

The Woman's Club of Williamsburg, GFWC

NEWSLETTER, September 2018

General Meeting September 26, 2018 at Ford's Colony Club House

- **Price \$18.00. Reservation change/cancellation date: 12PM September 21, 2018**
- The by-laws state “**any member failing to cancel her luncheon reservation by the cancellation deadline is responsible to pay for that reservation.**”
- Cut off date or any cancellation is the **Friday by 12pm before the day (Wednesday)** of our Luncheon.
- 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!

The menu for September: Roasted Chicken Crepes w/ Chicken and Mushroom Veloute, Baby French Beans, and Crispy Fried Onions. Dessert: Chocolate Chalet Cake , Vanilla Bean Creme Anglaise. Coffee, Tea, Iced Tea.

Message from the President- Joan Whitla

What a summer this has been. The weather was quite a rollercoaster of heat, rain and finally a hurricane! Some of our members have suffered accidents or surgeries. We hope they are on the mend and look forward to their return. Sadly, two of our members, Joyce Darnton and Betty Jo Parker, have passed away. They will be greatly missed. Please keep their families in your thoughts and prayers.

I am happy to report that many of our Committees have been busy planning projects for this Club year. Please refer to their reports in this newsletter. I thank each and every one of the elected officers, chairmen, and committee members for all that you do to make our Club such a wonderful organization.

Important Notice—The Tidewater District's Fall Meeting/ Workshops will be held Saturday, September 29, in Virginia Beach. Registration is \$5.25. I need the names of members interested in attending by this **Wednesday, September 19.** Registration of checks/cash must be given to our Treasurer before or at our General Meeting on September 26. A separate flyer with details of the meeting is being sent out to all members. Please watch for it. There are workshops being offered for many officers and committees.

Last, but not least, our Club will be celebrating its 70th anniversary in March 2019. The Board would appreciate any suggestions as to how we can commemorate this event. A suggestion box will be available at the registration table at all our General Meetings for this matter or any other

Dates to Remember

Sept 26	September General Meeting
Sept 29	Fall District Meeting in Virginia Beach
Oct 2	Education Dept Meeting
Oct 4	Arts Committee Meeting
Nov 8	Fall Card Party

Corresponding Secretary: Frances McElroy – Nothing to report

Treasurer: Jean Migneault – See attached for Treasurers report.

Planning Committee: Eleanor Smith - Chairman

Ladies, we are so pleased to be returning to Ford's colony for our upcoming monthly luncheon/meetings. The food is excellent and the rooms are lovely. We will be in the main dining due to some renovations to the room we normally meet in. The cost of the lunches will be **\$18.00** this year.

As always, if you make a reservation and find you cannot attend, please contact your caller and let her know by the deadline. Make a note of who your caller is and her phone number so you can reach her if necessary. If you miss the deadline for cancelling your reservation you **MUST** pay for the luncheon. It is your duty. The club lost money last year because members did not pay for the luncheons that they missed at the last minute. If you have any questions regarding this rule feel free to call me and I will try to help you understand why it is so important.

Bylaws Committee: June Rhodes- Chairman

Committee members: Joan Whitla, Nancy Donnelly, Mary Swain, and Joan Ortenzi

The Bylaws Committee will be reviewing the WCW bylaws. We will be making an effort to correct typos, update things (mainly Community Service Programs) to be in accordance with GFWC and what our local club does (or no longer does!) and eliminate repetition. We are not planning on any major revision this fall. Our goal over the next several months is to collect information from club members and present these corrections and updates to the club for approval. We are asking all club members to:

- Read the bylaws which are in your year book
- Pay special attention to description for Community Service programs & Committees
- Look for ways to cover what needs to be covered with less repetition & hopefully fewer words
- Notify any committee member with suggestions you may have

Fundraising: Barbara Muzzi -Chairman

A very productive meeting was held on July 26th. The membership yearbook pertaining to photos and ads was discussed in detail. The Committees decision was to keep the same

format for 2018/2019. The focus will be on The Fall Card Party on Thursday, November 8th at the Woman's Club of Toano Clubhouse. Flyers will be handed out at the September Meeting. The Belk Project will be announced with dates forthcoming. Future projects are on the agenda and always looking for suggestions from our members

Scholarships, Scholarships need Funding so let's make this a banner year. Info on any ideas send via e-mail phone 7573452789 or send 6939 Vernon Hall Williamsburg Va.23188

Communications, PR & Social Media: Jan Walker -Chairman

A reminder that a lot of club information is available on our Members Only webpage. We have an updated list of member addresses, a directory with photos of members, copies of our newsletters and those from Tidewater District and GFWC Virginia, and much more. If you are ever looking for something and can't find it at home, it may be on our Members Only page. To register for access:

Go to www.womansclubofwilliamsburg.org and scroll down to the bottom of the page.

In the left-hand margin, there's a place to sign in.

Click on "register" and fill in the requested info. Remember your user name and password!

In a day or so, you'll get an email notifying you that you've been granted access. Then, go to the web page, scroll down to the bottom of the page and log in using the user name and password that you registered. Click on the Members Only section (top right of the page) and see what's there!

Or, if you'd rather, just email Jan and let her know that you'd like to register and she can email you a user name and password.

Membership: Lori Grygalonis-Chairman

The Membership Committee met twice over the summer to plan ideas for the upcoming Club year. New this year, we will be pairing a new member with an existing member. That member will be referred to as the "New Member Guide". The only qualification for the Guide is to have at least one Club years' experience. The responsibilities of the Guide are to be the connection between the Club and new member, make contact with them, meet them one on one to talk about the Club and the GFWC, follow up to be sure they are attending their chosen committee/program

meetings and introduce them to members at the meeting. A signup sheet will be at the September meeting. Please share all the wonderful information you have about our Club to these new members.

We will also have a “getting to know you activity” at the general meetings.

Please welcome the newest member of our Club—Fran Wonsowski. Fran was a member of our Club until she moved to Florida. Fran is living in The Villages and will be a sustaining member. She looks forward to our 70th birthday festivities in 2019. Welcome Fran

Program Committee: Ann Lysenko-Chairman

Program - This month's guest speaker is Susie Mowry, Tidewater District. Susie will discuss "GFWC Programs."

Arts: Elaine Smith Joan Pavlica-Chairmen

The Arts Committee will hold a meeting on Thursday, Oct 4, at 2 PM in Meeting Room B of the Library to do a Hands -on Button Craft activity. This is a craft project needing any buttons you are willing to donate. Please check around your house for any buttons you might have leftover from sewing projects and bring them to the September General Meeting.

The committee discussed these events and wishes to present them to the membership.

1. Dewey Decibel Concert Series Begins September 7, 2018, Tickets \$5/Library
2. Williamsburg Players runs 9/7 to 22nd with Shakespeare in Love
3. Ewell Concert Series-highlights female artists and composers. Begins 9/14 with soprano Laura Strickling at Ewell Recital Hall, 221 Jamestown Rd. at 7:30 PM. Admission \$5
4. Yorktown Art Stroll 11AM to 6PM. Paintings and hand crafted artwork. Sept. 30th
5. Opera in Williamsburg—La Traviata; Sept. 12th 14th, and 16th at the Kimball Theater.
6. Richmond Folk Festival, October 12th to 14th. Regional music, dance, food and crafts
7. An Occasion for the Arts; October 5th to 7th. 145 Artists from all over the country
8. The Tenors; October 22nd The Sandler Center

Conservation Committee- Nancy Schusheim - Chairman

We are considering sponsoring a Club-wide program to recycle plastic bags in order to earn a free garden bench from TREX, the company that makes composite lumber used for decks. We will present information about the program to members at the September General Meeting to see whether there's enough interest and commitment to proceed.

TREX sponsors a plastic bag recycling program that provides a free bench to organizations that collect 500 pounds of plastic bags in six months. If we decided to participate in this program, we would collect the bags, weigh them and record their weight and turn them into local plastic recycling location (grocery stores). Once we have met the 500 pound goal, we send our records to TREX and they send us the bench, which the Club could then donate to a location in our community. We would need a handful of members willing to serve as collection points to consolidate bags from members, weigh them and drop them off at a local grocery store. We would also need all members to save their plastic bags and take them to one of the members serving as a collection point. You would be recycling flexible plastic that cannot be recycled in our county recycling program (the bin where you place bottles, newspapers, and hard plastic containers), keeping this plastic out of our landfills. Instead of throwing it in the trash or taking it to a grocery store recycling bin, members would take it to a collection point. You would be saving plastic grocery or store bags, bread bags, water bottle overwrap, dry cleaning bags, newspaper sleeves, ice bags, wood pellet bags, ziplock and other re-sealable bags, produce bags, bubble wrap, salt pellet bags, cereal bags, etc. There is a flyer attached to the newsletter with additional details.

Some ideas for this month:

1. Recycle water left in glasses from the table to water plants.
2. Select a quick wash setting on your dishwasher for light loads. Pull the dishwasher shelves out when finished to air dry and save energy.
3. Remember to turn off fans and lights when leaving rooms. It really does save energy.

Each month the conservation committee collects the following items: crayons for The Crayon Initiative, glasses and cell phones for Avalon, flip tops for Ronald McDonald House, vases for Blooms that Brighten and for hospitals.

Education: Margie Hoffman & Lesley Atkinson -Co-Chairmen

Our Education Committee will meet on October 1st. at the Windsor Meade Clubhouse at 1:30 p.m. We'll talk about which books we want to give to the elementary school as well as who will take on the Hoby Scholarship. The members will discuss "The Woman in the Window" by A.J. Finn at the upcoming meeting.

Home Life: Chris Piascik-Chairman

Our projects for the fall will be similar to past years with one exception; we will **NOT** be collecting school supplies for Salvation Army in September! With the upcoming move to a new space and the fact that our donations come after they have delivered supplies to the students, we have been asked to hold off on our donations until next year. We plan to have a drive for school supplies at the May and June meetings, and I will deliver them in time for them to pack the book bags next August.

The Salvation Army is having the Teddy Bear project this fall. I have picked up 12 bears to be dressed. You can pick one (or two!) at the September meeting and return it completed at the October meeting. A date for the Teddy Bear Tea will be forthcoming. If you would like to reserve a bear, please contact me before the meeting or plan to sign up at the meeting.

Health Report by Home Life Committee Health Advisor: Mabel Marten

Cataracts

Cataracts are one of the more common age-related eye problems. Most cataracts develop in people over age 55. Usually cataracts develop in both eyes, but one may be worse than the other.

A cataract is a cloudy or opaque area in the normally clear, light-focusing lens of the eye. As we age, proteins in the lens start to clump and gradually affect the vision in that eye. Signs and symptoms of a cataract may include blurred or hazy vision, increased sensitivity to glare from lights, particularly when driving at night, increased difficulty seeing at night, reduced intensity of colors, and a change in the eye's refractive error.

Other factors that can contribute to cataract development include diabetes and smoking. Studies also show an increased chance of cataract formation from unprotected exposure to ultraviolet (UV) radiation from the sun. Wearing sun glasses and a wide-brim hat to minimize exposure to UV radiation may help to delay cataract formation.

Cataract treatment is based on the level of visual impairment. If a cataract minimally affects vision, or not at all, no treatment may be needed. Patients may be advised to monitor for increased visual symptoms and follow a regular check-up schedule. If you are 60 or older you should have a comprehensive, dilated eye exam at least every two years.

In some cases, changing the eyeglass prescription may provide temporary vision improvement. Anti-glare coatings on eyeglass lenses can help reduce glare for night driving, and increasing the amount of light used when reading may be beneficial.

When a cataract progresses to the point that it affects a person's ability to do normal everyday tasks, surgery may be needed. Cataract surgery involves removing the lens of the eye and replacing it with an artificial lens.

Source: American Optometric Association

International Outreach: Sue DiPette

The committee will be doing the same projects as last year. UNICEF will be first one in Oct.

Public Issues: Karen Buckley - Chairman

On August 22nd, six members of the Public Issues Committee met at the Carrot Tree for lunch, fellowship and sharing ideas for our year ahead. We have 'assignments' we are researching and discussed our annual activities. I'm excited to share them with the club at our September meeting. We will continue to ask our generous members for hats, gloves and scarves for the children of Head Start and the women and children that are being sheltered by Avalon. If you have them, I will gladly collect them starting with the September meeting-to be donated when the weather starts to turn. Knitted or purchased items are greatly appreciated by both of those organizations. Please keep track of your volunteer time so we can report it. I look forward to the year ahead.

Additions and Corrections to Yearbook:

New sustaining member - Fran Wonsowski - 1094 Southern Sun Dr The Villages, FL 32162, fwonsowski@yahoo.com, 352-633-8926

New email -Anne Reynolds - vadiva205@gmail.com