



NEWSMAKERS

February 2018 - Vol. 4, No. 1

In Memoriam

Grundy Clubwomen Honor Late GFWC VA President Fran Edwards

Clubwomen throughout Virginia were shocked last month by the sudden death of GFWC VA President Fran Edwards, who was 66 years old.

Her death came on January 4 – just a week prior to the meeting of our Grundy Woman's Club, where clubwomen honored her by wearing ribbons of Fran's favorite color and made a donation in her honor to the Feeding My Sheep food pantry here in Buchanan County.

A graduate of Southampton High School and James Madison University, Fran returned to Southampton County, where she taught math for 40 years. Along with being a member of Boykins United Methodist Women, Fran started her volunteer life as a 15-year member of the Boykins Junior Woman's Club, followed by being a member of the GFWC Tarrara Woman's Club for over 25 years, holding several club officer and chairmanship positions, including being the current GFWC Southside District Parliamentarian and GFWC Virginia State President. She was also a member of Virginia HOBY and charter member of Boykins Ladies Auxiliary.

Those who have spent time with her will remember Fran for her love of reading, good wine and NASCAR.

She leaves behind her husband, Glenn W. Edwards, sons, Christopher Daryl Cox (Ellen), Brian J. Cox and Daniel C. Cox, her daughter, Virginia G. Barner, sister, Dorothy Hickman (Wilton), a nephew, D. Craig Hickman, and two grandnephews, Douglas C. Hickman, Jr. and Andrew J. Hickman.

A memorial service was held January 8 at Boykins United Methodist Church. In lieu of flowers, the family requested memorial donations be made to St. Jude Children's Research Hospital, local food pantry, or the Boykins FD & RS Squad.



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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

Feb. 17 - Deadline for The Virginia Clubwoman

Feb. 23 - Deadline for District Chairmen Reports to GFWC VA Chairmen

Feb. 24 - Cinderella's Closet (ASL)

March 1 - Special Awards Deadline

March 15 - Deadline for State Chairmen Reports to GFWC

April 7 - Southwestern District Meeting

April 21 - Autism 5K (Bull Creek Trail)

President's Message

Ladies,

I am happy to report that our annual reports were submitted before the deadline of January 25th – thank you Ginger for helping get them in on time and correct once again!! Every year when we finish the reports and actually get them in the mail (which always has a story or two and this year is no different), I am amazed at what we, as a club, have accomplished. I would like to say “Thank you” to all the Chairmen that submitted reports and I would like to say “Thank you” to each of you that contributed your time, energy, money and resources to making GFWC Grundy Woman’s Club so successful. We did 117 projects, had 4,658.5 volunteer hours, raised \$8,040.78, donated \$3,281 and had \$16,225.63 in In-kind donations last year. SHEW!! I think we should all take a collective sigh and pat ourselves on the back for a very successful year of volunteerism in 2017. Now let’s roll up our sleeves and get busy so that we can make 2018 even more successful!

I hope that you will be able to attend our February meeting on Monday, February 5th at 6:00 at Grundy Baptist Church. Dinner will be lasagna, salad and bread. We will be celebrating Heart Health Month so please wear red. Remember that we are collecting stuffed animals, valentine cards and valentine candy for the residents at Heritage Hall.

Glenna

First Vice Pres./Leadership

JoBeth Wampler

Last year, I encouraged our members to take advantage of the free resources available through Leadercast. But if you haven't yet done that, or at the very least checked out their recent blog posts, you're missing out. That's why, in honor of Black History Month, I thought I'd share this recent post, written by Natalie Dupuis and titled 'Life Lessons MLK Taught His Daughter.'

It's easy to become our own worst enemy. As leaders, we often put pressure on ourselves to succeed or live up to our internalized high standards. Add that to the pressures and standards the world has set for us, and it can be incredibly overwhelming. But imagine being the daughter of Dr. Martin Luther King Jr., and the expectations the world sets for you and the expectations you'd have for yourself. Daunting, right?

At this year's inaugural Leadercast Women event, Dr. Bernice A. King, Martin and Coretta Scott King's youngest child, addressed those expectations directly:

“My mother used to tell me and my siblings, ‘whatever you do in this life, you don’t have to be me or your dad.’ That has kept me sane, trust me. With the enormity of their legacies, I’ve had to return to that over and over again.”



One of the things that Dr. Martin Luther King Jr. knew clearly was his own purpose on this earth, and his daughter found a way to act on her purpose as well as CEO of The King Center. Backstage at Leadercast Women, she explained some of the most valuable lessons she learned from her parents. Here they are, in her own words:



Photo Credit: National Park Service

“[Life] is all about serving others.”

“Understand that you have gifts and talents to offer the world. A lot of people do feel pressure because of the competitive nature of our society to try to outdo somebody else. But really, if you sit still and dig deep within yourself, you’ll discover everything you need to know that is necessary for you to live a fulfilling and complete life.”

“Both of [my parents] started from the inside out, asking, ‘What is the world that I live in, and what do I want to see be different?’ And they went on this internal quest for that.”

“My mother went to Antioch College [in Yellow Springs, Ohio, whose founder] was Horace Mann. There was a statue of him on campus that said, ‘Be ashamed to die until you’ve won some victory for humanity.’ She carried that with her... and she had no idea what [her victory] was going to end up being, and oftentimes we don’t. We don’t know where we’re going to end up, but you pick up these nuggets through life and these different experiences, and it all comes together in a moment.”

“One of the biggest challenges is learning how to listen. Not just to what people say, but to what they’re not saying, and really trying to hear what will bring value to everyone.”

“When you die, will it matter that you were born? [That question] doesn’t scare me; it drives me. It tells me that there’s something inside of me that I have to offer. Otherwise, that question would not be posed to me by the universe. It puts me in a mode of really looking forward and searching out. You just have to open up your mind to the fact that you have something to contribute and offer. And if you affirm that, then life will meet you in a lot of different ways through experiences, encounters, conversations, something you might see or read—it just opens you up further and further and further, and before you know it, you’re doing [what you set out to do].”

“What you feel called to do, you can do anywhere. People get totally stuck on ‘the job.’ The job is for income, and that has nothing to do with your purpose. You can fulfill that purpose anywhere.”

Take these lessons with you, not only as we collectively celebrate the life and legacy of Dr. Martin Luther King Jr. this weekend, but as you consider the type of leader you aspire to be. What expectations do you have for yourself that are holding you back from delivering on your purpose? Don’t let yourself be your worst enemy, and never allow it to hinder you from following through on your calling.

Club Members Birthdays

Feb. 16 - JoBeth Wampler

Feb. 17 - Becky Bartley

Feb. 19 - Tammy Ratliff

Mar. 7 - Cammy Reece

Mar. 9 - Melinda Crigger

Mar. 18 - Jill Yates

Mar. 29 - Donita Estep

Mar. 30 - Kim Long

Anniversaries

Feb. 8 - Pat Ratliff (David)

Feb. 22 - Betty Shields (Jerry)

Mar. 8 - Donna Looney (Dewey)

Members News

Congrats to new grandmas Barbara Fleenor & Sandy Stiltner and great-grandma Betty Shields!

Want Included?

If you're a member of the Grundy Woman's Club and you want included on our Members' Birthdays & Anniversaries list, please contact JoBeth Wampler (jobeth.wampler@gmail.com).

Calendar of Events

March 10 - Miss Buchanan County Pageant (GHS)

Secretary

Betty Shields

This month, I'd like to share the duties of the secretary, as written by GFWC Parliamentarian Shirley Gomes, from a recent edition of News & Notes.

The secretary is the recording officer of the club and the custodian of its records, except those specifically assigned to others, such as the treasurer's books.

The duties of the secretary are:

- To keep a record of all the proceedings of the organization - usually called the minutes.
- To keep on file all committee reports.
- To keep the club's official membership roll (unless the bylaws assigned another this duty) and to call the roll where it is required.
- To bring to each meeting a list of existing committees and their members, club bylaws, special rules of order, and standing rules.
- To record in the first paragraph of the minutes the kind of meeting: regular, special, adjourned regular, or adjourned special. Also, the name of the club, the date and time of the meeting, and the place, if it is not always the same must be noted.
- To make any corrections approved by members in the text of the minutes being approved. (The minutes of the meeting must state that the minutes were either approved or approved "as corrected".)
- To record motions made and to take down the exact wording of motions especially main motions and amendments. The maker of the motion should be recorded in the minutes, but not the name of the member who seconds the motion. The minutes should reflect whether a motion was adopted or defeated.
- The last paragraph on the minutes should list the time of adjournment. For example, it could read, "The meeting adjourned at 7:18 p.m."
- Write in the left hand margin the following: "Approved", adding the date and your initials.
- The minutes should be signed by the secretary.

Home Life

Sandy Stiltner

February 2nd is Wear Red Day for women's heart health! Remember to wear red to our meeting! We have members who have experienced heart problems and will be here to tell us more about their experiences. Isn't that wonderful they have survived heart problems?

Don't forget February 14 is Valentine's Day! We will be giving valentines to the residents of Heritage Hall. We are asking you to bring valentines and stuffed animals and any other items (candy and such), so we can take them to the residents. If you are interested in helping this year, we will have more information at our meeting!

Remember to wear RED and bring your valentines! See you at the meeting!

As many of you know, feeding birds is a great way to brighten a dreary winter day. It's also a great source of entertainment and enjoyment. Bad weather such as snow, ice storms and extremely cold temperature can make it hard for the birds to find food. Providing high quality food during winter not only entices more birds to visit your yard, it also may help them survive the season. It is especially important during winter month to switch to bird food rich in fat and calories to combat low temperatures and winter storms. If interested in viewing the birds and helping provide a food source during the cold winter months, just give them a variety of visible food including seeds, cracked corn, nuts and suet. After the birds find your feeders, their presence and activity will attract others and, if you're lucky, you will be rewarded with surprise visits from birds to usually found in our area.

In the past, Grundy Woman's Club has donated bird feeders, bird seed and suet to Heritage Hall Nursing Home. We have been told by the staff how much the residents enjoy watching the birds from their personal room windows. We did not do this last year, so I would like to encourage each of you to bring any of the items listed above for us to deliver to the home for the birds and for the residents pleasure.

Please bring these items to our club meeting or, if you prefer to make a donation to purchase these items, you may give to me or Pam Wolford. We will then make the purchases and deliver to the nursing home. Thank you all for your generosity and helping with this Conservation project.

Go Red for Women

Take Time for You This Heart Health Month

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, as 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?

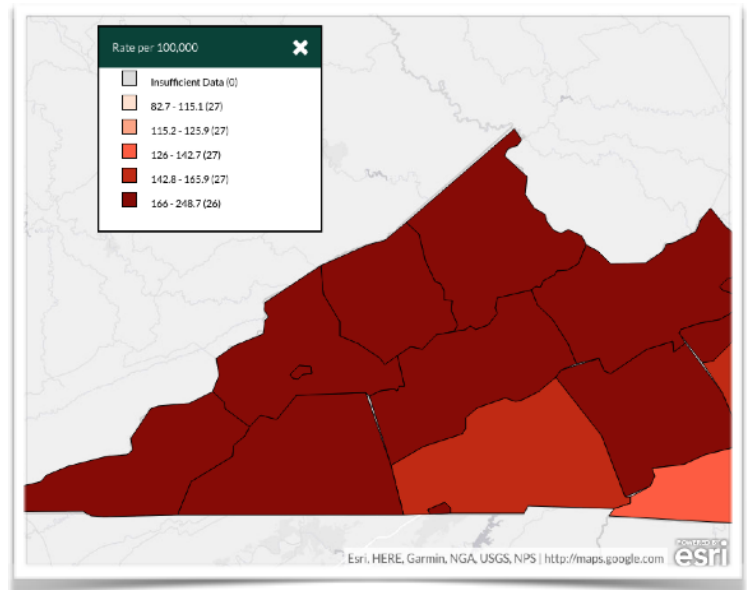
The American Heart Association (AHA) created Go Red For Women to address the hundreds of thousands

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.



Last year, clubwoman Ruth Horn shared her story of survival, noting that women often don't take time for themselves – for proper diet, exercise, or even listening to our own bodies.

That's why we encourage all of our members to take time this Heart Health Month to take time for themselves and make the changes that might someday save their lives.



Because of Your Support...

In December, the Grundy Woman's Club voted to adopt a family for Christmas. Dr. Amanda Umlandt, who graciously agreed to shop on our behalf, took these snaps of the items we were able to provide thanks to your generous donations.



Taking Care This Flu Season

The CDC estimates that flu has resulted in between 9.2 million and 35.6 million illnesses each year in the United States since 2010.

According to the CDC, in addition to getting a seasonal flu vaccine, you can take everyday preventive actions like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading flu to others. In addition, there are prescription medications called antiviral drugs that can be used to treat influenza illness. If you have a loved one who is at high risk of flu complications

and they develop flu symptoms, encourage them to get a medical evaluation for possible treatment with flu antiviral drugs. These drugs work best if given within 48 hours of when symptoms start.

[Clubwoman Kim Long's Recipe for Curing Strep Throat](#)

1 tbsp honey

1 /2 tbsp garlic powder

1/4 tsp cayenne pepper

1/2 tsp cinnamon

Mix together and swallow. After taking, do not eat or drink for 15 minutes. Repeat every 4 hours.

**GFWC Grundy Woman's Club
Treasurer's Report
12-31-2017 – 01-31-2018**

Balance on Hand – 12-31-2017 **\$8,318.84**

Receipts

01-12-18	Silent Auction	\$ 989.50
	Dinner	165.00
	Dues	<u>60.00</u>
	Total Receipts	\$ 1,214.50

AVAILABLE FUNDS **\$ 9,533.34**

Disbursements

01-11-18	#5357 – Grundy Baptist Church – dinner	\$ 165.00
01-12-18	#5358 - Boys & Girls	100.00
01-12-18	#5359 - Feed My Sheep (In memory of Fran Edwards)	100.00
01-13-18	#5360 - SW District Dues \$135; D. Project \$100; Hostess Fund \$4.50	239.50
01-13-18	#5361 - GFWC VA Dues \$1125; State Proj. \$100; other\$100	1,325.00
01-22-18	#5362 - Postmaster – mailing reports	<u>16.78</u>

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Total Disbursements \$ 1,946.28

BALANCE ON HAND 01-31-2018 **\$ 7,587.06**

GFWC Grundy Woman's Club

January 11, 2018 – Minutes

The regular meeting of the GFWC Grundy Woman's Club was called to order January 11, 2018, by President Glenna Owens at the Grundy Baptist Church. Owens welcomed guest Kayla Williams and the 13 members in attendance. Upon arrival each member was presented an orange ribbon in memory of GFWC Virginia President Fran Edwards, prepared by Sandy Stiltner and Kim Anderson Long.

Tammy Ratliff led the Pledge of Allegiance to the Flag. Sandy Stiltner presented the Thought for the Day, "The Foot Book," a Dr. Seuss book. Betty Shields gave the prayer of grace before dinner.

Minutes of October meeting were corrected and approved on motion from Kim Anderson-Long, seconded by Tammy Ratliff.

Treasurer's report showed a balance 12-13-17 of \$8,318.84 and without objection was placed on file. (Copy attached).

REPORTS OF COMMITTEES AND PROJECTS

1. Fundraising – Silent Auction at chamber banquet. Mary Belcher reported that the club's half was \$989,50 with more funds to be added at a later date.
2. Fundraising – Vintage Fashion Shop. Ginger Robertson reported door receipts of \$130 (\$330.00 less 200.00 to presenters) plus our portion of sales \$317.00 for a total of \$447.00.
3. Home Life/Health – Heritage Hall donation of \$250. Glenna Reported that funds were used to purchase gifts for residents as necessary.
4. Dues update – 43 members paid as of 12-31-17.
5. Food supplies for Convention. Ginger requested that members begin now to collect mac & cheese and/or money for the state project at Convention 2018.

NEW BUSINESS

1. A reporting workshop to be conducted by 1st VP JoBeth Wampler to be held Saturday, January 13, 2018 at the Chamber of Commerce office.
2. Education. Ginger read a letter from Boys & Girls Club requesting a donation for the program. Sandy Stiltner moved that a donation of \$100 be made, seconded by Mary Belcher. MOTION APPROVED.
3. Fundraising. JoBeth lead a discussion of the previously planned "Cup Cake Wars." Event will be held May 12 at Grundy Baptist Church. More details to follow.
4. JoBeth also reminded members that the Autism 5K race will be held this year on April 21, with proceeds to be applied to YMCA swim classes for autistic children.
5. Animals for Heritage Hall. Sandy Stiltner requested members bring Valentines, stuffed animals and/or candy to our next meeting to be delivered to Heritage Hall Residents.
6. A contribution in memory of GFWC Virginia President Fran Edwards was discussed. Judy Holland moved that a donation of \$100 be made to the local Feed My Sheep food pantry in keeping with Edwards' State Project "No More Hunger" seconded by Mary Belcher. MOTION APPROVED.

7. Glenna shared a memorial poem remembering GFWC Virginia President Fran Edwards who passed away suddenly on January 4, 2018
8. A special presentation will be made at the February meeting recognizing Tammy Ratliff who was chosen as Club Woman of the Year 2017.

ANNOUNCEMENTS were made regarding BCPL upcoming activities.

President Owens reminded members that Cinderella's Closet was seeking shoes, bags, and dresses for upcoming proms.

Next meeting February 5, 2018, Grundy Baptist Church 6 p.m.

Club Collect led Kim Anderson Long.

Adjournment

Photo op following adjournment

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 or call 276-935-2123 (W) or 540-250-6294 (M).*