



The Woman's Club of Williamsburg, GFWC



NEWSLETTER, April 2018

General Meeting April 25, 2018 at Ford's Colony

- Price \$17.00. **Reservation change/cancellation date: April 18**
- 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: Grilled Angus burger, cheddar cheese, brioche bun, lettuce, tomato, red onion, potato salad, cole slaw. **Dessert:** Assorted cookies

Dates to Remember

Apr 19	Card Party (Barbara Muzzi)
Apr 25	General Meeting (buy Belk tickets, Bunco sign-up)
May 4	Betty Bunco (Sue DiPette)
May 5	Belk Charity Sale

Message from the Vice President

Our President, June, is recovering well and hopes to be able to participate in a club meeting or function very soon.

Outgoing President of the GFWC Tidewater District Karyl Mahoney will be our guest at the General Meeting on April 25. She is visiting every District Club during her tenure. Please give her a warm welcome.

Read the newsletter carefully, there are several activities for our participation. Thank you for all that you do for the club.

Corresponding Secretary: Karen Eversole

Please contact Karen if you know of a member who is ill or in need of cheer!

Treasurer: Jean Migneault

The March treasurer's report and the 2018-2019 budget is being emailed along with this newsletter.

Fundraising: Barbara Muzzi

Everything is on track for the Card Party next week. Thank you to everyone who has signed up to attend or help, is bringing food, or has donated items for prizes. We couldn't do it without you!

We have so far only raised \$290 from sales of Belk charity sale tickets. We are counting on ticket sales as a big portion of our fundraising for this spring. **If you've not yet purchased your two tickets, please stop by the table at the meeting.** And don't forget that family and friends might also want a ticket! We are trying to get an additional day to sell tickets at Belk later this month – we'll send out an email as soon as we have a date.

Communications, PR & Social Media: Jan Walker – no report

Membership: Kathy Roper

Our club will install three new members at our upcoming April meeting. Please welcome Mary Whittenton, Sandra MacDougall, and Lynne Quest!

Volunteer Committee: Amy Payton – no report

Program Committee: Ann Lysenko

This month's guest speaker is Kathryn Bush. Kathryn will present information on "Chesapeake Bay Foundation's Mission and New Building."

Community Service Program Coordinator: Sally Kellen – no report

Arts: Joan Pavlica – no report

Conservation: Nancy Schusheim

Blooms that Brighten has told us that their storage is full at this time -- they don't need any vases from us. We'll check with hospitals and nursing homes to see if they need vases and will keep you posted.

Some thoughts on recycling:

- Most people don't realize that the lids for coffee cups are usually made of #1 recyclable plastic – make sure you recycle these lids.
- If every American asked for drinks without straws for one day, we'd keep *500 million straws* out of the oceans, lakes and landfills. And as an added benefit, skipping the straw may help prevent lines from forming around the mouth!

Education: Margie Hoffman & Lesley Atkinson

The Education Committee will be choosing the two recipients of our scholarship at the end of the month and will notify them on May 4. They and one guest will be invited to our May meeting. Please note this will be an evening meeting at 6 p.m. on May 23. The students will read their essays for us.

Please also mark your calendars for the June 20 meeting which will include the book sale. We will accept hard-back and paper-back books as well as puzzles and CDs. Plan to bring your items and buy some new ones!

Home Life: Martha Mitchell & Mabel Marten – no report

International Outreach: Sue DiPette

Don't forget: May 4th -- Betty Bunco -- 2 p.m. or 7 p.m. Come one, come all!

The Betty Bunco flyer is being emailed with this newsletter. We need more people to attend the daytime event – if we don't get a minimum of 12 people committed to playing, we will have to cancel. Please sign up by emailing Sue at sdipette@cox.net, or on the sign-up sheet at the April General Meeting. This event is open to all so spread the word and bring your friends, co-workers and relatives!! **This is the big fundraiser for Heifer International and Operation Smile, so let's make it happen!**

I still need at least three more people to assist at night. For the daytime event, I need two people to help set up starting at noon. I also need help during the event, and afterwards for clean-up. **If you can help at either event, please sign up on the sheet that will be circulated at the April meeting.**

The April meeting is your last opportunity to fill the Operation Smile cans, and we continue to collect stamps for Wounded Warriors. June is the last meeting to bring in your stamps.

Public Issues: Karen Buckley

We continue to collect greeting cards for Eastern State and food and self-care items for Latisha's House. If you are interested in providing Latisha's House residents with transportation to appointments, work and school, please contact Karen at karenbuckley64@gmail.com.

Health Report by Home Life Committee Health Advisor: Mabel Marten

Parkinson's Disease

To coincide with World Parkinson's Day (Wednesday, April 11), I thought it appropriate to write about this condition.

Parkinson's is a disease in which nerve cells that deliver the neurotransmitter dopamine to other cells in the brain are reduced in numbers. Symptoms generally develop slowly over years. The progression of symptoms can be different from one person to another due to the diversity of the disease. People with Parkinson's disease (PD) may experience:

- Tremor, mainly at rest and described as pill rolling tremor in hands, although other forms of tremor are possible
- Slowness of movements (bradykinesia)
- Limb rigidity
- Gait and balance problems

The cause of PD remains largely unknown. Although there is no cure, treatment options vary and include medications and surgery. While Parkinson's itself is not fatal, disease complications can be serious. The Centers for Disease Control and Prevention rated complications from PD as the 14th cause of death in the United States.

Many people assume PD only causes movement-related (motor) symptoms such as tremor, stiffness and slowness. As nerve cell death spreads to ever larger parts of the brain, the lower dopamine levels can also result in non-motor disorders.

More common non-motor symptoms can develop years before the onset of motor PD and may affect everyday life to a greater extent than the more obvious movement difficulties. These may include: impaired sense of smell, sleep disorders, cognitive symptoms, constipation, bladder symptoms, sweating, sexual dysfunction, fatigue, pain (particularly in a limb), tingling, lightheadedness, anxiety and depression. Fortunately, many non-motor symptoms of PD are highly treatable.

Often, a Parkinson's diagnosis is first made by an internist or family physician followed by a referral to a neurologist with experience and specific training in the assessment and treatment of PD (referred to as a movement disorder specialist).

Source: Parkinson's Foundation

Corrections and Additions to the Yearbook

New members:

Mary Whittenton, 101 Moray Firth, Wmsbg 23188. Cell 757-775- 4956, mwhittenton@yahoo.com **NEW**

Sandra MacDougall, 106 Addingtons, Wmsbg 23188. Cell 703-362-5027, singsan@aol.com **NEW**

Lynne Quest, 103 Molesey Hurst, Wmsbg 23188. Cell 301-351-3544, lynneq@aol.com **NEW**

Sharon Ruth, 6 Preston Grange Course, Wmsbg 23188. Phone 757-585-2130, Cell 703-618-8834, sharongo49@aol.com

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

New email address for Betty Jo Parker: mcparker2@gmail.com

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

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

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

Frances McElroy

Jeanne Vanderveer

Ellie Thuermer

Chris Piascik

Carol Bonesteel

Elaine Smith

Susan Ripple

Polly Mills