

# NEWSMAKERS

In The Big Things of Life ~ We Are At One

## Cleanin' Up

by Anna Ruth Coleman

Wednesday, March 22nd, in observance of World Water Day, Betty, Ginger and I delivered food and helped to serve the county cleanup crew. It was a chilly, windy day, but the crew did a fabulous job of cleaning out a portion of the Levisa River below town. It was deplorable the amount of plastic bottles, trash and containers caught by trees in the river.



We need clean water upstream to have healthy communities downstream. The health of rivers, lakes, bays, and coastal waters depend on the streams and wetlands where they begin. It is so important that we do our part to help educate and maintain healthy clean waterways. Our life depends on clean water as well as provides a healthy ecosystems for wildlife, places to fish, paddle or swim. Our economy depends on clean water to function and flourish. As Club members lets continue to look for opportunities to help stop the litter in our streams, on roadways and trails.

The staff and workers expressed their appreciation to us and the club for providing their lunch.



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Newsletter Editor JoBeth Wampler

## Club Calendar

April 15 - SWD Spring Meeting (Davis Banquet Hall, Pearisburg, VA)

April 20 - Newsmakers Submission Deadline

April 21-23 - GFWC VA Spring Convention (Roanoke, VA)

April 24 - Federation Day

April 29 - Autism 5K (Bull Creek Trail)

May 1 - Grundy Woman's Club & College Shower

June 2 - The Virginia Clubwoman Article Deadline

June 23-26 - GFWC Annual Convention (Palm Springs, CA)

September 30 - Deadline for Club Dues

## Newsletter Submissions

Beginning this month, submissions for Newsmakers, our Grundy Woman's Club newsletter, will be due by the 20th of each month. Reminders will still be emailed regularly, so no worries!

## President's Message

Ladies, April and May are always busy months for Grundy Woman's Club as we wrap up our year and prepare for our summer break and this year is no different. We will be celebrating Autism Awareness Month, Child Abuse Awareness Month and Domestic Violence Awareness during April. We will be decorating the gazebo and Lighting the Town Up Blue for these very worthwhile causes. We will also have a guest speaker at our meeting to talk about the Adoption Services offered at Social Services. Several members will be attending the GFWC Southwestern District Spring District meeting on April 15th in Pearisburg and the GFWC Annual Convention on April 21st -23rd in Roanoke. And we will end the month by sponsoring the Autism 5k on April 29th.

May is our College Shower month and we will be focusing the meeting on Education. If you can't make it to the April meeting to sign up to bring something for the shower, please let me or Mary Belcher know what you want to bring and we will put you on the list.

On a personal note, thanks to everyone who called, texted, sent cards etc. while I was sick and in the hospital. You sure know how to make a girl feel loved!

THANK YOU for all that you do to help Grundy Woman's Club be an active organization in the community. Please try to attend the meeting on April 3rd and don't forget to wear blue! REMEMBER we will be having dinner at 5:30!

*Glenna*

## April Meeting Reminders:

- Wear blue for Child Abuse Prevention & Autism Awareness.
- Bring items for three Easter baskets for Domestic Abuse Shelter and Heritage Hall.
- Bring dollar donations for the Skittles guessing game fundraiser at the GFWC VA Spring Convention.
- Bring wish list items for HOBY Virginia, including: gift cards, markers, water bottles, postage stamps, five-tab binder divisions, 66- to 71-quart storage bins, tape (duct, masking or scotch), regular/white styrofoam poster board stickers (animals, characters, letters, etc.), packaged snacks and bottled water, and plain white address labels.

## Advocating for Autism

by JoBeth Wampler

This week, News & Notes featured our autism awareness campaign with their 16,000 subscribers, and I don't think I could be more thankful.

Reposting the blog I wrote last year on their website and asking clubwomen all over the world to share it is almost unbelievable.

When I wrote about our experience with autism on the Grundy Woman's Club blog, my intention was to help others see what a parent goes through when the word autism becomes a part of their lives. It's not a death sentence; it's not cancer. But it is a lifelong challenge and often misunderstood.

Friends will often embrace our daughter and steer clear of Joshua, fearing they might upset him. But Josh isn't that kind of kid. He is the biggest lover boy you've ever seen. And once you steal kisses, he'll tempt you to steal a few more.

That's just a small part of what drives me to share Joshua's autism story with others. Some people might think of it as self-indulgent or accuse me of labeling or exploiting my child for attention, but ignorance is rooted in people refusing to speak up. I want my son to be able to jump and flap his arms in excitement without others staring. I want his classmates to attempt to play with him even when he seems distant and avoids eye contact. Because, autism shouldn't define him. Or worse, exclude him. Yet while he's so much more than his autism, autism plays a really big role in his life. And that's why awareness is so vital to his future. Thanks to all of you for helping us make it brighter.

### Subscribe to News & Notes

If you haven't yet subscribed to News & Notes, the best source for all things GFWC, what are you waiting for? Signing up is easy and gives you access to timely news items from around Headquarters, our partners, and our work on a national and local scale.

Simply provide your name, mailing address, email, and club name to GFWC Membership Services Manager Kate Garlick at [kgarlick@gfwc.org](mailto:kgarlick@gfwc.org) and you're set!

**NEWS & NOTES**  
LIVING THE VOLUNTEER SPIRIT THROUGH GFWC

News & Notes - March 30, 2017

**Help Raise Awareness of Autism Spectrum Disorders**

In 2016, the **GFWC Grundy Woman's Club** (Virginia) launched a very successful campaign to advocate for those with autism and their caregivers by sharing the personal story of clubwoman JoBeth Wampler. In a blog post placed on the club's website, JoBeth shared her reaction upon receiving an autism diagnosis for her son Josh, saying:

*... he may never enjoy a baseball game, come home with a frog in his pocket, kiss a girl, or tell us he loved us. It was the hardest time of our lives, as we came to grips with the possibility we may someday wish he'd die before we did. Because, being on the severe side of the spectrum, it's possible he'll never be able to function without our care.*

### Our Upcoming Efforts – Many Ways to Advocate

**Downtown decor...** We decorated for Autism Awareness Month and Child Abuse Prevention Month on Thursday, March 30 at the gazebo in front of the Grundy Plaza. Those who could meet earlier assisted A Voice for Our Children at the pedestrian bridge in front



of Walmart. However, a few last minute additions will be placed this Saturday. Want to help? Tell Sandy or JoBeth.

**Lighting it blue...** The club is selling blue bulbs for \$6 each, while supplies last, at select locations, including: the Mountaineer, TruPoint Bank, New People's Bank, Dr. Carl Hackney's office, & Buchanan General Hospital. Planning to LIUB? Share a photo on social media and post on our Facebook page, using the hashtag #LIUB.



**Social media sharing...** All month long, the club will share information relating to autism on its Facebook page. Those who 'Like' and 'Share' these posts will be entered into a drawing for a gift basket. By sharing on your own Facebook page, you can help us spread the word.

**Take a walk...** Not everyone is enthusiastic about participating in a 5K. But by registering for our event and taking a little walk on the Harman Trail, you're helping us to sponsor more children, more swim lessons, and potentially saving lives. It's \$15 well spent.



## Chairman Reports

### Membership - Leigh Ann Hackney

Be thinking of ideas for our fall membership drive! I would love to get as many people involved as possible. If anyone has any interesting ideas or suggestions, please email me!

### Treasurer - Ginger Robertson

As we enter the last month of our 2016-2017 fiscal year, a reminder that our 2017-2018 club dues of \$30 are due by the end of September 2017. (Our fiscal year runs from May 1 to April 30) I am extending the deadline for payment to the end of September since we don't meet in the summer.

**MONEY FUNNY:** Three animals were having a drink in a café, when the owner asked for the money. "I'm not paying," said the duck. "I've only got one bill and I'm not breaking it." "I've spent my last buck," said the deer. "Then the duck will have to pay," said the skunk. "Getting here cost me my last scent."



Why is money called dough? Because we all knead it.

## Buchanan County Calendar of Events

March 31 - Relay Rally (ACP)

March 31 - GHS FBLA Bingo Night (GHS)

March 31 - Buchanan Co. Courthouse Committee Meeting (Courthouse)

April 1 - Appalachian Health Fair (ACP)

April 1 - Grundy Kiwanis Cruise-In (Grundy Town Center)

April 1 - Buchanan County Singing Star Auditions (Poplar Gap Park)

April 7-9 - Annie Jr. presented by Theatre Guild of Buchanan County (GHS Auditorium)

April 8-9 - Lewis & Clark Circus (Poplar Gap Park)

April 9 - Aladdin (SWCC)

April 13 - BCPL Author's Festival

April 16 - Easter Sunday

April 20 - Pikeville Hillbilly Days Festival

April 21 - Clean Your Files Day (Downtown Grundy)

April 22 - Sexual Assault Awareness 5K (Grundy Community Center)

April 29 - Autism Picnic (Keen Mountain Park)

May 14 - Mother's Day

May 19-21 - Blessing of the Bikes (Grundy Community Center)

## Home Life – Sandy Stiltner



Why blue? Light It Up Blue is a signature campaign of Autism Speaks.

Beginning on World Autism Day, April 2, countless families join in with international landmarks to 'light blue' during World Autism Month.

However, that's not the only blue we see in April. It's also in April that we recognize Child Abuse Awareness & Prevention Month and the blue

pinwheel serves as a national symbol for child abuse prevention. These are the things we want to make people aware of in the month of April! Let's do this and light it up BLUE! Every child needs a chance! Let's all try to make BLUE Happy!

Don't forget Easter is in April! We want to honor our residents at Heritage Hall and we can't forget the residents at the Abuse Shelter. There are three children currently housed at the shelter – an 18-month-old girl, 2-year-old boy, and 3-year-old girl. Please bring items for their Easter baskets to our April meeting!

## Education – Mary Belcher

The Woman's Club will be hosting a College Shower for two (2) deserving High School Seniors during the May meeting. A signup sheet of things to bring for each student will be available at the April meeting. If you cannot attend the April meeting, but you would like to help these students get ready for college, please contact me

at (276) 935-4147 or (276) 791-1896 or email me at

mmbelcher@verizon.net or bcchamber@bvnet.net.



## Leadership – JoBeth Wampler

If you're a chairman, consider the benefits of keeping your club minutes. If you're like me, you can barely remember what you did last week – let alone



### Meeting Minutes

remember what projects we were doing several months ago! An easy solution is to keep your agenda, minutes and treasurer's report in a folder. Write notes on the agenda, recording mileage, money spent, or donations provided.

But what if you miss a meeting and don't get a copy?

That's where the newsletter comes in handy. Minutes, as well as the treasurer's report, are usually included. Just keep the newsletter in your email's inbox and when reporting season arrives, do a quick search for the word 'newsletter.'

## Birthdays

April 19 - Catherine Rasnake

April 23 - Shonna Powers

April 24 - Pam Wolford

May 6 - Glenna Owens

May 10 - Brandi Clevinger

May 14 - Tania Stephens

May 22 - Vonda Slone

## Anniversaries

April 13 - Brandee Brown (David)

April 25 - Donita Estep (Shotty)

May 6 - Nelma Eslwick (Jessie)

May 14 - Becky Bartley (Sam)



**GFWC Grundy Woman's Club  
Treasurer's Report  
02-28-2017 – 03-31-2017**

**Balance on Hand – 02-28-2017** **\$5,083.78**

**Receipts**

03-07-17 Dinner	\$ 210.00
Dues	30.00
District Meeting	60.00
Convention	<u>530.00</u>
Total Receipts	\$ 830.00

**AVAILABLE FUNDS** **\$ 5,913.78**

**Disbursements:**

03-06-17 #5313 – Cash Dinners	\$ 210.00
03-07-17 #5314 - GFWC Donate WHRC honor Peggy Yates	100.00
03-07-17 #5315 - Boys & Girls Club	100.00
03-07-17 #5316 - CASA -drinks for dinner	25.00
03-21-17 #5317 - Southwestern District – District Meeting	220.00
03-21-17 #5318 - GFWC Virginia (5) Convention	1,285.00
03-24-17 #5319 - Anna Ruth Coleman -Lunch World Water Day	<u>153.84</u>
Total Disbursements	\$ 2,093.84

**BALANCE ON HAND 03-31-2017** **\$3,819.94**

**GFWC Grundy Woman's Club**

March 6, 2017 – Minutes

The regular monthly meeting of the GFWC Grundy Woman's Club was held March 6, 2017 in the Grundy Baptist Church fellowship hall, 1st Vice-President JoBeth Wampler presiding. Wampler called the meeting to order at 5:30 pm, welcomed those present and following Grace invited those present to enjoy dinner which was being held earlier than usual, this procedure on a three month trial basis to expedite the business meeting.

Following dinner, Wampler again welcomed 19 members (including junior member Elle Hackney) to the meeting.

Sandy Stiltner led the Pledge of Allegiance to the Flag of the United States of America. Barbara Fleenor brought the thought for the day "Proud To Be Here," citing Sarah Ophelia Colley Cannon whose stage name was "Minnie Pearl" and her accomplishments.

Minutes of February 5, 2017 meeting were approved. Treasurer's Report showed a balance 2-28-17 of \$5083.78, report placed on file. Copy attached.

**Reports of Committees & Projects**

- JoBeth Wampler, 1st VP report gave a Leadership update.
- Ginger Robertson presented a program on Women's History Month. Robertson moved that a donation of \$100 be made to the Women's History and Resource Center in honor of Peggy Yates who has been featured on the GFWC Virginia website and in the latest issue of "The Clubwoman" magazine. Motion approved. A discussion followed, citing GFWC programs and the value of club work. Reminding members of the 70th anniversary of the GFWC Grundy Woman's Club this fall, Robertson said she would inform GFWC VA Second Vice President Martha Matthews of the milestone.
- JoBeth Wampler reported on the Junior's Special Project - Advocates for Children. Autism month is April. She reminded members to wear blue to the April meeting. The club will sponsor the 3rd Annual 5K Walk/Run to be held on April 29 at the Harman Bike Trail. She moved that proceeds from the race be used this year to sponsor YMCA Scholarship Swim Classes for Autistic Children. Motion approved. Members urged to again 'Light It Up Blue' throughout April for Autism Awareness Month. The group agreed to meet on Thursday, March 30 at 5 p.m. to decorate the gazebo. JoBeth Wampler will consult with A Voice For Our Children about decorating the bridge downtown and update the club through email/Facebook. She reported that proclamations had been signed by the Buchanan County Board of Supervisors that morning, proclaiming April as Autism Awareness Month and Child Abuse Awareness & Prevention Month and agreeing to 'Light It Up Blue' in April for the former. Additionally, she suggested the club sell blue bulbs this year and that she would be asking Home Depot for a contribution of bulbs to bring the price down. Debbie Deel, Melinda Crigger and Leigh Ann Hackney agreed to sell blue bulbs at their office locations for Light It Up Blue.

- Health Chairman Sandy Stiltner reported on the Valentine's Day visit to Heritage Hall with Bertha Street. The event was a huge success. The next event will be an Easter program, details at April meeting.
- Junior's Special Project - Advocates for Children. Club approved purchase of PCAV Pinwheels for use in April as part of Prevent Child Abuse month, amount to be decided after Sandy Stiltner gets the figures.
- Stiltner reported on GFWC Special Projects, plans discussed for Easter Baskets for the children at the shelter. More information at April meeting.
- Anna Ruth Coleman reported on Conservation projects. In observance of World Water Day, March 22, 2017 she suggested the club donate \$150 to feed the river cleanup workers on that day. Following discussion, Judy Holland moved that the club contribute up to \$200. Motion approved.
- Education – members reminded to bring school supplies and snacks for HOBY in April.
- Education – a college shower for an Upward Bound student and a Mountain Mission School student will again be held in May. A signup list will be supplied to members for articles to bring to the shower.
- Ruth Horn mentioned the possibility of inviting one of our state officials to an upcoming club meeting. She will pursue this idea and report back.

### **New Business and Announcements**

- District meeting will be April 15 in Pearisburg, official visit of GFWC Virginia State President Fran Edwards. We have been asked to collect mac & cheese, jars of peanut butter, and crackers to take to this meeting for the District Project.
- GFWC Virginia State Convention April 21-23, 2017.
- Money collected for Skittles for state project at convention.
- Donation to Boys and Girls Club tabled from last month. Sandy Stiltner moved that a donation of \$100 be made (\$20 for each of the five elementary schools hosting Boys & Girls Club). Motion approved.
- Sandy Stiltner moved that a \$25 donation be made to CASA to buy drinks for the CASA Appreciation Dinner. Motion approved.

The next regular meeting will be April 3, 2017, Grundy Baptist Church fellowship hall, dinner at 5:30 pm, meeting to follow at 6 pm.

Sandy Stiltner led the Club Collect.

Meeting adjourned.

Betty Shields, Secretary

*Want to include something in **Newsletters**, 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).*