



# FEBRUARY 2021



## GFWC GA MORROW CIVIC WOMAN'S CLUB NEWSLETTER

*Check us out at <https://mcwcga.org/>*



### A MESSAGE FROM OUR CO-PRESIDENTS

Dear Club Sisters,

Happy New Year to all, best wishes and high hopes for a healthy, happy, and successful 2021. We have been through challenges that were never thought of in 2019. Let's continue to stick together, support each other, and take the mission of MCWC into the community.

Thank you all for enduring the aches and pains of annual reporting. Texts and emails were flying pretty thick for several days. Collaboration was the key in getting the data gathered and into a new reporting format. The cumulative report will be available in a couple of weeks. Congratulations to all the community service and committee chairpersons whose leadership made the accomplishments possible.

It is time for membership renewal. Please send your dues of \$50.00, check made payable to Morrow Civic Woman's Club, to Heloise Wilson. Please include a note to update your contact information if necessary. Heloise will refresh our membership roster, send it out for review, and forward checks to Joy Lanier.

Coming up: Plans of Work submitted by February 1<sup>st</sup>; Zoom meeting February 4<sup>th</sup>.

Looking ahead to a great year, Cookie and Mary

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## OUR COMMUNITY SERVICE PROGRAMS



### Arts and Culture Community Service Program

The GFWC Arts and Culture Community Service Program encourages members to promote and support art and cultural programs in their clubs and communities, and to expand understanding on every level, from local and regional to national and international. Our goal is to create projects that include crafts, dance, drama, food, music, and other manifestations of art and culture that develop skills, awareness, and appreciation. It is designed to inspire clubwomen and ignite within them a desire to make the world a more beautiful, thoughtful, and caring place.

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During 2021, Arts and Culture is committed to sharing our funds with the M.E. Stillwell School of the Performing Arts and Haven House Art Classes. As our CSP changes, we will be sharing funds from our various projects with our new GFWC Affiliate Organization, Heifer International. We will also encourage the club to consider purchasing jewelry and art from Novica. It has been a favorite website for purchasing pieces from artisans around the world. During 2021 our CSP is planning on introducing programs and new commitments that educate us and support different native and international cultures. This effort will involve food, art, music, and fashion. Our thoughts as of now are to share some of our local Vietnamese Culture. We welcome Joy Lanier and her ideas as we plan these new endeavors.

In addition, we have exciting news about the M.E. Stilwell School of the Performing Arts. We hope to involve them in providing student writing for our 2021 writing contest. Additionally, we plan for them to help us with a project in September-December of giving stockings to Veterans.

Ways to give back to the arts:

[https://www.novica.com/eco-friendly-gifts/?rs\\_oid\\_rd=1731528951130978&cellid=JRL2020101701&emh=cd2d0a4f89225242055b83bd153de626&utm\\_medium=email&utm\\_source=eblast&utm\\_campaign=20201017\\_EcoFriendlySale](https://www.novica.com/eco-friendly-gifts/?rs_oid_rd=1731528951130978&cellid=JRL2020101701&emh=cd2d0a4f89225242055b83bd153de626&utm_medium=email&utm_source=eblast&utm_campaign=20201017_EcoFriendlySale)

<https://316.clayton.k12.ga.us/>

<https://www.artsclayton.org>

<https://www.clayton.edu/spiveyhall/>

<https://thefrontporchplayers.com/>

<https://316ccps.ss10.sharpschool.com/>

<http://www.henryplayers.com/>

Please enjoy the Arts and Culture Web Links at the end of the Newsletter!

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## **Civic Engagement and Outreach Community Service Program**

**The GFWC Civic Engagement and Outreach Community Service Program reminds GFWC members that each of us is a part of a larger society and is responsible for undertaking actions that will create a better quality of life and**

**foster a sense of community—locally, regionally, nationally, and globally. This Community Service Program highlights and encourages citizenship; crime prevention, safety, and disaster preparedness; the needy, hungry, and homeless; and our military personnel and veterans.**

Here are some important numbers that were reported for last year: Along with Home Life, International, and Public Issues, 18 projects were completed. Monies spent were \$1577 (club), \$1475 (members), and \$2708 (in kind). Despite a difficult year with the pandemic, we had an awesome year completing so many projects. Thank you, club sisters!

For this coming year, Civic Engagement and Outreach Community is off to a fast start. Listed are our three projects for February with a description of each: 1) **Collect socks for Calvary Refuge** - We are asking members to purchase white socks for adults, children, and babies. Our goal is 125 pairs of socks. Please make plans to drop them off on **March 2<sup>nd</sup>** at 1:00 PM at the FBC of Jonesboro parking lot. 2) **March of Dimes military baby shower** - We encourage members to purchase beanies, baby blankets, receiving blankets, and yarn to crochet blankets. This project will last seven months so that members can crochet some baby blankets. 3) **Provide web sites to contact legislators on voting issues:**

Homeless Veterans: [http://nchv.org/index.php/policy/policy/active\\_legislation](http://nchv.org/index.php/policy/policy/active_legislation)

GFWC Legislation/Public Policy: <https://www.gfwc.org/what-we-do/public-policy/>  
Click on the Legislative Action Center and fill out the form.

Clayton County Government: <https://www.claytoncountyga.gov/government/board-of-commissioners/constituent-services>

State of Georgia General Assembly: <https://www.legis.ga.gov/find-my-legislator>

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## **Education and Libraries Community Service Program**

**We aim to help others, while we also continue to learn. Projects in the Education and Libraries Community Service Program are designed to foster schools, as well as other educational institutions and opportunities. These projects promote libraries, literacy, and the love of a good book. Through these efforts, we encourage the growth of individuals and communities at home and around the world.**

Club members, this year the Education and Libraries CSP will continue to supply board books for the Pregnancy Care Center. Please buy these books and contact Cathy White to arrange a date and time for her to collect them.

Cathy White invites members to come by her garage and swap books at *Cathy's Garage Library*. There are two large containers of books.

A personal message from Cathy: "I am not sure when the pandemic will end--it seems to only get worse. Thank God He is in control and He will never leave us or forsake us. Take care."

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## Environment Community Service Program

**The GFWC Environment Community Service Program encourages us to become stewards of the earth by working to preserve the world's resources, protect wildlife and domesticated animals, live sustainably, and beautify our communities and enjoy nature. Environmental degradation is cumulative, and many scientists warn that we are at a tipping point. There is no time like the present to act.**

Environment CSP suggestions for February:

Cornell University sponsors *The Great Backyard Bird Count*, an annual four-day event (February 12 – 15, 2021) that engages bird watchers of all ages in counting birds to create a real-time snapshot of where the birds are across the continent. Anyone can participate, from beginners to experts. It takes as little as 15 minutes on only one day, or you can count as long as you like each day of the event. It's free, fun and easy - and it helps the birds. To participate, please go to [www.birdcount.org](http://www.birdcount.org) and don't forget to have some fun! Be sure to tell Catherine Douds about your participation because a prize will be given to one lucky bird counter!

Make sure bird feeders are always cleaned and stocked so you can enjoy our feathered friends!

Rotate houseplants. Remember to turn houseplants 180 degrees every two weeks to prevent uneven growth.

Prune your butterfly bush. Reduce the size of your butterfly bush by two thirds to one half to encourage new growth (and big blooms) this summer.

Pruning—Except for maples and birches: Now is a good time to prune trees.

As always, remember to keep a record of the time you spend:

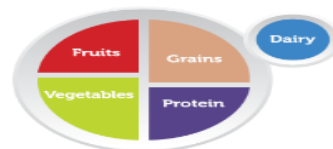
- Recycling
  - Picking up litter while you walk
  - Reading or researching environmental issues
  - Planning or working in your garden or yard.
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## Health and Wellness Community Service Program

**The human body, mind, and spirit comprise our health and wellness. To improve our well-being, we must address three key components: nutrition, disease prevention, and physical and emotional care. This Community Service Program aims to explore the various opportunities for awareness and advancement of each of these vital areas.**

Let's Start the New Year by Making Every Bite Count! Food and nutrition play a crucial role in health promotion and chronic disease prevention. Every five years, the U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA) publish the Dietary Guidelines for Americans, the nation's go-to source for nutrition advice. If you've pledged to get healthier and develop healthy eating habits in the new year, you're not alone. Learn how to become a healthier you, one bite at a time!



**Make Every Bite Count with the Dietary Guidelines!** The 2020-2025 Edition is Here!

<http://thenutritionplanner.com/new-dietary-guidelines-aid-in-making-wise-choices>

Click on links to learn more about making wise food choices from the Office of Disease Prevention and Health Promotion and Nutrition.gov & Health.gov/our-work/food-nutrition.



<https://www.self.com/story/easy-ways-to-develop-healthy-eating-habits>



Eating Healthy on a Budget - Purdue Extension Nutrition Education Program at <https://www.eatgathergo.org>



<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fastfood/art-20047179>

## Healthy eating



Dine Out | Take Out | MyPlate <https://www.myplate.gov/tip-sheet/dine-out-take-out>

Recipes (Yogurt5ways-small) <https://www.myplate.gov/myplate-kitchen/recipes>

Recipes - Purdue Extension Nutrition Education Program <https://www.eatgathergo.org>



National **GO RED** for Women, the American Heart Association's signature women's initiative, is Friday, February 5<sup>th</sup>. **GO RED** encourages awareness of the issue of women and heart disease and challenges them to take charge of their own heart health. Prevention is

the key to changing outcomes! Knowing their numbers- blood pressure, cholesterol, and weight- helps women to know their risk for heart disease so they can take action to reduce this risk and lead a heart healthy life. Please show your support for the fight against heart disease and strokes in women by **WEARING RED** to our February 4<sup>th</sup> ZOOM meeting and again on Friday, February 5<sup>th</sup>. Send a text or email to your family, friends, church members, neighbors, etc. to encourage them to wear red on the 5<sup>th</sup>.

Additional heart healthy and fitness info available at <https://www.goredforwomen.org>

Collections: calendars - Good Shepherd Clinic; soda pop-tops - Ronald McDonald House

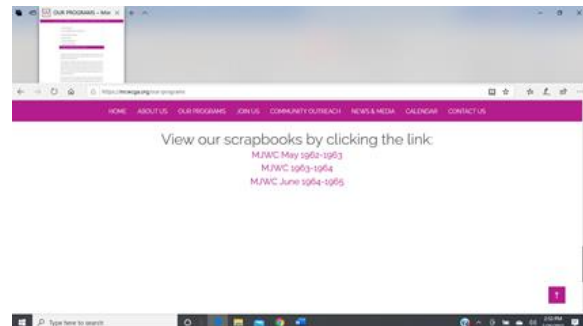
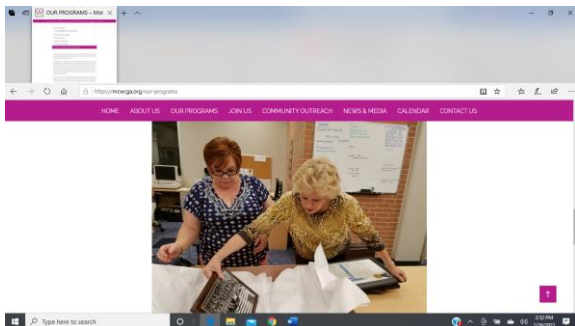


## Special Project: Women's History Resource

### Center (WHRC)

Have you visited our club website lately? Enjoy our new WHRC page! Go to <https://mcwega.org/our-programs> and click on "Women's History Resource Center".

Some archival project photos and the earliest scrapbooks are posted.





## DOMESTIC VIOLENCE

If you have been cleaning and have items to donate, consider taking them to the Blessings Thrift Store that is located at 86 Work Camp Road in McDonough. The store accepts donations only on Tuesdays and Saturdays from 9:00 am - 4:00 pm. All proceeds at Blessings go toward the Haven House domestic violence shelter. You can contact the store at 770.288.6503.

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## COMMITTEES



### Budget and Finance



Just a reminder that annual dues for members is \$50. Please mail your payment to Heloise Wilson along with any changes to your address or phone number. After verifying members' contact information, Heloise will give the checks to our treasurer, Joy Lanier.



### Fashion Show Fundraiser

While the status of a 2021 Fashion Show cannot be determined at this time, please note that the 2020 program ads are still being featured on <https://mcwcga.org/>.



### Rada Online Fundraiser

Visit <https://radafundraising.com/?rfsn=4699925.3900a81> for the MCWC fundraiser. The link is still good, so please share it with friends and family along with this message:  
*Thank you for supporting our fundraiser through Rada Cutlery. With the right kitchen tools, cooking at home doesn't have to be a chore. Every purchase you make using our unique shopping link shown here helps support our group, the Morrow Civic Woman's Club!*

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## Membership

We are so proud to document our Membership Awards with these hard-working ladies. It is great to award people who work tirelessly to serve others in and out of MCWC.

“Cookie” Elaine Keene – 2020 Club Woman of the Year  
Vickie Jennings – 2020 Club Citizen of the Year  
Marlynn and Ken Jones – 2020 Family of the Year



Above: Ken and Marlynn with Heloise Wilson, Chair of Membership Committee (l to r)

Left: Marlynn, Cookie, Vickie (l to r)

The Membership Committee is also excited to present a new member candidate on February 4, 2021. Welcome, Dixie Hulse! (Peggy Wilson’s neighbor). Dixie is no stranger to MCWC, and we are glad to have her become a club member. We will vote officially on February 4<sup>th</sup>.

Membership dues of \$50 should be mailed to Heloise Wilson with notes regarding any changes to personal contact information. After updating the club roster, Heloise will take the checks to Joy Lanier.



## Scholarship Committee

Just four months remain before the June 1<sup>st</sup> deadline for scholarship applications. Beginning now through May, be on the lookout for possible Clayton State University applicants and share our criteria and application that are posted on our club website, [www.mcwcga.org](http://www.mcwcga.org)

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## Scrapbook

From Marlynn Jones, the MCWC Scrapbook Chair: *In March 2020, I wondered how in the world I would be able to put a scrapbook together for this very active club during the COVID Pandemic when we were encouraged to shelter in place. Well, it came together, and we have two volumes to show for 2020! Granted some of the items are different than in the past, such as...*

- *Input from several members reporting their activities during quarantine*
- *Fabulous pages of members with masks*
- *Being creative for the “Get out and Vote” project for the website*
- *Delivering goodies to nursing homes to brighten someone’s day*
- *Presenting a 93-year-old shut-in with a lift chair and walker, both donated by club members*
- *ZOOM meeting pictures complete with Mary Harmon’s ZOOM glasses*
- *Masked members driving to meet another member to deliver a surprise*
- *106 hospital gowns for children for Operation Smile*
- *A painted picnic table for the Veterans Park in Jackson*
- *Toys for the “Forgotten Angels” and oh, so much more!*

Please do not forget to take pictures of what you do, and selfies are perfectly okay! If you do not have a picture, send Marlynn Jones a summary of what you have been up to. Otherwise, she may not know. PLEASE, keep Marlynn informed either by email, text, or phone call. Marlynn says to *Think Scrapbook!*

Marlynn may be reached at [Mjones1694@hotmail.com](mailto:Mjones1694@hotmail.com) or 770-713-5143 Cell.



## Tallulah Falls School (TFS)

The TFS Committee will focus on the usual projects for the school and will collect prom jewelry as well as focusing on raising funds for the Elaine Singley Chandler Scholarship Fund. Projects will also be planned to raise funds for the Middle School Commons Area.



On January 18<sup>th</sup>, some TFS students participated in the Polar Bear Challenge! BRRR!

Have you ever heard the Alma Mater for TFS? Here is *The Tallulah Song*:

Where the mountains rise to the southern skies,  
 And the holly and the pine tree grow;  
 And gather all at wisdom's call,  
 To the heart of the school we know.

We sing to thee, Tallulah!  
 Thy children we, Tallulah!  
 Oh, may our song re-echo long,  
 In praise to thee, Tallulah!

Thy home is high to the wisdom nigh,  
 To the strength and the joy of the hills.  
 To us, oh bring thee while we sing  
 The lore of its crags and rills.



We sing to thee, Tallulah!  
 Thy children we, Tallulah!  
 Oh, may our song re-echo long,  
 In praise to thee, Tallulah!

When the road we're bound goes winding  
 round,  
 And the crag before us hides our view,  
 "Just to the bend, so on to the end,"  
 Rings clear thy counsel true.

We sing to thee, Tallulah!  
 Thy children we, Tallulah!  
 Oh, may our song re-echo long,  
 In praise to thee, Tallulah!

## HAPPY FEBRUARY!

### SPECIAL OCCASIONS

<b><i>Happy February Birthday!</i></b>	<b><i>Happy February Anniversary!</i></b>
	
<p><i>2/16 – Brenda Rayburn</i>  <i>2/20 – Marlynn Jones</i>  <i>2/25 – Lorelei Bonner</i></p>	<p><i>None</i></p>

### HOSTESS(ES) FOR FEBRUARY ZOOM MEETING

<b><i>Coordinator</i></b>	<b><i>Devotional</i></b>	
-----	Heloise Wilson	

## NEXT NEWSLETTER DEADLINE: FEBRUARY 22, 2021



State website: <https://gfwcgeorgia.org/>



National website: <https://gfwc.org/>

### ARTS AND CULTURE FOR YOUR ENJOYMENT

#### Links that enrich you in the Arts and Culture:

Here are some links you might enjoy!

<https://www.theartnewspaper.com/feature/on-coronavirus-lockdown-the-top-online-museum-and-art-tours>

<https://broadwaydirect.com/where-to-watch-musicals-online-the-musical-lovers-guide-to-streaming/>

<https://artsandculture.google.com/story/DAWx75ap5FKeBQ>

<https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwjM-4ji5rHrAhUQRKwKHdl9C0MQFjADegQIBBAB&url=https%3A%2F%2Fwww.ajc.com%2Fentertainment%2Farts--theater%2Fatlanta-museums-extend-exhibitions-closed-abruptly-because-covid%2F2AAGaX9nO1TAg03oIQSL9M%2F&usq=AOvVaw29RjmUZecTsjiCP5sMjEJY>

<https://www.cnn.com/style/article/what-to-do-at-home-streaming-art-museums-concerts-coronavirus-trnd/index.html>

This is a Vietnamese author that should be read to grandchildren and adults: <https://leuyenpham.com/>