



NEWSLETTER, MARCH 2019

The Woman's Club of Williamsburg, GFWC

PO Box 3595 Williamsburg Va 23187

Email:email@womansclubofwilliamsburg.org

General Meeting MARCH 27, 2019 at Ford's Colony Club House

Price \$18.00. Reservation change/cancellation date: 12PM, March 21, 2019

- 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.

March Menu Grilled Angus burger, cheddar cheese, brioche bun, lettuce, tomato, red onion, potato salad, cole slaw. Dessert: Dark chocolate brownie with vanilla ice cream.

Please advise your telephone contact if you have special dietary requirements. Gluten Free or Vegan meals only are available. Please pre-order!

Message from the President- Joan Whitla

A longtime member of our club, Frances Drake, passed away on March 5. A memorial service for Frances was held on March 11. Please keep her family in your thoughts and prayers.

The Tidewater District Spring Meeting is on Saturday, March 23, at the Holiday Inn, Newport News City Center. Our club delegates are Joan Whitla, Eleanor Smith, and Jean Migneault. Also attending as visitors are Sally Kellen and Kathy Roper. A report of the proceedings will be made at this month's general meeting.

We need three members of the club to volunteer to serve on the Audit Committee. They are appointed at the March meeting. The work begins after July 1. A report of their findings is made at the September general meeting. Please contact me if you wish to volunteer for this important function.

This month we will vote for our slate of officers for 2019-2020. Please see the Nominating Committee's report in this newsletter.

Last, but not least, preparations for our 70th Anniversary Celebration to be held on April 24 are well underway. I hope as many members as possible will be able to attend and celebrate the great accomplishments our club has made for our community and beyond.

Dates to Remember

March 27 - General Meeting - Collecting Plastic, New or gently used clothing for Eastern State, Ongoing- Op Smile, Flip tops, Cell phones, Vases, Crayons

April 1 - Membership Meeting

April 1 - Education Committee Meeting

April 24th WCW 70th Anniversary Celebration

May 2-5 GFWC Va Convention

May 22- General Meeting held in the daytime

Bylaws Committee: June Rhodes- Chairman

Once again, this is your reminder that the bylaws committee needs to hear from you. As previously stated, our focus is not on change as much as it is on making our bylaws easier to understand and eliminate the need for frequent bylaws changes. Ideally, wording will be created that will not need to be changed as WCW activities change from year to year and will also be in sync with GFWC parameters.

The members of the ByLaws committees will be meeting in the next few months to review input from members and present clarifications and updates to the club for approval.

A big “thank you” to those of you who have made suggestions for bylaws changes and clarifications. We appreciate the suggestions and hope all of you will take the time to give this some thought and communicate your thoughts and concerns to any members of the committee. We encourage all members to read the bylaws which are printed in your WCW handbook and look for everything from “typos” to repetitions, to actual mistakes. Input is so needed from all members so that our bylaws will be correct and hopefully much easier to read. We look forward to hearing from you.

Nominating Committee -June Rhodes (chair), Sally Kellen, and Ann Lysenko

Although we reported our success to you in the last Newsletter and presented a complete slate to you at the February meeting, we are now informing you of a change. We will be presenting a revised slate with a new candidate for treasurer at the March meeting followed by the club voting for all the nominations for officers. A big “Thank You” to Chris Piascik for accepting the treasurer’s position for the 2019-2020 club year.

Linda Wilson, who originally accepted the treasurer’s position and was presented to you at the February meeting has found it necessary to communicate to us that due to other commitments in her life and extended travel plans, will be unable to be installed as our treasurer.

It is required by our bylaws that the slate be published in our March newsletter. The slate to be voted on at our March General meeting is:

- President Eleanor Smith
- Vice President Joan Pavlica
- Treasurer: Chris Piascik
- Recording secretary: Mary Wittington
- Corresponding secretary: Joan Whitla

Additional nominations made be made from the floor with permission of the nominee.

We would like to thank so many of you for your recommendations of members to be contacted for board positions. In thinking of future club years, according to our bylaws, members may submit in writing to the nominating committee chairman at any time throughout the year names to be considered by the committee. Please keep this in mind as you work with members that you feel would be good candidates for board positions. Suggestions from club members are a major help to the nominating committee.

Fundraising: Barbara Muzzi -Chairman

Reservations are still being accepted for our **Afternoon of Games/Cards and Friendship** being held on Thursday, March 28, at the Woman’s Club of Toano Clubhouse. The cost is \$20.00. A delicious lunch will be served and there will be raffles and door prizes. If you cannot attend or prepare food, monetary donations are gratefully accepted. Remember, this is a major fundraiser for our scholarships.

Communications, PR & Social Media: Jan Walker -Chairman

Thank you to everyone who donated money towards the Sherpa throws. We had enough money to buy 19 throws. Community Service Program Chairs, please keep in mind the availability of these throws as donations. They’re in my attic and you can pick them up whenever you need them.

The GFWC Virginia Convention will be held May 2-5 in Richmond, so mark your calendars. Our list of attendees is due in April, so if you’d like to attend, please contact Joan Whitla. Members will receive a copy of the Convention Call via email prior to the March General Meeting.

We will be collecting plastic bags through June 30, so keep saving them and bring them to the meeting or to one of our drop-off locations. In case you can’t find the flyer that we sent out last fall, it’s attached to this newsletter again. Print it out and post it somewhere convenient for easy access. We have so far collected a total of 280 pounds, so our goal of 500 pounds is within reach with your help!

Reminder that the May meeting is a daytime meeting, not at night. Please mark your calendars and make a note in your Yearbook!

For those interested in looking at or downloading the GFWC Club Manual, you can find it online at <https://www.gfwc.org/news-publications/club-manual/>. It includes lots of great Community Service Program ideas, so check it out! In addition, if you need a short explanation of what GFWC is, look at the first few pages at <https://www.gfwc.org/wp-content/uploads/2018/06/2018-20-Membership.pdf>.

Membership: Lori Grygalonis-Chairman

Membership Committee—A meeting is scheduled for April 1st (no fooling!) at 1:30 PM at the SunTrust Building. We will be discussing the May coffee and working out the details. Please feel free to join us and throw in your ideas or e-mail me, your thoughts are always very much appreciated.

Program Committee: Ann Lysenko-Chairman

This month's guests are Colleen D. Messick, Executive Director of Virginia Capitol Foundation and Dr Sandra G. Treadway, Librarian of Virginia and founding member of the Virginia Women's Monument. Presentation is "Voices In The Garden". This is in celebration for 'Women of History'.

Conservation Committee- Nancy Schusheim - Chairman

We will be beginning our spring project, Souls4Soles, in partnership with Brighton Collectibles at the Williamsburg Outlets. We will collect shoes, April – June, of any kind in any condition. These shoes make it possible for people in developing countries around the world, especially in times of disaster, to attend work and school. Americans throw away more than 70 lbs. of textiles per person a year. Help keep these shoes out of landfills and create opportunities for people in need around the globe. Walking is the primary mode of transportation for millions of people. This leaves them exposed to unsanitary conditions with various diseases. And walking becomes unbearable and can even be disabling and deadly. The shoes you no longer want, need or use create an opportunity that many thousands desperately need around the world. This helps disrupts the cycle of poverty and protects the environment at the same time.

Please remember our monthly on-going collections: reading glasses and cell phones for Avalon, flip tops from cans for Ronald McDonald House, vases for Sentara's mammogram assistance program and used crayons for The Crayon Initiative.

Education: Lesley Atkinson- Chairman

Education Committee will meet on April 1 at the Windsor Meade club house at 1:30. We'll be talking about reviewing our scholarship recipients. The book we are reading is "Educated", a memoir by Tara Westover.

Home Life: Chris Piascik-Chairman

Our final project for the year will be collecting school supplies for the Salvation Army. We will collect these items at both the May and June meetings, so you have time to start picking school items up when you are out shopping. The Salvation Army will pack the school bags for distribution to the students in August. Items to consider are loose leaf paper, pencils, glue sticks, craft scissors, colored markers. Thanks for your support of this annual project!

Health Note....Eat Smart, Stay Sharp

I recently read an article in Eating Well magazine that talked about how certain foods actually shape our ability to remember simple things like where we put the keys, as well as fighting serious memory-related diseases. They called these brain foods and outlined four brain boosting bites! They are:

1. Sip tea.

Whether green or black, this brew is rich in micronutrients called polyphenols. These compounds travel to the areas of the brain involved in memory and learning. There, they scavenge free radicals (remember those from last month!), byproducts your body makes that cause brain cells to age faster!

2. Get more Vitamin D.

With the decrease in estrogen after menopause, women face a heightened risk of cognitive decline with age. The dip in the hormone is associated with memory fog. It has been found that vitamin D can exert an estrogen-like effect in the brain. Falling short on vitamin D was linked to a 25 percent increased risk of cognitive impairment in older adults. The recommended daily allowance of vitamin D is 600-800 IU daily.

3.Eat berries

Blueberries, blackberries and raspberries are packed with anthocyanins, pigments that are similar to the polyphenols in tea, that enter the brain and protect the cells from damage. Studies show that just ½ cup of berries daily leads to less cognitive decline over time!

4.Slash Sugar

. Specifically, cut out the added kind- whether you are adding it to your beverages or getting it from baked goods or sweetened drinks. Studies have shown those who consumed sugary beverages had poorer recall and reduced overall brain volume than those who did not indulge. Some things to think about ...improving your diet with a purpose!!!

International Outreach: Sue DiPette -Chairman

Still collecting stamps, put on the table at the meeting. If you can crop them to 1/4 inch around the stamp and count what you send in, that would be a real help.

Operation Smile - collection cans will be on the tables at the meeting. Also still collecting blankets.

Heifer International - Next month Easter card collection, if you would like to do an Easter donation of chicks, bunnies or anything else. Order form and cards available at the March meeting.

Public Issues: Karen Buckley - Chairman

Public Issues Committee is collecting new or gently used clothing for Eastern State. They will especially welcome Spring and Summer clothing for men and women.

No belts, pins, scarves, necklaces, purses or tote bags with handles.

Could also use: throws, blankets, socks, wallets, coin purses, stationary sets, assorted cards, non- alcoholic travel size toiletries.

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 - vativa205@gmail.com

New Member Diane Cannistraci 2202 Westgate Circle, Wmbg, VA 23185 631-833-9114 dianecann345@aol.com

New Member- Nancy Andre 4752 Winterberry Ct. Wmbg, VA 23188 757-345-0805 cell 540-246-1540 nancyandre3@gmail.com

