



# MAY 2021



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## GFWC GA MORROW CIVIC WOMAN'S CLUB NEWSLETTER

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



### A MESSAGE FROM OUR CO-PRESIDENTS

May is on the way. Wow, what a difference a year can make! The spring of 2021 signals fewer restrictions and more open spaces, so it seems like it is time to get busy. Many previously postponed events are back on track, and once again we can return to familiar activities.

On April 17<sup>th</sup>, we held a meeting of the Central West District at the First Baptist Church of Morrow. This hybrid style meeting marked a return to some semblance of normal, and there was representation from clubs across our district. Ten members of MCWC were present, and our home field advantage made it possible for us to receive the attendance award. Hopefully, you read the email sent out on awards from District wide programs. You did a great job, and we should all be proud that we were able to accomplish so much during challenging circumstances.

There WILL be a state convention this year to be held in Savannah on June 11-13, 2021. This year marks the 125<sup>th</sup> year of GFWC Georgia and to commemorate this milestone, T-shirts are being sold. Order forms will be available at the May meeting.

The 2021 GFWC Annual Convention for this year was scheduled to be held in Canada but will be held in Atlanta instead on August 28-30. Early bird registration is open until June 15. GFWC will be looking for help from GFWC GA club sisters.

There will be a collaboration GFWC Georgia and The Festival of Trees (Nov.28-Dec.4) in partnership with Wellspring Living. <https://wellspringliving.org> This non-profit organization supports victims of sex-trafficking. We are asked to form craft groups that will decide on crafts to be made for the event. So, as we look forward to the rest of the year, let us move forward together.

*Let us stand up sisters shall we try,*

*Let us all join hands and spread the circle wide,*

*Reaching out together, being kind,*

*Our hearts ever praying to spread the circle wide.*

In Sisterhood, Mary and Cookie

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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.



Thanks to all who participated in our card making activity at the April meeting. The cards turned out colorful and should bring a smile to those who receive them. Jessica Souchik, the art teacher at Stilwell, has the other cards made by the students. Our CSP plans to check with a small retirement home and shelter to determine the number of cards we need. Leftover cards will be brought to the May meeting. Thank you for your hard work on this project and previous projects. You all helped us achieve 1<sup>st</sup> Place at the Central West District Meeting.

Do not forget the following concert:

### **Celebrate America**

**Clayton State University Center Plaza - Free**

**Southern Crescent Symphony and the Clayton State University Orchestra**

Join some of us [on Sunday afternoon](#), May 2<sup>nd</sup>, for a free outdoor concert with patriotic music, Broadway tunes and movie scores. Seating is available but feel free to bring your own lawn chairs or blankets. Park in the Spivey Hall lot and join us in a lovely lakeside setting for our celebration of a return to live concerts. All appropriate Covid protocols will be observed.

Good News! Broadway Atlanta will be celebrating their 40<sup>th</sup> season. Here is the line up! I do not know how Covid protocols will affect the season, but it would be nice to go to a show. Beautiful is amazing!!! The link for this opportunity is <https://atlanta.broadway.com/subscriptions/>.



If you are not ready for a show, there are ways to give back to the arts.

<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/>

Remember to send an email to [wils4929@bellsouth.net](mailto:wils4929@bellsouth.net) and tell Heloise Wilson about your contributions!

Also, remember to give back to other cultures and the arts by purchasing items from our SERRV fundraiser. See the information in the Budget and Finance section of our newsletter.

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



## 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.**

### **Habitat for Humanity:**

Our "Kitchen Shower" for a new Habitat for Humanity homeowner was a huge success. Club members donated over 125 various kitchen items. Also, the club donated a carbon monoxide detector. The homeowner is going to be totally surprised by such a large number of gifts. Thank you, club sisters!

### **Carbon Monoxide Poisoning:**

Carbon monoxide is a colorless, odorless, tasteless gas produced by burning gasoline, wood, propane, charcoal, or other fuel. Improperly ventilated appliances and engines, particularly in a tightly sealed or enclosed space, may allow carbon monoxide to accumulate to dangerous levels. Each year it causes more than 400 deaths. That's why it's important to have a carbon monoxide detector in your home. Additional information will be available at club meeting. Plus, we will have a drawing for a detector.

### **First Baptist Church of Morrow Food Pantry:**

Our CSP is requesting each club member to bring at least 10 staple items to help restock the First Baptist Church of Morrow's food pantry.

### **Heifer International:**

Beginning in May and going through August, we are asking you to save your change and use it for your personal donation toward the purchase of an animal. At our meeting, Peggy and Dixie will share more information.



## 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.**

Message from Cathy White: “It was so good to see everyone at the last meeting--hope to see more of you at the May meeting.”

- (1) At the last meeting, several people brought books for the outdoor lending libraries and board books for the Pregnancy Care Center. Cookie Keene told our CSP that books are needed for children she was working with in Newnan, Georgia through the Red Cross. We were excited to be able to help and donated about 12 books for Cookie to use with the children impacted by the tornado. Please continue to bring books to our meetings--board books for the Pregnancy Care Center and slightly used children's books for the two lending libraries in Clayton County.
  - (2) Bring books too for the “book swap” for our members.
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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.**

“Advice from a garden—Cultivate lasting friendships, sow seeds of kindness. Listen to the sage advice. Don't let the little things bug you. Be outstanding in your field. Take thyme for yourself. No vining!” ~ *Author unknown*

*The Morrow Civic Woman’s Club has been wonderful stewards to the environment for many years. It is the little things that make a big difference. Here are a few suggestions that will save the environment and save you money\$\$.*

- Use a programmable thermostat it can decrease the times your HVAC system is unnecessarily running. Not only does an energy-efficient home help the environment, **but it also lowers your monthly utility bills.**
- Many people unconsciously waste gallons of water every day. It can be lots of small daily things that add up over time: running the water while brushing your teeth, over-watering your lawn or not fixing a leaky faucet. Making the effort to conserve water greatly helps the environment and keeps your monthly water bill low.
- Turn off lights in any rooms you’re not in and replace incandescent bulbs with compact fluorescent bulbs.

- Buy seasonal produce and support local farmers' markets and community gardens.

Remember to bring used ink cartridges, batteries, magic markers, and crayons to the club meeting. Bins will be labeled for drop off. Also, bring bottle tops and tabs for recycling.

While you are saving the planet remember to keep a record of your time and money spent:

- Recycling
- Picking up litter while you walk
- Reading or researching environmental issues
- Planning or working in your garden or yard



## 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.**



**Mental Health Awareness Month** is observed during May. Organizations such as the CDC, MHA (Mental Health America), and NAMI (National Alliance on Mental Illness) use the time to spread knowledge, fight the stigma, provide support, educate the public, and advocate for policies to support people with mental illness and their families. They work to spread the word that mental health is something everyone should care about. They strive to find ways to make sure that mental health patients not only receive the right care, but also do not feel alone in their struggle with mental illness. Research shows that while mental illnesses affect tens of millions of people yearly in the U.S., only about half of them receive treatment.

“Tools2Thrive” was selected in 2020 and continues in 2021 as a theme that would help people dealing with anxiety, stress, and depression related to the pandemic. The MHA website <https://mhanational.org/> provides practical tools that everyone can use to improve their mental health and increase resiliency regardless of their personal situation. It includes topics such as dealing with anger and frustration, processing big changes, and taking time for yourself. You can download current or previous toolkits. They also have a free, confidential, and anonymous mental health screening tool available to use as you work on your mental health-- <https://screening.mhanational.org>. Googling mental health awareness will yield numerous websites with additional information: <https://nami.org/mentalhealthawareness> <https://medlineplus.gov/howtoimprovementalhealth.html> [www.nimh.nih.gov](http://www.nimh.nih.gov)



**FOOD ALLERGY AWARENESS WEEK**, May 9<sup>th</sup> through 15<sup>th</sup>, is an initiative created by **F.A.R.E.**, Food, Allergy, Research, and Education. The purpose of the week is to raise awareness of different food allergies and to improve public



understanding of what can sometimes be a life-threatening condition. FARE's mission is to improve the quality of life and the health of individuals with food allergies, empowering them to lead safe, productive lives. Their initiatives advocate for improved awareness around healthcare options and the promise of new treatment. The website, <https://www.foodallergy.org> provides information about living with food allergies, as well as resources for the newly diagnosed, children, adolescents & teens, and adults. It also includes a blog, and link to U-Tube videos.

Almost any food can trigger an allergic reaction, but the following foods cause the majority of reactions: milk, eggs, peanuts, soy, wheat, tree nut, shellfish, fish, and sesame. These ingredients are so common in our foods that meal-planning can become difficult for the 85 million Americans impacted by food allergies and intolerances, including the 32 million who have a potentially life-threatening condition. Some other eye-opening numbers:

- There has been a 377% increase in the treatment of diagnosed anaphylactic reactions to food between 2007 and 2016.
- Every 3 minutes, a food allergy reaction sends someone to the emergency room.

Another useful website: <https://www.kidswithfoodallergies.org>



Since it is the peak time for spring and summer allergies, the entire month of May is **Asthma and Allergy Awareness** month. Asthma is a long-term disease of the lungs. It causes your airway to get inflamed and narrow, thus making it hard to breath. Severe asthma can cause trouble being active or even talking. It is considered a chronic respiratory disease. Explore the

WebMD site for information on types of asthma, symptoms, causes and triggers of an attack, treatment, risk factors, and so much more-- <https://www.webmd.com/asthma> , and view the video on hidden triggers <https://www.webmd.com/asthma/video/video-asthma-hidden-triggers> . These websites also contain helpful information: [www.aaafa.org/](http://www.aaafa.org/) (Asthma and Allergy Foundation of America), <https://www.lung.org> (American Lung Association) and <https://allergyasthmanetwork.org/news/allergies-or-covid-19/> .



Program Change: Jane Bailey, from Morrow First Baptist, will be presenting the May program. She will explain all the ins and outs of the food pantry: who's in charge, how it's organized, eligibility, how needs are determined, funding, etc.

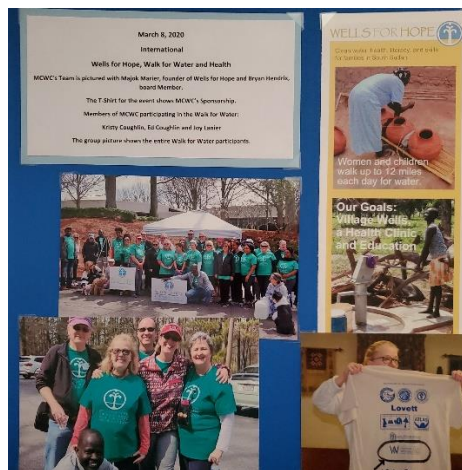
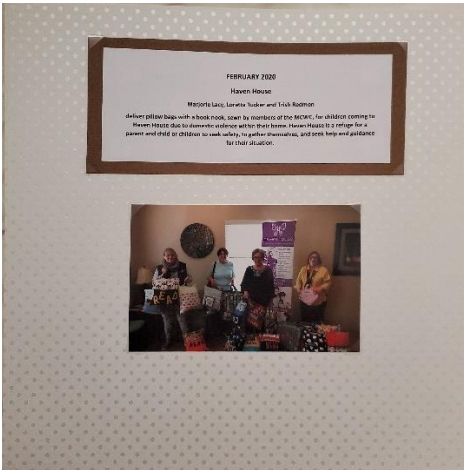
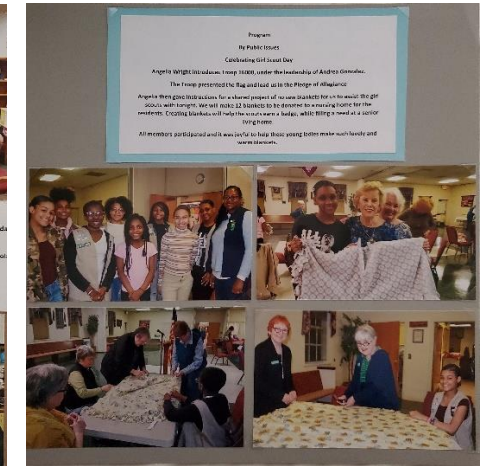
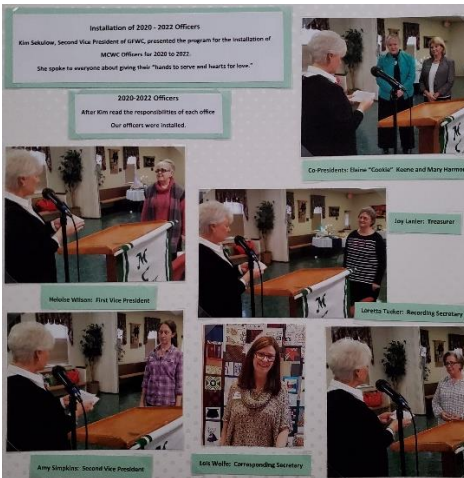
Since our club has supported the food pantry since we've been meeting at the church, it should be interesting and informative.

On-going Collections: calendars for the Good Shepherd Clinic, pop tops for McDonald House



### **Special Project: Women's History Resource Center (WHRC)**

We remain unable to scan last year's documents at the Clayton State University Archives due to COVID safety precautions. However, nothing prevents sharing some 2020 scrapbook pages of our service and outreach via social media and our club newsletter. Between the Installation of Officers in January and the Central West District meeting in March, MCWC members were busy!



## DOMESTIC VIOLENCE

Haven House currently has 32 residents in shelter and 27 residents in hotels. The facility has received plenty of in-kind donations and has a full pantry at this time. Haven House is in desperate need of monetary donations to help assist all these homeless families to secure permanent housing. The monetary donations help pay security deposits and rent.



Monetary donations may be made in the form of cash or gift cards. Below is the link for making donations to Haven House.

<https://givebutter.com/havenhousegotheextramile>

## COMMITTEES



### Budget and Finance

We have a date for our Fall Festival Fundraiser. It is October 9, 2021. Joy Lanier is inviting anyone who can come to her home on Tuesday, May 4th at 10:00 a.m. for a planning meeting. Hopefully we'll be able to sit on the deck but if not, we will social distance.



### Rada Online Fundraiser

Visit Rada Knives at <https://radafundraising.com/?rfsn=4699925.3900a81> for the MCWC fundraiser. The link is good, so continue to 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!*



### SERRV Online Fundraiser

Thanks to all of you who have shared the SERRV Online MCWC Spring Sale with your friends and family. To date we have earned about \$90 on sales of \$450. If you will take the challenge and send the link to 12 more people, we can continue our momentum.



SERRV International is a nonprofit, fair trade retailer that empowers marginalized global artisans to break the cycle of poverty through the sale of their handcrafts. The artisan partners prioritize investing in projects that create sustainable families and communities, including childcare and scholarships for children, health clinics, anti-trafficking programs, and environmental education programs. Your purchases help support the artists and their programs. To order, click on the Morrow Civic Woman's Club custom link below.

This is the custom SERRV & Earn web link:

<https://www.serrv.org/?a=MCWC>

Please remember to check the orange banner at the top of our home page before shopping, to make sure the Morrow Civic Woman's Club is identified:

20% of your online order today will be donated to Morrow Civic Woman's Club

The club's entire web link (URL) must be used for this fundraiser. SERRV & Earn orders must be placed online. Orders will be delivered directly to the purchaser or designated recipient.

**Club Member Financial Obligation:** With the online sales of Rada and SERRV, member purchases will apply to the \$125 financial obligation. If you know of friends who have purchased anything online, please email or text Joy Lanier so she can make sure you get credit for the sales.



## Club Relations

The Club Relations Committee hopes that everyone is well and safe and encourages everyone to stay in touch with our club sisters through phone calls or cards. We hope to see you at our upcoming meeting on May 6 either in person or via Zoom.



## Membership

The Membership Committee will be happy to see our members back in person in May. We will have a drawing and give away gifts of appreciation to our hardworking membership. We would be in a “fix” without our amazing membership.

This month the committee will discuss the possibilities of having a Membership Salad Supper in June. We will discuss the CDC guidelines and give our recommendation.

Patience and persistence lead to reward! A lesson realized by the Scholarship Committee in attempts to post the Andrea Lane Memorial Scholarship opportunity on the Clayton State University Academic Works website and to share the application with qualified candidates.

A plea was emailed to professors, past recipients, and others for their assistance in getting the word out. Dr. Alex Hall, Professor of Philosophy and Director of the Honors Program immediately responded. The news of our club's scholarship has been sent to all Honors students and he is waiting to hear back about the University-wide posting. Thank you, Dr. Hall! The following day Elnora Farmer, Professor of Interdisciplinary Studies sent the information to her department to be forwarded to students. Thank you, Professor Farmer! That evening the first application was submitted.

The committee hopes you will also help in spreading the word. Be on the lookout for possible Clayton State University applicants and tell them the criteria and application are posted on our club website, [www.mcwcga.org](http://www.mcwcga.org) The completed forms are due in four weeks on June 1, 2021.



### Scrapbook and Website

We are careful, consider our COVID vaccines, continue to wear our masks, avoid crowds, and use hand sanitizers. Miles to go, but promising!

Marlynn Jones reports she has many fabulous pictures our club's activities including our meeting at the church, our creations of 45 Mother's Day cards for assisted living homes and nursing homes, the Central West District Meeting, delivery of goods to the Ronald McDonald House, the collection of items for a kitchen shower for a Habitat for Humanity family, blankets for babies born to a Military family, and the assortment of plastic tops/lids for the USO.

Keep the pictures coming, along with the news and actions of the club that we want to include in our Scrapbook and on our Website. Thanks, everyone!

Marlynn Jones: 770-713-5143; [mjones1694@hotmail.com](mailto:mjones1694@hotmail.com)  
 Kristy Coughlin: 770-527-6087; [coughline@bellsouth.net](mailto:coughline@bellsouth.net)



### Tallulah Falls School (TFS)

Thought you might enjoy hearing how the local Northeast Georgia students are doing in the scholarship department.



Good news arrived for three members of the Tallulah Falls School Class of 2020 in the form of funding for college from the Rotary Club of Habersham County Scholarship Foundation.

Sydney Coffey of Clarkesville, Caleb Carter of Demorest, and Anna Marie Waites of Clarkesville are the recipients of this year's awards that were presented at the April 22 Rotary Club meeting.

According to Rotary member Philip Smith, the scholarship program is in its 36th year, awarding 288 students for a total of \$339,900.



The Morris Scholarship went to Coffey, with Carter and Waites receiving Rotary General Fund awards.

“We are proud of this accomplished group of students and appreciate the local Rotary Club’s support of academic excellence,” said President and Head of School Larry A. Peevy. “This award demonstrates the support of the entire community as our local students continue their education.”

On the home front we are proud of our MCWC 1<sup>st</sup> Place Overall recognition in the Tallulah Falls School category. Thank you for all the snacks, dresses, and your support of TFS.

## HAPPY MAY!

### SPECIAL OCCASIONS

<b><i>Happy May Birthday!</i></b> 	<b><i>Happy May Anniversary!</i></b> 
5/1 – Cathy White 5/29 – Catherine Douds	5/15 – Brenda and David Rayburn

### HOSTESS(ES) FOR MAY HYBRID MEETING

<b><i>Coordinator</i></b>	<b><i>Devotional</i></b>	
Peggy Wilson	Joy Lanier	Renee Goolsbee

**NEXT NEWSLETTER DEADLINE: MAY 24, 2021**



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



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

## ARTS AND CULTURE FOR YOUR ENJOYMENT

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

Here are some links you might enjoy!

<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&usg=AOvVaw29RjmUZecTsjiCP5sMjEJY>

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

Thought you might like a college friend's gardens. He is a great landscape architect.

<https://williamtsmithgardens.com/>