



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



October 2023

NEWSLETTER



A Message from Our President

Dear Club Sisters,

This is your October Newsletter and my next to last to write as your 2022-2023 President. It has been an eventful two years for me. I have had a major change in lifestyle and location. I have enjoyed serving you through it all. You have been one of my constants and I appreciate you all and how you have helped me. Many of us have had some health concerns and time is moving so fast now. It is time for all of MCWC to look forward and determine how we will continue to serve.

At this time, I would like to thank Joy Lanier, Lois Wolfe, Cookie Keene, Kristy Coughlin, and Peggy Wilson for all their assistance with my time as President. Of course. I am forever indebted to them and the many telephone calls and text messages that have helped me stay on track. These ladies have kept me going when handling the official business of Morrow Civic Woman's Club. I would like to thank the Chairs for handling your plans of work. You did this many times on your own. We have done admirably in all areas of our service. I am also thankful to those who are not with us any longer. Cathy would always give me her honest opinion. We have learned from them all.

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For our meeting on October 5th, Lois Wolfe will be leading us in a “Health and Wellness of MCWC” Conversation. I hope many of you will be there as we discuss serving in our club. This is our/your club. What do you want it to be for you and the world around you. We need to decide that and enjoy working together. Bring your ideas and then we can take it one step at a time as stress free as we can make it. If you have dreams and wishes or plans and desires for our club and you cannot attend, please send your ideas to Lois by email, she will read them or present them. Her address is loj1122@tds.net .

As you sell your pecans in October, you might want to remember some organizations whom we serve and the data from last year. So, I am asking Kristy to attach the letter to patrons generated last year after reporting to the state. Thank you all for the Bunco night! As usual, the people in attendance were very complimentary and many were generous and agree to support us in several ways.

I am off to Alaska in a few days, so I will see you after that. Have a great week and enjoy the cooler weather.

Thank you for the sisterhood,
Heloise

When we are stressed and unsure remember... “Blessed are the poor in spirit, for theirs is the kingdom of heaven.” Matthew 5:3 ESV

Jesus Christ said that for us all!

COMMUNITY SERVICE PROGRAMS



Arts and Culture

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Education and Libraries



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**.

Below is how you can help, however please continue to check the newsletter each month for any updates and new opportunities.

You will bring everything you wish to donate to our **November** meeting.

1. Collect 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, boxed stuffing, gravy mix, and canned sweet potatoes for the First Baptist Church of Morrow Food Pantry. Watch expiration dates! **NOTE:** Please feel free to bring on a monthly basis if you desire and keep track of your donations.
2. Collect 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. Please watch expiration dates!



Environment

As the heat of summer passes it will give way to a beautiful fall season. The changes that fall brings are stunning and profound as Mother Earth prepares for winter. Let us all try to be intentional in caring for our earth and in making it a healthy and sustainable place to live and thrive. Our Environment and Health and Wellness CSPs are more closely related than we realize, and each of us should strive to be good stewards of the earth. Land, air, and water are *VITAL* to our existence.

Water is one of the most essential resources humans need to survive. Your body consists of approximately 60 percent water and while you can go for weeks without eating, you will only survive for a few days without water. On Saturday, September 9, the Central West District members discussed our first district-wide project initiative - "Be the Change for Wells for Hope for South Sudan". The members present at the CWD meeting unanimously approved the project.

GFWC GA Central West District (CWD) Water Project

Be the "CHANGE" for Wells for Hope for South Sudan (WFHFSS)

Fall 2023 – Spring 2025

Essentially, what this endeavor means is that each of our District's Clubs will fundraise over an 18-month period to earn \$455 in donations toward building a well in a South Sudanese village. By working together to meet our District goal of \$5,000, the GFWC GA CWD will be recognized with an honorary hand-painted tile in the well's base. Wouldn't it be a blessing to bring water to our sisters and brothers who live across the globe? What would we do if we had limited, or no access to water?

Many options can be implemented for raising funds. Each member could collect change in a water bottle. Water bottles with labels could be sold at club sponsored events or in neighborhood stores such as a spa or hair salon. Check the non-profit's social media at <https://www.wellsforhopeforsouthsudan.org/home>

<https://www.facebook.com/seedofsouthsudan/>

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An impressive fact to share with club and community donors is that Wells for Hope for South Sudan allocates 1 penny from every dollar for administrative costs. The other 99 cents are used for building wells.

THANK YOU for your support and for ALL that you do to help our club. We look forward to our Spring District meeting when we will meet Majok Marier, founder of Wells for Hope for South Sudan.

So how can MCWC begin raising funds for this District project? Members will have an opportunity to purchase tickets for a special botanical gift. Just like humans, plants need water.

MCWC can also be good stewards by RECYCLING and REUSING things we produce. We can also raise money for our club work by joining in the effort of Got Sneakers?

Gotsneakers? <https://gotsneakers.com> We can get paid for cleaning our closets and help fund the projects that help our communities. This fundraiser is for a great cause and is EASY to do! Ask your friends, your children, your grandchildren, nieces and nephews, ask anyone that may have access to sneakers. There are gyms, senior centers, and other recreational facilities that are full of people that wear out their shoes on a regular basis. The possibilities are endless. We can turn them into cash, and Fed Ex will ship them to Got Sneakers for us FREE of charge!

Bring your sneakers to the October meeting. They will be kept out of landfills, which will reduce toxic chemicals from being released in our air and soil. All reusable sneakers will be recirculated to secondhand markets so people can access them. Any heavily damaged sneakers will be used to convert waste into new energy. Once again, we see another way that Environment and Health and Wellness intersect.



Health and Wellness

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The Health and Wellness CSP is hosting the October program, which is entitled “**MCWC - A Meaningful Conversation about our Woman’s Club**”. We will discuss the health and future of our club and consider discussion points such as:

- ♥ How do we envision the upcoming year of MCWC?
- ♥ What are some features of our club that we want to keep, re-examine, eliminate, or create?
- ♥ Should we explore alternative meeting dates, times, and places?

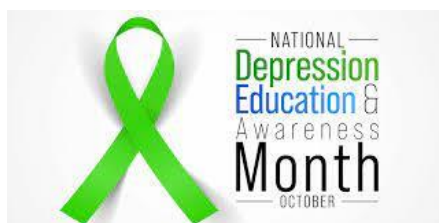
Come with ideas and additional discussion points. If you are unable to attend the October meeting, please email ideas, suggestions, and/or thoughts to Lois. She will share your input.

Nothing will be etched in stone at this time, no final decisions will be made. We are simply and most importantly giving members time to engage in a meaningful conversation about the HEALTH of our club.

IMPORTANT HEALTH REMINDERS for October:



The third Friday in October each year is National Mammography Day. This day serves as a reminder to all women that the best defense against breast cancer is early detection through mammograms and regular check-ups. Members are encouraged to schedule mammograms according to their doctor’s directions.



Depression can wear you out at the exact time you need all of your strength to fight. Trying to cope is extremely tiring — and it's often difficult to know when others are suffering. For more information, click [here](#).

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Difficulty with attention, concentration, memory, impulsivity, hyperactivity, and social skills — these are among the signs of attention deficit hyperactivity disorder, which affects millions of Americans. ADHD Awareness Month, sponsored by the Attention Deficit Disorder Association and observed each October, highlights the latest research and clinical studies with the goal of bringing more effective treatments. Its guiding principle is that life can be better for those with ADHD and for those who love or work with someone with ADHD. [ADHD Awareness](#)



Special Project: Women's History Resource Center

“Where are your club records kept?”
In a garage or maybe the basement?



During the span of 60 years, our organization has accumulated countless documents. To leave a legacy and preserve memories, our members unanimously voted in 2017 to deed our club records to the Clayton State University's (CSU) Archives. Dr. Gordon Baker, the Dean of Libraries, and Rosemary Fischer, the University Archivist, accepted our documents as their first outside public collection. The current archivist, Feechi Hall, taught club members how to preserve the documents, beginning with our annual scrapbooks. Eventually, each year's record will be posted to the CSU website for all to access and learn about our organization's outreach and impact in the local community, state, and world communities. We gladly use the archived documents to display our history.



On April 26, nine members of GFWC GA MCWC and their guests attended the final showing of "Scholarships Empowering Women", the Women's History Installation at the Clayton State University Archives. The exhibit, which highlights the club's 40+ years of offering scholarships to women attending and completing their degrees at Clayton State, was the perfect way to celebrate National Library Week and GFWC Volunteers in Action Week!

Feechi Hall, CSU Archivist, welcomed the group. She introduced Carolyn Davenport, MCWC's first scholarship recipient, Carolyn's sister, State Senator Gail Davenport, the 2020 Andrea Lane Memorial Scholarship recipient, Kersten Toebben, and the CSU President, Dr. Georj Lewis who shared a personal message. Also in attendance was Dr. Alexander Hall of CSU, who has been a vital link in disseminating MCWC's scholarship opportunity.

At the 2023 GFWC GA Institute, a Gallery Poster was displayed that explained how MCWC is preserving and using our historical documents. If you visit this website, <https://aspace-clayton.galileo.usg.edu/repositories/2/resources/37>, you will be able to access online the MCWC Collection held by the Clayton State University Archives. Some scrapbooks have not been digitized yet because our documents are still undergoing processing. However, all scrapbooks appear on the Finding Aid for the Collection and are listed to show that the materials exist for access and research.

When you click the link above, you will find the *Collection Overview*, *Collection Organization*, and *Container Inventory*. Additional information is provided on the *Custodial History*, *Method of Acquisition*, and *Subjects* of the documents. Be sure to check out this repository. Our club has an AMAZING history and continues to make a tremendous impact on our community and beyond.



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.

1. We presented Haven House, Gigi's House and Promise Place with a monetary donation to close out 2023.



Legislation and Public Policy

Have you ever wondered if GFWC is political? Here's the answer.

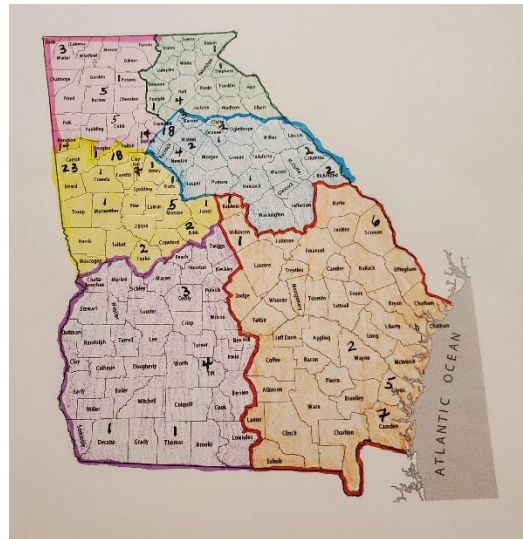
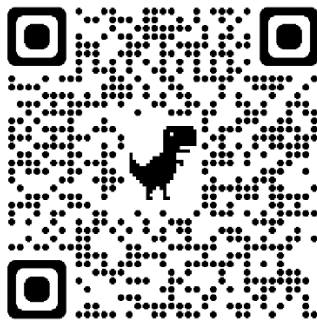
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GFWC is a nonpartisan, nondenominational organization. Clubwomen are allowed to advocate for policies or legislation, but NOT allowed to endorse candidates or engage in partisan politics. GFWC members must separate personal political activities from official club or state federation work.

In keeping with this guideline, advocating for others can be easily done through GFWC's Legislative Action Center (LAC). This tool provides a powerful way to address issues such as Child Sexual Exploitation and Domestic Violence. Please consider signing up for LAC Alerts on such issues. You may use the QR Code below to access the LAC or this link <https://www.votervoice.net/GFWC/home>

If you refer to the map of GFWC GA women who are registered, you will find that our Central West District members (yellow) are leading the state representation. Please consider adding to the numbers if you have not yet registered.

<https://www.votervoice.net/mobile/GFWC/home>



COMMITTEES



Budget and Finance



Club Relations



Membership



Scholarship Committee

Members attending our September gathering were delighted to meet Mei Li Ling, this year's Andrea Lane Memorial Scholarship recipient. Mei spoke about her passion for health care and her belief that all people should have access. She expressed appreciation of our organization's outreach and of the financial support she received. Although Mei is extremely busy with family and school, she asked to be informed of future outreach in hopes she can participate. MCWC looks forward to inviting Mei to serve with us.



Scrapbook and Website

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

Facebook- Heloise Wilson wils4929@bellsouth.net

Website- Kristy Coughlin coughline@bellsouth.net

Special Occasions



Heloise Wilson October 5
Ernesteene Knowles October 8
Lois Wolfe October 23
Joy Lanier October 24



-no anniversaries this month-

Hostess(es) for Meeting

Coordinator	Devotional
Renee Goolsbee/Angelia Wright	Cookie Keene

Next Newsletter Deadline: October 24, 2023



State website: gfwcgeorgia.org



National website: gfwc.org

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