cans were from the Grundy Woman's Club. The total number of cans collected was 2,208-- going to a local food bank.



## Calendar of Events

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

Aug. 26 - Hunter Education Class (Noah Horn Office)

Aug. 26 - Fellowship Ride for Children's Christmas Blessing (Keen Mtn. Park)

Aug. 26 - Cruise-In (Vansant Baptist Church)

Aug. 26-27 - TGBC Legends (GHS Auditorium)

Sept. 1 - Connie's Hope Yard Sale (Vansant Church of Christ)

Sept. 6 - Wednesday Workshop: An Hour With H.A. Street (BCPL)

Sept. 9 - Spirit Fest (Grundy)

Sept. 15 - Radon Workshop (Dickenson Center for Research & Education)

Sept. 16 - BCPL Mini Con

Sept. 18 - Buchanan Co. Board of Supervisors (Grundy Courthouse)

Sept. 18 - Buchanan Co. PSA Garbage Fee Increase Public Hearing (GHS Auditorium)

Sept. 30 - CASA Backyard BBQ (Grundy Plaza)

Oct. 7-8 - Remote Area Medical (Riverview Elem.)

## Partner Spotlight

In honor of Ovarian Cancer Awareness Month in September, we're taking a closer look at GFWC Home Life Partner Inside Knowledge. A campaign of the Centers for Disease Control & Prevention, Inside Knowledge raises awareness of the five main types of gynecologic cancer: cervical, ovarian, uterine, vaginal, and vulvar. The campaign encourages women to pay attention to their bodies, so they can recognize warning signs and seek medical care.



There is no way to know for sure if you will get ovarian cancer, as most women get it without being at high risk. However, several factors may increase a woman's risk for ovarian cancer, including if you—

- Are middle-aged or older.
- Have close family members (such as your mother, sister, aunt, or grandmother) on either your mother's or your father's side, who have had ovarian cancer.
- Have a genetic mutation (abnormality) called BRCA1 or BRCA2, or one associated with Lynch syndrome.
- Have had breast, uterine, or colorectal (colon), cancer.
- Have an Eastern European or Ashkenazi Jewish background.
- Have endometriosis (a condition where tissue from the lining of the uterus grows elsewhere in the body).
- Have never given birth or have had trouble getting pregnant.

Pay attention to your body, and know what is normal for you. Symptoms of ovarian cancer may include: Vaginal bleeding (particularly if you are past menopause) or discharge from your vagina that is not normal for you; pain or pressure in the pelvic area; abdominal or back pain; bloating; feeling full too quickly, or difficulty eating; or a change in your bathroom habits.

If you have any of the other signs for two weeks or longer and they are not normal for you, see a doctor. They may be caused by something other than cancer, but the only way to know is to see a doctor.



## *In Loving Memory of Peggy Yates*

The Grundy Woman's Club mourns the loss of longtime clubwoman Peggy Yates.

Many of us will remember Peggy for her fierce dedication to the American Cancer Society's Buchanan County Chapter, which she helped establish many years ago with the help of Dr. Josh Sutherland, Gene Bane, John Astor Rife, John and Edith Yuhasz, and others.

She was first diagnosed with breast cancer in 1987 and spent the rest of her life working to ensure much-needed services were offered here in her home county. That legacy lives on through the hundreds of lives she benefitted through their creation.

In 2016, we celebrated to hear of Peggy's induction into the Buchanan County Hall of Fame. And no words were ever truer

than those of Cathy St. Clair in her induction speech: "I will leave you with this thought, which while I might think it, I need to attribute to a gentleman by the name of Leo Buscaglia, author of Living, Loving and Learning.

"He writes, 'Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.'

"It's the way Peggy Yates has lived her life, the way she has provided inspiration to countless others."

The family suggests that expressions of sympathy be made in the form of donations to the Buchanan County Relay for Life, P.O. Box 1194 Vansant, VA 24656.

## Wreath Raffle Fundraiser Details Given

At our August meeting, members picked up booklets of tickets for a **Wreath Raffle fundraiser** we're hosting this fall. The cost is \$1 per ticket. The wreath is on display at the office of Dr. Carl F. Hackney. Members are encouraged to share the post on the GFWC Grundy Woman's Club Facebook page or print off the flyer posted to our group page.



All tickets must be turned in by our Sept. 17 meeting at Willowbrook Country Club. Then, we'll draw a winner at our Oct. 2 meeting via Facebook Live. To pick up tickets or for more details, see Leigh Ann Hackney.

## Clubwomen Represent at College Vendor Fair & Back to School Bash

Members of the Grundy Woman's Club represented the GFWC well over the past month. In August, we attended the Back to School Bash, hosted by the Buchanan County Public School System, as well as the business/vendor fair at the Appalachian College of Pharmacy.



At the Back to School Bash, Sandy Stiltner and Ginger Robertson handed out 500 sno-cones and Judy Holland volunteered at the inflatables. And at the Appalachian

College of Pharmacy, Pam Wolford gathered numerous names and phone numbers of students interested in volunteering. She was joined by JoBeth Wampler some time later and together, the two shared information about the club. Other members were also in attendance at both events, representing their businesses. Many thanks to all!

## Possible Club Activities

With **Spirit Fest** just around the corner, several members have suggested the Grundy Woman's Club host a booth. In addition to selling wreath tickets, we'd like to know: Do you have any suggestions for what we can do? At festivals like this one, other clubs have invited children to make simple cereal necklaces – a free snack for them and big help to their moms! But what do you think? Go on our group Facebook page and tell us!

The Buchanan County Public Library has requested the Grundy Woman's Club participate in a **Haunted Storywalk**.



Slated for Saturday, Oct. 28 from 6-8 p.m., the walk will feature storyboards along the Route 460-Business Section in downtown Grundy. Starting at Rife's TV, children will make their way toward the Grundy Farmer's Market, where clubwomen have been asked to hand out punch. See JoBeth Wampler if interested in volunteering.

# Proposed Bylaws Amendments

Last month, the Bylaws Committee (Judy Holland, Ginger Robertson & JoBeth Wampler) presented proposed amendments to our current bylaws. These amendments will be voted upon during the September meeting at Willowbrook Country Club. They include:

## II – PROGRAMS

### Section 1.

**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*.

*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).*





### *Eclipse Gazing...*

Several members of the GFWC Grundy Woman's Club made their way to the Eclipse Viewing Party, hosted by Virginia Eyecare Clinic and the Buchanan County Chamber of Commerce, on August. 21. We hope everyone enjoyed the historic event.

*Continued from Page 1.*

bird's eye view of Palm Desert. "A thriving community," Shirley says the guide made particular note of the many actors and businessmen and women who had settled there, as well as the medical center named for President Dwight D. Eisenhower, who lived part-time in Coachella Valley during his retirement.

In addition to the fine homes and facilities, the area features the names of several of these notable persons on their streets and highways.

As opening ceremonies began on Saturday, June 24 with the theme 'Living the Volunteer Spirit through GFWC,' a partner luncheon and workshops kept clubwomen busy.

The conference offered a presentation, titled 'Human Trafficking = Slavery,' and another on domestic violence.

Among the many Convention highlights was the inspirational speech by author Mary Lou Sanelli

and the singing of Karyn Charvet and Becca Wagman, as well as a comedy performance by Dr. Ken Kern, a physician and highly trained hypnotist featured on America's Got Talent (Seasons 10 and 11).

Two memorials were made, honoring GFWC International Past President (1980-1982) Marijo Shide of Grand Forks, ND, and GFWC International Past President (1978-1980) Mary Elizabeth Preston of Pikeville, KY.

Members of the GFWC around the world also received accolades during the convention for volunteerism throughout the year in 2016.

GFWC Virginia received several nods for projects completed, including the Paula Cutler Award for Operation Smile and being named among the top lifesaver states benefitting the United Nations Shot@Life. The state also had the most volunteer hours benefitting the USO and was named first for Partner Projects of the GFWC Junior Special Program: Special Advocates for Children – benefitting both St. Jude Children's Research Hospital and the March of Dimes.

In addition to club programs and businesses, GFWC Partners had displays and speakers, including: Operation Smile, Heifer International, Shot@Life, Easterseals, UNICEF, Canine Companions, and more.

Next year's GFWC Annual Convention will be held in St. Louis, Missouri from June 22-26 at the historic St. Louis Union Station Hotel.

In the meantime, Pres. Shea invited members to sail the Panama Canal with her, beginning March 21, 2018. Ports of call during the ten-day cruise will include: Fort Lauderdale, Aruba, Cartagena, Colon, Costa Rica, and Jamaica. Visit [www.gfwc.org](http://www.gfwc.org) to take advantage of this amazing opportunity or for more information.