



Newsletter November 2022



Georgia Federation of Women's Clubs
**Morrow Civic
Woman's Club**
SERVING SOUTH METRO ATLANTA

www.mcwcga.org



A Message from Our President

Dear Club Sisters,

Hello, from North Georgia! Today, I went to a study of Psalms taught by a twenty-something teacher. This young woman, Ally, is educated, legally blind, and very knowledgeable in biblical studies. I am amazed at her confidence. She will be going to a Special Olympic Event in some wonderful country in December. She has been an active member of First Baptist Church of Jasper with her family for years now and has continued to serve after she married about a year ago. She is marvelous to watch as she lives her best life. A life that is one of a servant and example. The life she lives encourages me in our endeavors at MCWC. The impact we have has been amazing, and we can make a difference in great and small projects no matter where we are in our seasons of life.

I am hoping that a partnership with the city and county will help us make a difference in a new way. Having the Mayor at our last meeting was a great step. We should continue reaching out to the City of Morrow and try to be visible at some of their events when we can. Our numbers maybe small, but we should continue to serve as much as we can. Life has given us a reality check. We must pray for guidance and realize that we may have to streamline our projects and make the impact greater in fewer projects.

I am happy to report that I will be turning in 5 boxes to MCWC and one to FBCJ. Piper, my granddaughter and I worked on all 6 boxes together. Her interest strongly impacted the items in my boxes.

Next, I want to mention a Facebook event. Many people and children are in to buying surprise gifts. Well, you have the opportunity to do it too!

JOIN US ONLINE AT
OUR GFWC FIZZING BOMB PARTY
HOSTED BY VIOLETS JR.WOMAN'S CLUB
WHEN: NOVEMBER 6TH @7:00 P.M.
WHERE: FACEBOOK
<https://www.facebook.com/gfwcfizzing22>

If you've never seen this in action, you're in for a fun treat. What is a ring bomb? Ring bombs are similar to bath bombs, but they are not intended for the bath. All ring bombs contain beautiful rings with an estimated retail value between \$25-\$1500 each! Deborah Landress is our party hostess and she will have bracelets (stacks), rings, necklaces and earrings. You choose the size and the rest is a surprise. There are special collections such as Autism Awareness, Sterling collection, Kids, and originals. You never know what will be revealed until Deborah drops your ring bomb into water to reveal your surprise LIVE on Facebook. All items will be mailed directly to your door.

I would also like to thank Karen Garcia for all her hard work in MCWC. She has made a wreath for us to give to Festival of Trees for their auction. She has done so much for us and we appreciate her dedication! I will register and plan to deliver the wreath to Tina Daniel before November 17th.

Ladies as I close, I want you to think about your year and the many things you have done to make MCWC great this year. The reporting is just around the corner. Every little thing matters. Report it to show how marvelous our year has been. As we enter into the season of Thanksgiving, I want you to know I appreciate you and your dedication to others.

“I wash my hands in innocence and go around your altar, O Lord, proclaiming thanksgiving aloud, and telling all your wondrous deeds.”

Psalm 26:6-7 ESV <https://bible.com/bible/59/psa.26.6-7.ESV>

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 club-women and ignite within them a desire to make the world a more beautiful, thoughtful, and caring place. During 2022, Arts and Culture is committed to sharing our funds with M.E. Stillwell School of the Performing Arts, Nursing Home Gifts and decorating. We will also be donating to Art Projects for local schools. The CSP members and club members will also be making and donating Christmas decorations for a Nursing Home.

October 27, 2022

We will be making Christmas Card Placemats at Peggy's house on Friday Oct. 28th at 10am if anyone wants to join us. We are going to try and video it so that the members can make some placemats also. Karen will bring some of the cards and supplies if you would like to help us make some. We will pick them up before Thanksgiving and take to Golden Crest Nursing Home right after Thanksgiving.

November

Our committee will be doing a display celebrating Native American month. In November we celebrate the rich histories, diverse cultures and important contributions of our Nation's first people.

At the November meeting we will have Christmas Cards for all of our members to sign. We will be taking them to Westbury Nursing Home along with an ornament. Our committee will be hosting a get together to make the ornaments (TBD). They have 160 patients.

Donations will be made to Spivey Hall Education Children's Choir and McDonough High School Choir (they have been invited to Carnegie Hall next year) in the amount of \$50.00.



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.

Civic Engagement and Outreach CSP Shout Outs:

October Project Outcomes	Volunteer hours.	# of donated Items	In-kind donation (Amount)	Money Donated (Amount)
First Baptist Church of Morrow Food Pantry	5 hrs.	33	\$54.50	
Rainbow House, Inc.	3 hrs.	25	\$81.25	
Calvary Refuge Center	15 hrs.		\$187.00	

*Thank you for supporting our Civic Engagement and Outreach projects in October!!

Listed below our CSP project needs:

- 1. Restocking** the First Baptist Church of Morrow's Food Pantry with the following items for November & December: Instant Potatoes, Stuffing Mix, Canned Green Beans, Canned Corn, Canned Yams, Canned Cranberry Sauce, Corn Muffin Mix, and Cake Mix w/Frosting
- 2. Collecting** monetary and/or new toy donations for the Salvation Army Forgotten Angels project that help families provide Christmas for their children. We will deliver before Thanksgiving.
- 3. Bring your filled** Operation Christmas Child Shoeboxes along with **\$10.00 per shoebox** to our November 3rd meeting. The \$10.00 mailing fee may be cash or a check made out to MCWC. I will have tags that you can put on the outside of your boxes denoting children's gender and age. **NOTE:** Join us on **Wednesday, Nov. 2nd** as we host a "Pack Your Operation Christmas Child Shoeboxes" gathering at the First Baptist Church of Morrow. Bring your

unfilled shoeboxes and goodies to pack alongside your club sisters. We will meet at 10:30 AM and go to a late lunch after we are done.



Education and Libraries Community Service Program

The members of Education and Libraries CSP thank everyone for the donations of books and school supplies this year. Many happy readers are enjoying the books you so generously donated.

The final project for 2022 will be providing treats for the faculty and staff at McGarrah Elementary School in recognition of National Education Week, November 14 – 18. We will deliver packaged snacks and fresh fruit to the school on November 14. Contributions of packaged treats or cash to purchase fruit are welcome.



Environmental 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.

Feeding birds is fun but use black oil sunflower seeds that birds will pick out and eat. Avoid seed mixes with millet and filler seeds. These are rarely eaten by the birds and attract rodents and undesirable wildlife.

This is the best time to plant spring-flowering bulbs now that the soil is cooler. Remember to add a little fertilizer as you dig the bed.

One of the most important things you can do this time of year is to check house gutters for fallen leaves, pine needles, and twigs. Heavy fall rains will quickly overflow clogged gutters, possibly damaging your home and the foundation plants around it.

This is one of the best times of the year to plant shrubs and trees. Even though its chilly outdoors, the soil is still warm enough to encourage root growth.

On Sunday, October 16, club members joined Majok Marier, founder of the non-profit, Wells for Hope for South Sudan in the Walk for Water and Health. Current donations support the building of village well #7 at Luak Malual. Yet, additional monies are needed for well #8 at Atiaba. Club members and family and friends may walk virtually through November 20. Visit <https://secure.givelively.org/donate/wells-for-hope-for-south-sudan/walk-for-water-fall-2022> to donate.



What are you doing on Saturday, November 5 from 10 am – 2 pm? You could attend the Wetlands & Watershed Festival at the Newman Wetlands Center located at 2755 Freeman Road in Hampton. For details, visit

<https://newmanwetlandscenter.com/events/> Contact Mary Harmon if you plan to participate.

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 GFWC Health and Wellness Community Service program encourages members to explore the various opportunities in their clubs and communities for awareness and advancement of nutrition, disease prevention, and physical and emotional care. **ON-GOING COLLECTIONS: Soda can pop tops, calendars, and stuffed animals.**

As we approach the season of Thanksgiving, oftentimes we take on more projects than we can handle. De stress, take time to write down 5 things you are grateful for. Tony Robbins, says, “A grateful Thanksgiving can be the start of a grateful life”. He continues by saying, “It’s a chance to re-energize your body and mind, refocus on your goals and reconnect with what matters most in life”. Live in what matters most to you, something you are passionate about, marriage, a new relationship, hobby, getting in tune with your inner self, no matter what “that is” live it out every day.

National Hunger and Homelessness Awareness – November 12-20, 2022

Hunger and Homelessness Awareness Week is an annual program where people come together across the country to draw attention to the problems of hunger and homelessness. Learn more about how you help raise awareness to end hunger and homelessness in your city, town, and community at

<https://hhweek.org/hunger-and-homelessness/>

Download flyers, distribute to community leaders, HOA’s and post on organization’s social media page. Partner with Good Shepherd Clinic, Morrow Ga on last Friday of each month at 9am to sort, pack and distribute fresh produce bags to help end hunger for residents within our local community.

http://hhweek.org/wp-content/uploads/2022/10/H_H-Week-2022-Handout.pdf

CORONAVIRUS PANDEMIC. Click link below listen to CNN.com 10/26/2022, news updated from President Biden. Bottom line upfront: get protected.

<https://www.vaccines.gov/>

Healthy Choices

We are what we eat, so let’s eat well! Here’s a tasty recipe and nutrition tip, we think you will enjoy. Be creative, try new recipes and healthy habits in the kitchen!

- **Baked Kale chips**

<https://www.allrecipes.com/recipe/176957/baked-kale-chips>

Nutrition tip 60+.

Adopt a mindfulness practice: Whether it's yoga, meditation or another practice that works for you, it's thought that mindfulness practices can positively stimulate the brain. Brain health becomes increasingly important as we age, so establish a practice sooner than later. Click the link below to learn more about mindfulness exercises. Check in with You!

[Mindfulness exercises - Mayo Clinic](#)

Thanks everyone for our committee helping raise awareness and donations for American Cancer Society, Making Strides Against Breast Cancer 5k Walk fundraiser 2022. We collected \$140 from our delicious soup supper meal and breast cancer fun night. Congratulations, Team Pink Strong Warriors, led by Team Captain, Vickie Jennings. Our five-women team crossed the finish line together, donating \$1350.00 to American Cancer Society. We are better together; your generosity is greatly appreciated. We also thank members for healthy snacks, water, canned goods, and supplies supporting Dr. Smith's Food pantry project. Our partnership with Clayton State University to food pantry initiative was a success.

November Awareness programs - Stay connected, get involved in other health and wellness community service projects nearest you. Educate, advocate, participate and donate to programs, November 2022. Share information with members, post on the club Facebook page.

- Lupus Awareness Month- wear purple
- American Diabetes Month-wear blue
- National Family Caregivers Month – recognize a caregiver

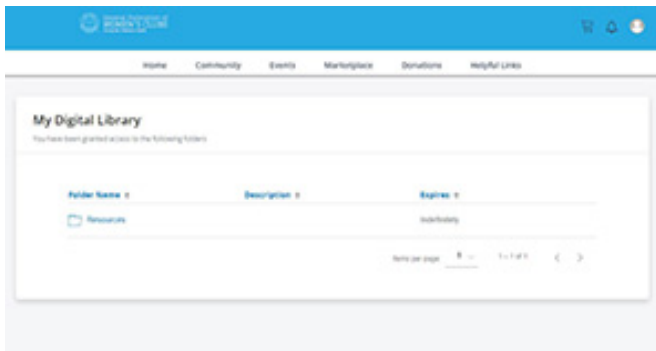
“Be present in all things and thankful for all.” – Maya Angelou



Special Project: Women's History Resource Center

Navigating the GFWC Member Portal Digital Library

As a GFWC clubwoman, you have access to a wealth of archived information through the [Member Portal](#). By signing into your Member Portal account, you will automatically gain access to this important source of information.



Once you have signed up for a GFWC Member Portal account, you can access the Digital Library by clicking on the profile icon in the upper right-hand corner of your screen and selecting “My Digital Library.” If you do not see this option available, email GFWC@GFWC.org for help in accessing these valuable member resources (*please allow 12-24 hours to receive access after signing up for an account*).

The Digital Library “Resources” folder is organized alphabetically, but the quickest and easiest way to find the information you are looking for is by viewing the **Index**, which provides a list of the documents housed in the Digital Library and will identify the folder that holds the information you need. You can access the Index by clicking on the first “Index” subfolder in the “Resources” folder.

If you try to download a file from the Digital Library and it will not work, turn off your pop-up blocker for the website and ensure your download cache has been recently cleared. If you have tried both of these steps and are still experiencing difficulties, contact GFWC@GFWC.org for help.

For more information, review the [GFWC Member Portal FAQs](#).

Domestic Violence

Our club will be supporting again this year Haven House (Henry County) and Gigi’s House (Clayton County), plus Promise Place (Fayette County). We are looking forward to providing in-kind and monetary donations to assist the residents.

2022 Year End Stats: 30 volunteers/36.5 volunteer hours/\$375.49 in-kind donation amount/328 items donated



Thank you for giving of your time and in-kind donations to help women who have made the decision to leave an abusive situation! You are Rockstars!

COMMITTEES



Budget and Finance

When you deliver your pecans in November, please consider putting a copy of the impact letter that Heloise gave out with each order. We need to make sure folks know all the things that MCWC does.

Thank you for all you do.



Club Relations

Please consider joining Renee & Joy at our meeting place, First Baptist Church of Morrow, on Wednesday, November 9th at 6pm. The church is doing a spotlight on the groups using the church and they've asked the club to share. This is during their usual prayer meeting time and our presentation will begin about 6:20. This will be a great time to thank the church for hosting us all these years. Please let Renee know if you would like to share or be part of the program.



Membership

At the November meeting we will ask you to nominate women for the Clubwoman of the Year Award, the Outstanding Citizen of the Year Award and the Club Family of the Year Award. Please begin to think about who you want to nominate

Please keep in mind that only a few months remain before the next period opens for scholarship applications. Beginning now through January, be on the lookout for possible applicants.



Scrapbook and Website

As we engage in our work, remember to take pictures and email them to

Scrapbook -Karen Garcia garcia10218@bellsouth.net

Facebook- Dixie Hulse dixieleeHulse@bellsouth.net

Website- Kristy Coughlin coughline@bellsouth.net



Tallulah Falls School

When my parents moved to Floyd County (Rome), they struggled to volunteer as parents in order to make the school system better. When my dad transferred to Tallulah Falls, they started talking about how good the school was. My dad was even a member of the local community school committee. They were excited to give my sister, Lynn (3rd grade), and I (9th grade) this opportunity to be day students at TFS.

The boarding students knew about the bell's history, and I knew it rang every day at meal time. It was mainly for the boarding students and was located near the dining hall.

Thought you might like a 1956 graduate's story about the bell.

The Old Willet Dinner Bell

The summer issue of the Tallulah Falls School magazine just arrived and is especially interesting and inspiring to me because of the article about the bell. As a student for five years, my 8th grade through graduation, the bell controlled the hours of my day as well as everyone on campus. Those years

were just prior to the great breakthrough of electronics and was the only communication from any building to any other building. We did not even have telephones in the dorms, and as far as I know there was not a telephone in the high school building. There were phones in the President's Office and kitchen, both of which were in the Willet Building. So, to get a message to someone, someone had to go and find that person. If a message ever needed to be sent to the total school population, the bell had to do the ringing.

There were no rules or laws concerning the ringing of the bell, but it was someone's responsibility, and the cooks usually did the ringing. Many times in my five years it was part of my assignment to ring the bell. My last year in school (I graduated in May 1956), I volunteered to put together our yearbook, which is now in the museum. Somewhere in it I wrote a parody of "For Whom the Bells Toll," and think said something like, "don't ask, if you were at Tallulah, it tolled for you." I went on to tell of the tolling: 6 a.m. rising bell, 6:50 ten minute bell, 7 a.m. breakfast bell, 8 a.m. school bell, 12 noon lunch bell, 3 p.m. school's out bell, 5:50 p.m. ten minute bell, 6 p.m. dinner bell, 8 p.m. study hall, 9 p.m. light's out bell. That was a lot of bell ringing. We knew that if the bell rang at some other time there was trouble.

Just behind the Willet Building the bell stood on its stone post, and nearby was a small building called the annex. It had a small apartment in it and Coach Amick, and his new bride lived there. Because there were no rules about the bell ringing, they were sometimes tortured by the ringing of the bell (we learned later). Some students would make it clang only a few times, but others...well, you can guess how industrious a teenager can be. Sometimes when it was raining the bell was rung so hard as to rest upside down, fill with water, and the next person to ring the bell got a dousing. When you realize that we did not have the luxury of a hair dryer, the (bad) joke becomes greater.

I'm sure others have stories and fond memories of the bell. Thanks to the someone who rescued it and truly brought it back to life. It is an iron witness of times past, present and future, standing as a stone totem.



Sincerely,

Comell Watts Moore

Special Occasions

HAPPY NOVEMBER, DECEMBER, and JANUARY!

(No Newsletter in December 2022 or January 2023)

 Birthdays	 Anniversaries
11/06 Marilyn Mitchell 11/20 Karen Garcia 12/27 Cindy Peterson 01/07 Cookie Keene	12/11 Tommy and Angelia Wright 12/19 Charles and Heloise Wilson 12/21 Al and Linda Harrelson

Hostess(es) for Meeting

Coordinator	Devotional	Member
Lorelei Bonner	Lois Wolfe	Brenda Rayburn

Next Newsletter Deadline: January 22, 2023



State website: gfwcgeorgia.org



National website: gfwc.org