



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



November 2023

NEWSLETTER



A Message from Our President

Dear Club Sisters,

I hope this newsletter will find you well and eager to enjoy all the beautiful things this fall has to offer. I once again hope to be with you this next meeting, and I apologize yet again for missing the October meeting. I hope you all shared your thoughts on how we should serve in the community. I have been busy this October preparing for my Axillary service and being the literacy lady at Trunk or Treat. While supply last, Chuck and I will provide books for preschool- 3rd grade. Of course, I will provide a small treat bag as well. I also work at a free supper provided every Wednesday for the community and church together. I am the drink lady. I am planning on providing my service hours to all our reports as I feel it can be applied. We have to be very sure to count our hours serving in our community. Choirs, food pantries, community meals and anything that is helping minister to and serve others. While Chuck and I have been quarantined, we have done things like organize and rest. But we were glad to get back to the community this past week.

We all are so happy for Peggy Wilson as she was chosen for the award, **GFWC GA's 2023 Jennie Award Recipient**. I have submitted the article to the News Daily. I hope to be able to share that it was placed in the newspaper. I did receive notice that they

www.mcwcga.org

received the article. We want the world to know how much she has meant to MCWC and the entire community.

Thanks to Joy and Lois as they led the meeting in October. Thank you to all who let your wishes and dreams be known. I know your suggestions will help us move forward as a club. We will present a slate of officers in November, and we will continue on as we make plans to accomplish wonderful things in the future. Also, this month we will vote on our special awards, MCWC Clubwoman of the year –A member who works diligently within the club consistently all year long, MCWC Citizen of the Year -A member who works diligently within the community, and club. MCWC Family of the Year – Is another member from a household that works diligently together or with a group of individuals to complete projects for the club and other organizations. We have so many small (one person) households that I think they have club sisters, neighbors, church members or friends that represent their family. Please be thinking about who you think deserves these honors.

Please remember as we wrap up the year to let each CSP know of your project donations, and volunteer hours in all areas. Please tally up the hours as best you can that represents your time in general fundraising and report it to me or Cookie. That will include hours, calling and traveling to deliver tickets, pecans, etc., preparing food, and shopping for Bunco. Also, we need to report the amount of money spent to buy food and goody bags.

Whew! I will stop for now but look forward to sharing more at our meeting. As I close, I want to share how much my raffle eucalyptus tree has grown. It has been a joy to watch it grow. Thank you, Conservation.

Thank you all for the service you provide!

Love to all,
Heloise

“Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” 1 Thessalonians 5:18 ESV



COMMUNITY SERVICE PROGRAMS



Arts and Culture

Thanks to the ladies who came and made placemats for the nursing home and their own personal pumpkin. It was so good to see Karen Garcia.

At the November meeting, you will need to post all Arts and Culture activities that you participated in along with the number of hours and in-kind donations.



Civic Engagement and Outreach

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 Community Service Program Collection and Participation months are: **November.**

Please bring everything you wish to donate to our Nov. 2nd meeting.

1. Collecting non-perishable items such as canned peas, corn, veg-all, black beans, pinto beans or green beans, rice, dry beans, canned tuna, canned beef stew, canned chicken, canned pasta, store brand pasta sides (not mac-n-cheese) canned soups, canned fruit, instant potatoes, jelled cranberry sauce, boxed stuffing, gravy mix, and canned sweet potatoes for the First Baptist Church of Morrow Food Pantry.
2. Collecting individualized snacks such as crackers, popcorn, chips, protein bars, dried fruit, trail mix, candy, nuts, and/or small bottles of water to assemble and deliver CARE baskets to Clayton County Water Authority and Clayton County 911.

****We have made monetary donations to the following organizations this year:**

- Fisher House Foundation - They are a home away from home for military and veteran families to stay while their love one is hospitalized. There are two located in Augusta, GA. The donation was made in honor of Vickie Jennings.
- Calvary Refuge Center – Provided additional funds to add to our club donation.
- Salvation Army Forgotten Angels – They will provide our November program and the club will present them with our donation toward this wonderful project.
- USO – Purchased two Game Night packages that will provide board games to our frontline troops to enjoy and have fun during their downtime.
- Canine Companions – One of our GFWC affiliates. They provide highly trained service dogs to people with disabilities FREE of charge. We saw this first hand when Leroy and his service dog, Luther provided our program in May.
- National Wreaths Across America – On December 16th at 12:00 p.m. Wreaths Across America will be at Fayetteville City Cemetery to Remember and Honor our veterans through the laying of Remembrance wreaths on the graves of our country's fallen heroes and the act of saying the name of each and every veteran aloud. We have purchased three Remembrance wreaths. If you would like to help with the laying of wreaths go to: www.wreathscrossamerica.org and click on “volunteer” at the bottom of the home page.

NOTE: Please bring to the Nov. meeting or email to Pam Ashman by Dec. 1st the following information for all Civic Engagement & Outreach projects you participated in this year: *See sample below of info needed*****

<u>PROJECT</u>	<u>NAME</u>	<u>Hours spent on travel for and duration of project/activity</u>	<u>Cost of Goods Donated</u>	<u>Personal Dollars Donated</u> <u>(separate from \$ spent on goods)</u>
First Baptist Church of Morrow Food Pantry	Jane Doe	2 hours	\$34.00	0

2023 CE&O Projects:

1. First Baptist Church of Morrow Food Pantry
2. Community Care Basket Snacks/Water
3. Prepare food for and/or volunteer at Calvary Refuge Center
4. Promote/Support Canine Companions by signing the petition
5. Replenish Calvary Refuge Center Library with new or used books for their residents
6. National Day of Service 9/30 at First Baptist Church of Morrow Food Pantry
7. City of Morrow Purple Heart Designation Ceremony



Education and Libraries

Education CSP has made donations to the following organizations:

Nothing But the Truth, in support of the backpack food project that provides food for weekend and holiday meals for children in need at eight schools

Ferst Readers Foundation of Henry County, provides books to children, from birth to age 5.



Environment

As you all know, we are embarking on a district wide project to help raise funds for our brothers and sisters in the world's newest nation. GREAT NEWS!!! Through fundraising, gifts, and donations we were able to send \$500 to Central West District for Wells for Hope for South Sudan. We are off to a wonderful start on our journey to helping women and their children live a healthier, happier, and more fulfilling life. DO NOT underestimate the tremendous and life changing power that clean drinking water brings with each new well. In the last few months, I have twice been without water for a couple days at a time. I know you all have experienced similar circumstances, and it can really be an annoying experience. We are so blessed in this country to have safe drinking water available in our homes at the turn of a faucet literally just feet away. Thanks to all of you for being the CHANGE we would like to bring to the world!!

Please check out this local event and Newman Wetlands Center. The Wetlands Festival is an opportunity to spend a wonderful day at a wonderful event Saturday, November 4th.

WETLANDS & WATERSHED FESTIVAL

<https://newmanwetlandscenter.com/wetlandsfest/>

How can we Reduce, Reuse, and Recycle throughout the holiday season? Below you will find ways to waste less, buy less, and save more.

World Wildlife Fund [10 Green Halloween Tips](#)

<https://www.worldwildlife.org/pages/10-green-halloween-tips>

American Museum of Natural History [Green Your Holidays](#)

<https://www.amnh.org/research/center-for-biodiversity-conservation/resources-and-publications/what-you-can-do/green-your-holidays>

Smarter House <https://smarterhouse.org/news/blog/your-holiday-energy-use-naughty-or-nice>

Energy Saver <https://www.energy.gov/energysaver/fall-and-winter-energy-saving-tips>

Gas South <https://www.gassouth.com/blog/10-brilliant-energy-saving-tips-holidays>

The Recycling Partnership <https://recyclingpartnership.org/the-recycling-partnership-announces-top-10-holiday-recycling-tips/>

Make A Holiday Recycling List and Check It Twice

<https://www.prnewswire.com/news-releases/make-a-holiday-recycling-list-and-check-it-twice-300965099.html>



Health and Wellness

With the holiday season just around the corner we all will be busier than usual. We will be busy eating the mounds of left over Halloween candy calling from our overflowing candy dishes. We will be busy eating turkey, dressing, cranberry sauce, potatoes, gravy, green bean casserole, pumpkin pie, and drinking a variety of tasty beverages. You get the point! So much food and fun, so little time. As we eat our way through the holidays, let us remember a very important concept...moderation.

We will also be busy managing stress. Holidays are fun, but they can also be stressful and demanding. Think about reaching out to someone who may not have access to all the fun that many have. Please take a few minutes to formulate a plan, or at least, to read about formulating a plan. Having a plan can be a life saver, and make the season bright.

10 Tips to Stop Overeating During the Holidays (and Beyond)

<https://www.healthcentral.com/article/avoid-holiday-overeating>

6 Tips to Help With Holiday Stress <https://www.nm.org/healthbeat/healthy-tips/emotional-health/tips-to-help-with-holiday-stress>

LAST but not LEAST

10 Ways to Cope with Difficult Relatives During the Holidays

https://www.scripps.org/news_items/5074-10-ways-to-cope-with-difficult-relatives-during-the-holidays

Let us all plan to have a happy and healthy holiday season.



Special Project: Women's History Resource Center

WHRC News, the newsletter produced by the Women's History and Resource Center (WHRC) Committee, is a quarterly publication which highlights GFWC and women's history and the achievements and collections of the WHRC. You can sign up to receive the WHRC News through the communications preferences attached to your personal member record in the GFWC Member Portal. If you need assistance, you may contact GFWC@GFWC.org.

Here is a link to the most recent edition of the WHRC News:

<https://www.gfwc.org/whrc-news-august-2023/>

To keep up with the WHRC in between newsletters, you may follow the GFWC Facebook page for "WHRC Wednesdays" (along with all the other great content throughout the week). If you are on Instagram, the WHRC has its own account where you will find even more historical and preservation-related material.

Check it out! There is always something to learn about our federation.



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.

www.mcwega.org

NOTE: Please bring to the Nov. meeting or email to Pam Ashman by Dec. 1st the following information for all Domestic Violence projects you participated in this year: *See sample below*

<u>PROJECT</u>	<u>NAME</u>	<u>Hours spent on travel for and duration of project/activity</u>	<u>Cost of Goods Donated</u>	<u>Personal Dollars Donated</u> <u>(separate from \$ spent on goods)</u>
First Night Basket	Jane Doe	2 hours	\$26.00	

2023 Domestic Violence Projects in August:

- First Night Baskets (personal hygiene items & hand towels)
- Tea Party Baskets (tea bags, cookies, sugar, honey, teapots)
- Haven House & Promise Place Food Pantry
- GiGi House Birthday Box (items to throw a BD party)
- Well Springs Living collections

*Thank you for your donations to all our projects this year! *



Legislation and Public Policy

Together We Advocate for Those in Need. Please go back through your emails and forward me the ones you received from all elected officials regarding actions that you took on various issues, particularly those via GFWC's Legislative Action Center (LAC). If you deleted those messages, please give me a list of the issues you acted on.

If you participated in a virtual rally on a bill or issue, I would appreciate it if you would send me the information. Additionally, let me know if you met any of our representatives while they were visiting their constituents. I am compiling our 2023 Legislation/Public Policy Scavenger Hunt data. As club members, we have used our voices by advocating

for legislation on the local, state, and national levels. In doing so through the LAC, we have also raised awareness of GFWC as an organization. Thank you for your commitment to others! Lois

COMMITTEES



Budget and Finance

Thank you for all of you who participated in selling pecans. This is an important fundraiser for us. We will be able to report the \$ amount of pecans ordered at the November meeting.



Club Relations

MCWC Holiday Brunch - Our Christmas event this year will be a delicious holiday brunch at the Magnolia House in Jonesboro, a change from the usual evening dinner. Please pay Cookie Keene \$12.00 for your meal, and each guest you invite, and bring cash for a gratuity for the staff. Guests are welcome.

The date and time have been slightly adjusted from the proposed announcement at the October meeting.

We will need a count of members and their guests by December 11. Please call, email or text Cookie or Renee by the 11th.

DATE: Thursday, December 21, 2023 COST: \$12.00

TIME: 9:00 a.m. – 11:00a.m.

LOCATION: Magnolia House and Garden, 133 College St., Jonesboro

www.mcwcga.org

Membership

This time of year we look over the year and think about all that we've accomplished. All of our members put in an amazing amount of work and make a positive impact on our communities and our world. I will be emailing out a form to you to use to vote for the Club Member of the Year, the Citizen of the Year and Outstanding Family/Member of the Year. These awards are similar in nature so I have tried to distinguish them for you somewhat.

The Club Member of the Year goes to someone who has worked hard in service to the club or to the community through club events. This might be someone who has participated in all the projects or has represented the club in various ways.

The Citizen of the Year goes to someone who has served the community in outstanding ways. This might be a member who participates in club activities but serves the community in ways beyond the current projects of the CSPs or committees.

The Outstanding Family/Member goes to someone or to a family who has made contributions to the community and club activities. This award takes into consideration participation in club projects and activities but also considers their impact through their church, home life, community and club activities. This can be a reflection of all the members of the household or family but it does not exclude single person households.

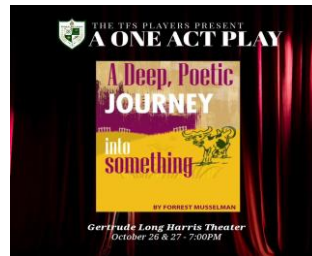


Please keep in mind that only a few months remain before the next period opens for scholarship applications. Beginning now through January, be on the lookout for possible applicants.



TFS theatrical production, A Deep Poetic Journey Into Something, is a one act play that tells the story of Jane's journey as she tries to find her own way in life. TFS junior Katie Anderson plays Jane's mom. "She is artistic, free spirited. She has a gypsy vibe," said Anderson. "I get into character by drawing from a friend's mom, who is an artist.

Performances will be on Thursday and Friday, October 26 & 27, at 7:00 p.m. in the Gertrude Long Harris Theater.



TFS Culinary Arts Second Annual Chili Cookoff Has a Winner!

Culinary Arts Teacher Toby Hunter gave each of his culinary art student teams a blank grocery list. Each team found a recipe, wrote down the ingredients and sent Hunter shopping. With ingredients in hand, teams started the cook off. Their concoctions ranged from creamy to spicy and one chili used Dr. Pepper as an ingredient. Teachers and staff tasted and rated each chili. First Place went to Spicy Fiesta Fajita Chili, created by Dalton Blackwell, Brantley Allen, Bushy Lynes, and Brendyn Phibbs. The White Chicken Chili came in second place, created by Jenna Chesser, Julianne Shirley, and Mia Heyl. And the Crack Chicken Chili came in third place, created by Penny Damron, Lucia Luceno Garcia, and Morgan Mullins





Scrapbook and Website

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

Scrapbook and Facebook- Heloise Wilson wils4929@bellsouth.net

Website- Kristy Coughlin coughline@bellsouth.net

Special Occasions



Marilyn Mitchell November 6



No Anniversaries this Month

Hostess(es) for Meeting

Coordinator	Devotional	Greeter/Helper
Kristy Coughlin	Mary Harmon	Pam Ashman

There is not a newsletter in December.



State website: gfwcgeorgia.org



National website: gfwc.org