



The Woman's Club of Williamsburg, GFWC



NEWSLETTER, November 2017

General Meeting November 15, 2017 *at Ford's Colony*

- Price \$17.00. **Reservation change/cancellation date: November 8**
- The by-laws state “any member failing to cancel her luncheon reservation by the cancellation deadline is responsible to pay for that reservation.”
- Registration 11:00-11:20; meeting will start promptly at 11:30; lunch service at 12:15.
- Please advise your telephone contact if you have any **special dietary requirements**. Special meals are only available if pre-ordered!

Main Menu: Roasted chicken crepes, chicken and mushroom veloute, baby French beans, and crispy fried onions **Dessert:** Assorted cookies

Message from the President and Vice President

November is a special time of giving thanks. We thank each of you wonderful ladies not only for what you do for the Club but also for our community. We are thankful for the support you have given us during this difficult time, as we know you are thankful for the support you receive from each other. Please read your newsletter carefully, there are several important projects happening this month. On behalf of the Board of Directors and ourselves, we wish you a very Happy Thanksgiving!

Reminder: Reports will be due soon. Be sure your Committee Chair has your hours, dollars in kind, etc. Chairman, please send your reports to Kathy Roper (kroper@cox.net) by December 15.

Dates to Remember

Nov 2-5	Southeastern Regional GFWC Conference
Nov 4	Belk Fundraiser (Joan Whitla)
Nov 7	Volunteer Committee activity (Amy Payton)
Nov 9	Fall Card Party (Ann Lysenko)
Nov 15	General Meeting – Head Start coats, UNICEF guess the candy, Heifer International gift orders, poinsettia orders, food for Community Action
Nov 17 & 18	Salvation Army Bell Ringing (Ann Lysenko)
Dec 13	General Meeting - poinsettia pickup
Dec 15	July-Dec 2017 reports due to Kathy Roper

Corresponding Secretary: Karen Eversole

If you know of a member who is ill or in need of cheer, please let Karen know so that she can send a card.

Treasurer: Jean Migneault – no report

Fundraising: Barbara Muzzi

Thank you to everyone who signed up to attend or help with the Card Party, we are all ready for a great afternoon!

The November meeting is your last chance to order your poinsettia plant! If you can't use a plant yourself, please, please, please consider buying one for our ill and sustaining members. You have a choice of red, white or pink, and the cost is \$11 per plant. You can pick up your plant at the December General Meeting.

We've earned over \$600 from selling Belk tickets, and expect to receive additional money as our share of tickets sold on sale day. Thank you to Margie, Joan P., Frances M., Susan, Shelley, Lyn, Myra, Jan and Kathy for helping at Belk on October 27, and thank you to Nancy for volunteering as a greeter on November 4.

Report Writing: Kathy Roper

Keeping records and writing reports are an important part of our Club responsibilities.

Each year, reports are due to the Tidewater District in January. We need to start thinking about gathering information on projects in order to fill out our reports. All Committee Chairmen are expected to complete a report on Club activities done for the past year.

Reports for January through June 2017 are due now if you are the committee's outgoing chairman (i.e., you chaired the committee last year). **Reports from current committee chairmen covering July through December 2017 are due by December 15.** These six-month reports will be incorporated into the whole year report. Please contact Kathy at kroper@cox.net or 254-2438 if you have any questions.

We hope to hold a report writing workshop in the coming weeks for chairmen, especially new committee chairs.

Communications, PR & Social Media: Jan Walker

We still have a few members who have not yet picked up their Yearbooks. **Please remember to get your Yearbook at the November meeting** if you have not yet done so. If you are unable to come to the meeting, please contact Joanne Finstrom at 565-1790 or mormories@cox.net to get your copy.

Membership: Kathy Roper & Shelley Rose

Thank you to all those who came to our get-acquainted coffee in October. It was well attended and everyone enjoyed the warm, friendly atmosphere and conversation. We encourage our current members to get to know each other better, and to seek out others who might enjoy becoming a member. We are a wonderful organization with an honorable history. **Let's be proud to say, "I am a Club Woman" and be able to tell people about the great things we do locally, in our state and nationwide.** Please contact Shelley or Kathy if you know any ladies interested in our Club.

Planning: Joan Whitla – no report

Volunteer Committee: Amy Payton

This month we volunteered at The Arc's 5k Fundraiser. We put in 15 volunteer hours – it was lots of fun to see so many smiling faces!

In November, **we will meet Tuesday, November 7, at 5:15 p.m. at Craft 31** for dinner and a quick meeting. At 6:30, we will head over to the Williamsburg Landing's Doig Health Club/Spa to volunteer for The Arc's Nutrition Class, "Stay on Track thru the Holidays." If anyone wants details, please email Amy at amylpayton@yahoo.com.

Program Committee: Ann Lysenko

This month's guest speaker is Pam McGregor, Executive Director of The ARC of Greater Williamsburg. Pam will talk about "History of ARC, Programs and Respite to Caregivers."

Community Service Program Coordinator: Sally Kellen

It is wonderful to listen and read about our Club's many activities, service programs and planning meetings. **Remember, when each group meets, please plan to attend or make sure to call your chairman to explain why you cannot come.** Thank you!

Twenty-seven poinsettias have been sold but only 6 of them are donations for our 10 sustaining and at least 5 ill members. Again, thanks!

We will shortly announce the non-perishable food items that you can bring to the November meeting for the Community Action Agency Christmas Dinner baskets. They will be preparing baskets for 500 to 600 individuals or families, and we will provide food items as we have done for about 8 years. We will also collect money to help the agency purchase wholesale items if you'd rather donate cash.

Arts: Joan Pavlica

For your planning purposes, here are the dates for Arts Committee meetings for the next few months. Meetings will be held at 2 p.m. at the Williamsburg Library or at the Contemporary Art Center. If you'd like to receive reminder emails about meetings, please contact Joan at joanpav@gmail.com.

Nov. 7 (Library, rm C) (discuss plans/ projects)
Dec. 5 (prepare for January art show)
Jan. 9 (craft making for Dominion Village)

Jan. 16 (addit'l craft time if needed)
Feb. 6 (prepare for décor sale)

Remember to collect décor and art items that you, your friends or neighbors no longer need or want and bring them to any upcoming General Meeting. Alternatively, you can bring your items to Joan Pavlica's house at 103 Bogey in Ford's Colony (call or text first, 757-810-8714). The types of items to donate: vases, framed pictures, small rugs or lamps, glassware, figurines, doodads, throws, decorative pillows, unused candles, baskets, quilts, bowls, seasonal items, interesting jewelry, scarves, umbrellas, hats, fake flowers and plants. We will hold the sale at the February General Meeting. Our goal for the sale is to raise money either for the Club's scholarships or for art camp scholarships.

Conservation: Nancy Schusheim

Thanks to you ladies, **we have donated 26 vases to “Blooms that Brighten.”** You have helped brighten the days of many patients! So many of these people would not receive any flowers to cheer them up otherwise. Great job!

November 15th is America Recycles Day. Share your favorite recycling tip with a friend. Try putting your coffee grounds around your acid-loving plants, such as azaleas, rhododendrons, hydrangeas, asters, bayberries, bleeding hearts, ferns, gardenias or dogwood, oak or spruce trees. Save your egg shells, rinse them, let them dry, crush them and put them around your plants or mix the pieces into the soil. It is a wonderful source of calcium for the plants and another wonderful way to conserve.

We continue to collect reading glasses and cell phones for Avalon, Coke caps (label inside) for Lafayette High School, pop tops for Ronald McDonald House, vases for Blooms That Brighten, and crayons for The Crayon Initiative.

Education: Margie Hoffman & Lesley Atkinson

The Education Committee is collecting new coats (sizes 4 and 5) for Head Start at the November meeting. The next Education Committee meeting is Dec. 4 and the book we will discuss is *Say Nothing* by Brad Parks. Contact Margie (540-664-2227 or mhoffman314@gmail.com) for meeting time and location if you'd like to attend.

Home Life: Martha Mitchell & Mabel Marten

We will be **ringing the kettle bell for the Salvation Army on November 17 and 18.**

International Outreach: Sue DiPette

Thank you, thank you, thank you, Club members!!!! **We collected \$75 in spare change at the October meeting for Operation Smile,** which put us over the 2017 goal of \$500.

We will have a blanket drive for Operation Smile this year, as blankets are always needed. Blankets can be made of lightweight fleece material, crocheted afghans, or quilted blankets. Operation Smile considers these blankets a high-priority need. Please email Sue at sdipette@cox.net for the specifics if you would like to make the blankets, or see the online directions at <http://www.operationssmile.org/sites/default/files/quilts-blankets-package.pdf>. Please DO NOT make the double fleece blankets as they are no longer needed. Blankets will be collected in May, so you have all Club year to make them!

At the November meeting, we will have cards and order forms for the Heifer International Holiday Season gift giving. Just take a card, fill out the order form and provide a check made out “Heifer International” for the gifts you would like to purchase. I will send the order form to Heifer International for you. If you choose to do a donation on your own and mail it in to Heifer International, please let me know the amount of the gift you purchased so I may add it our reports.

We will have a raffle for UNICEF at the November meeting! I will have jar filled with candy and you have to guess how many candies are in the jar by purchasing guesses, \$1 a guess. Closest to the correct number without going over wins the jar! This money will support the UNICEF drive against Human Trafficking.

Keep collecting the Stamps for the Wounded, and place them in the envelope at the International Outreach table at the meeting.

Public Issues: Karen Buckley

We will again be supporting the James City County Community Action Agency's Christmas baskets by **collecting food at the November meeting**. Watch for an email with details on what food items to bring in.

Health Report by Home Life Committee Health Advisor: Mabel Marten

Post-Traumatic Stress Disorder in Women

It's natural to be afraid when you're in danger. It's natural to be upset when something bad happens to you or someone you know. But if you feel afraid and upset weeks or months later, it's time to talk with your doctor. You might have Post-Traumatic Stress Disorder (PTSD).

Surveys have indicated that about half of all women in the U.S. will be exposed to at least one traumatic event in their lifetime. Women are twice as likely to develop PTSD as men, and children can also develop it.

Living through or seeing something that's upsetting and dangerous can cause PTSD. This can include:

- Being a victim of or seeing violence
- The death or serious illness of a loved one
- Car accidents and plane crashes
- Hurricanes, tornadoes, and fires
- Violent crimes, like a robbery, shooting or sexual assault

There are many other things that can cause PTSD. Talk to your doctor if you are troubled by something that happened to you or someone you care about. Your doctor can help you find out if you have PTSD if you have any of these problems:

- Bad dreams
- Flashbacks, or feeling like the scary event is happening again
- Scary thoughts you can't control
- Staying away from places and things that remind you of what happened
- Feeling worried, guilty, or sad
- Feeling alone
- Trouble sleeping
- Feeling on edge
- Angry outbursts
- Thoughts of hurting yourself or others

PTSD starts at different times for different people. Signs of PTSD may start soon after a frightening event and then continue. Other people develop new or more severe signs months or even years later.

Source: Anxiety and Depression Association of America

Corrections and Additions to the Yearbook

New members:

Beverly Maurice 6415 Isabella Drive, Wmsbg 23188. Phone (678) 485-5602 bevvh@yahoo.com

NEW

Eleanor Smith new apartment and phone number: 151 Sterling Manor Dr. #4205. Phone 757-645-4221 **NEW**

Yearbook, p. 4 – Presidential Advisor should be Joan Ortenzi. Budget & Finance should be Jean Migneault **NEW**

Nancy Donnelly's updated listing: 129 Broadmoor, Wmsbg 23188. Phone 757-879-6711.

Joan Pavlica's phone number should be 757-810-9714.

Correction to the Collect: The last line should read "O Lord God, let us forget not to be kind."

Correct Home Life Committee listing:

Home Life (Martha Mitchell & Mabel Marten)

Ann Lysenko
Jeanne Vanderveer
Chris Piascik
Elaine Smith
Polly Mills

Frances McElroy
Shelley Rose
Ellie Thuermer
Carol Bonesteel
Susan Ripple