



November 2024

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# NEWSLETTER



## A Message from Our President

The November meeting will be a very special meeting. I encourage you to show your pride in your country as the Civic Engagement CSP and the Quilt of Honors organization present a quilt to 6 courageous veterans. You may want to bring your tissues as it can be quite an emotional ceremony. We anticipate that a number of visitors will join us for the social time and for the ceremony. The ceremony will likely take about an hour followed by a brief meeting. While this ceremony recognizes our veterans in a special way, it is a good time for us all to recommit ourselves to praying for our new president and for all our leaders and armed forces.

In our culture November marks the beginning of a busy season of gatherings of family and friends, expressions of gratefulness and a season of giving. For club members though, November is like a deep breath. It begins a period of finishing up projects and plans of work. A time of reflection begins as we start to take stock of all that we have accomplished this year and begin to think about how we can impact the world next year. As you reflect on the things our club has done it's a good idea to review and make notes to aid in reporting in January.

Over the next couple months, you will receive requests for donations from different charitable organizations, I encourage you to go to their websites and find out details

[www.mcwcga.org](http://www.mcwcga.org)

of what they do. Consider whether there are ways that we can help the organization through a project next year. Our time of planning for 2025 will be in early January so be thinking of what you want to do next year.

Remember that we have Bunco on November 12<sup>th</sup> from 3 pm to 5:30 pm. We will have sign-up sheets for food at the November meeting and we will need to know the number of tickets sold and the number of card tables available for the event. Renee will provide details of setup times, etc.

We look forward to putting the election and all it's craziness behind us, to visiting each other and honoring our veterans on November 7<sup>th</sup>.

## COMMUNITY SERVICE PROGRAMS

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### Arts and Culture

Thank you to all club members who helped make the reindeer Christmas ornaments for River Place residents, an assisted living home in Forsyth, Georgia.



### 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**

[www.mcwcga.org](http://www.mcwcga.org)

**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.**

### **Quilts of Valor**

Quilts of Valor Foundation began in 2003 with a dream, literally a dream. Founder Catherine Roberts' son Nat was deployed in Iraq.

According to Catherine: The dream was as vivid as real life. I saw a young man sitting on the side of his bed in the middle of the night, hunched over. The permeating feeling was one of utter despair. I could see his war demons clustered around, dragging him down into an emotional gutter. Then, as if viewing a movie, I saw him in the next scene wrapped in a quilt. His whole demeanor changed from one of despair to one of hope and well-being. The quilt had made this dramatic change. The message of my dream was: **Quilts = Healing.**

The model appeared simple: have a volunteer team who would donate their time and materials to make a quilt. One person would piece the top and the other would quilt it. I saw the name for this special quilt: it was Quilt of Valor, a QOV.

*Our MCWC Civic Engagement & Outreach Committee will be hosting the Clayton County Quilts of Valor presentation to six nominees and their families in honor of their service and celebration of Veteran's Day as part of our meeting on November 7th.*

*We will serve refreshments to our guests beginning at 5:30 PM with the program/presentations to begin at 6:00 PM. Please plan to attend and show our club's support for their service to our country!*



*Vickie Jennings receiving her Quilt of Valor from Cookie and Lorelei.*

### **November Project:**

- Please bring to the following non-perishable items for the First Baptist Church of Morrow's Food Pantry that assists families in our community experiencing food insecurities: Canned Meat; Canned Green Beans, Yams, Corn, Peas, Black or Kidney Beans; Soups; Peanut Butter; Flour; Sugar; Instant Potatoes, Boxed Stuffing Mix, Cranberry Sauce, and Corn Bread, Cake, or Muffin mixes. \*\* Please watch expiration dates.
- Our Club will make a monetary donation to Salvation Army's Forgotten Angels to help families get Christmas gifts for their children. If you would like to donate clothing or toys in addition to the club's donation, you are welcome to do so.



### **Education and Libraries**

President's Challenge: Books for Little Hands, has been initiated by state president, Cathy Jones. It is designed to support education in the community through a wide range of projects and initiatives. Some of these include supporting libraries, scholarships and literacy. A goal of Books for Little Hands is to provide access to books for children. MCWC is off to a strong start in this initiative. 147 books for children have been donated this year to a little library box at Morrow 1<sup>st</sup> Methodist Church. Mary Harmon, Lois Wolfe and Kristy Coughlin hosted Won't You Be My Neighbor activity at the Morrow Library and gave the children Daniel Tiger books. In November, club members and representatives from the Clayton County Library System will collaborate to plan the 50<sup>th</sup> anniversary celebration of the establishment of the Morrow Library. There will be more information to come about this special commemoration. Books will certainly be a part of this event. In addition, Clayton

County is now a site for Ferst Foundation for Childhood Literacy through the Early Childhood Education Program.

American Education Week will be observed November 18-22, 2024. It is a time to recognize and celebrate the importance of education, and its role in shaping the future. This week would be a great time to collect books for the little library box, take children to the library, have family reading events, or send a note to thank a teacher. Remembering those in the classroom as well as those who have retired.



## Environment

The first Wells for Hope for South Sudan online auction was a success. Thanks to all who registered and participated in the event, there was a wide array of items available. We had everything from rides on the Blue Ridge Express to rain barrels and massages that helped us raise over \$4000. Thank you once again for your support. On October 24<sup>th</sup> we participated in the Daniel Tiger Neighborhood celebration held at the Morrow Branch Library. It was a great day, and we look forward to working with them in the future and share knowledge about our environment.

### **Mysteries of the Marsh!**

The 2024 Wetlands & Watershed Festival will take place Saturday November 2nd from 10 am to 2 pm. This festival is a **free** community event dedicated to creating memorable learning experiences for the whole family!

#### **2024 Activities**

- **Story Walk** – Come meet cool characters along Boardwalk Trail. Walk starts every 20 minutes. **In English & American Sign Language**
- **Family Portraits** – Have your family's portrait taken by a professional photographer in a natural setting. Portraits will be printed on-site.
- **Find Your Watershed Activity** – Join CCWA staff to learn about your local watershed.

- **Face Painting** – Choose your favorite animal or plant from our flash sheet & show it off all day!
- **Giveaways** – Earn raffle tickets by engaging with staff and exhibitors. Prizes include a Crescent Kayaks UltraLite and Crescent Kayaks K-Craft.
- **Live Animals** – Meet reptiles and amphibians from Bear Creek Nature Center and Southern Conservation Trust
- **Games** – Play trivia, cornhole, and more with our awesome exhibitors!
- **Crafts** – Create nature-inspired artwork with the Arts Clayton Gallery Team

Check out the dates below as November approaches.

### **World Ecology Day (November 1)**

World Ecology Day is on November 1st. It's about learning how everything in nature works together and keeping it healthy. It reminds us that our health depends on the health of the world around us.

### **National STEM Day (November 8)**

National STEM Day is on November 8th. It celebrates science, technology, engineering, and math education. This day encourages students to explore and pursue interests and careers in these important fields.

### **America Recycles Day (November 15)**

America Recycles Day is on November 15th. It promotes recycling and encourages people to buy recycled products. This day aims to raise awareness about the benefits of recycling for the environment and economy.

### **World Fisheries Day (November 21)**

World Fisheries Day is on November 21st. This day puts the spotlight on healthy ocean ecosystems and sustainable fish stocks. We also mark this day to protect aquatic habitats and ensure the livelihoods of communities that depend on fishing.



## Health and Wellness

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.

# November

**NOVEMBER IS  
NATIONAL  
DIABETES  
MONTH**

**1 IN 10 PEOPLE HAVE DIABETES  
(MOST HAVE TYPE 2 DIABETES)**



**1 IN 4 PEOPLE DON'T  
KNOW THEY HAVE DIABETES**



**ARE YOU AT  
RISK FOR TYPE  
2 DIABETES?**

**YOU CAN STAY HEALTHIER  
LONGER AND LOWER  
YOUR RISK OF TYPE 2 DIABETES  
WITH THESE STEPS:**

- **STAY AT A HEALTHY WEIGHT**
- **EAT WELL**
- **BE ACTIVE**

**THESE FACTORS INCREASE YOUR RISK FOR DEVELOPING TYPE 2 DIABETES:**



**Being  
overweight**



**Race and ethnicity:**  
African American,  
Hispanic/Latino American,  
American Indian,  
Pacific Islander,  
Asian American



**Being physically  
active less than  
3 times a week**



**Having a  
parent, brother,  
or sister with  
type 2 diabetes**

**45+** **Being 45  
years  
or older**



**Having had gestational  
diabetes (diabetes  
in pregnancy)  
or giving birth to a  
baby who weighed more  
than 9 pounds**



If you or someone you know has diabetes or is at risk for diabetes, check out  
our community classes and events at [www.lexingtonhealthdepartment.org](http://www.lexingtonhealthdepartment.org).

## Holiday Stress?

Click the links to find ways experts suggest to staying stress free during the holidays.

[www.mcwcga.org](http://www.mcwcga.org)

[Mayo Clinic](https://www.mayoclinic.org)

[psychiatry.org](https://www.psychiatry.org)

[UC Davis Health](https://www.ucdavis.edu/health)

**We will collect can pop tops at each meeting.**



**Pop Tab Program**

**HOW DO I GET STARTED?**  
Start collecting! Become an ambassador for recycling and ask your family, friends, school, church or company to get involved. Remove the Pop Tabs from every aluminum can and collect them in a convenient container like coffee cans, milk jugs or the Atlanta Ronald McDonald House Pop Tab Houses.

**WHAT HAPPENS TO THE POP TABS?**  
When we have received a large amount of Pop Tabs, we take them to a recycling center. The money raised supports the operations at our two Ronald McDonald Houses, the Ronald McDonald Care Mobile and Ronald McDonald Family Room.

**WHERE DO I DELIVER MY POP TABS?**  
Drop-offs are welcome at both Ronald McDonald Houses, with convenient no-contact bins for safety.

- **8 a.m. to 8 p.m.** Monday through Friday
- **8 a.m. to Noon and 4 p.m. to 8 p.m.** Saturday, Sunday and Holidays

**House Near Eggleston**  
737 Glenwood Road, NE  
Atlanta, GA 30329

**House Near Scottish Rite**  
5420 Peachtree Dunwoody Road  
Sandy Springs, GA 30342

Questions? Email [andrew.weatherington@armhc.org](mailto:andrew.weatherington@armhc.org)

**WHY ONLY POP TABS?**  
Although the whole aluminum can is valuable, the tab is much cleaner and easier to collect in large quantities than whole cans. The Pop Tab of a standard soda can is made of high quality aluminum.

When you pull together, Pop Tabs add up and become a valuable donation to Atlanta Ronald McDonald House Charities.

**\$1,150**  
Was raised through the Pop Tab Program in 2020

**\$152,615**  
Has been raised through the Pop Tab Program since 1998

Learn more at [armhc.org/pop-tab](https://armhc.org/pop-tab)

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## SPECIAL PROJECTS

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

[www.mcwcga.org](https://www.mcwcga.org)



Did you know that GFWC Facebook has “WHRC Wednesdays” on the GFWC Facebook page? Every Wednesday, there is something new to learn. Interesting, right? What is something you have learned over the past weeks? Well, here’s something that might catch your attention. If you email Lois Wolfe with something new you learned from GFWC WHRC Wednesdays with the date of post, your name will be entered in an opportunity drawing that will be held in December for a \$25 Chick-fil-A gift card. As you know, more entries increase opportunities, so email those interesting facts to Lois often during this club year. It’s your LAST opportunity to enter before December!

**W**ork continues for the planning of the 50<sup>th</sup> Anniversary of the Morrow Branch Library, On October 9, Lois Wolfe, Mary Harmon, and Feechi Hall were interviewed by Kimberly Jones, Library Assistant Senior, of the Clayton County Library System. She is in the process of editing our video about the Morrow Junior Woman’s Club’s role in establishing the Morrow Branch Library. We will let you know when the video can be viewed.

MCWC has been busy reestablishing a strong presence at the Morrow Branch Library. On October 24, our club joined the library in their special story time “Be My Neighbor Day” with Daniel Tiger Neighborhood from PBS. Mary Harmon played guitar and sang “Daniel Tiger’s Neighborhood” theme song. She had aspiring musicians join her and all the children chimed in on the response, “ride along.” So cute! MCWC invited the Clayton County Fire and Emergency Services to join us as “neighbors.” Sean Moran, Paramedic Lieutenant, read Daniel Gets Scared book. The children and their families loved seeing Engine 8. Lieutenant Ashley Brown, Sergeant Justin Bush, and Firefighter Christian Essien, helped everyone learn about the fire truck and equipment. We even timed how quickly a firefighter puts on his protective gear. We learned firefighters aren’t scary even if we hear that sound (breathing) coming from their masks. We saw that the sound came from the same firefighter who we watched putting on his fire suit. Everyone, including adults, got a fireman’s hat! Ashley Neeland Mullins coordinated the day. She’s the Morrow Branch Library Youth Services assistant. We had fun “shaking the wiggles out.” Ashley had crafts for the children to make – Daniel Tiger bag puppets and a Daniel Tiger face mask. MCWC put “books in little hands.” Every child (15 of them, ages 1-4) received two Daniel Tiger Easy-to-Read books that had a message inscribed: “Enjoy reading! Donated by the Morrow Civic Woman’s Club.” It was a GREAT day in the Morrow neighborhood! Check out all the photos posted on our MCWC Facebook page.

A Look Ahead: Barbra Rose, the **Morrow Branch Library’s** Access Services Manager, who will join us in November has invited club members to attend a **Smithsonian**

**Exhibit.** It's on cellphones and their unseen connections. The Gallery Walk will give us a preview of how our 50<sup>th</sup> Anniversary documents might look. Try to attend on **Friday, November 15, from 1 – 2 pm.** A docent will lead the walk of 16 museum panels, while we consider how cellphones impact our lives locally and globally. Tea, cookies, and an engaging conversation will be offered.



## DOMESTIC VIOLENCE

A GFWC press release on how MCWC supports survivors and local domestic violence shelters was submitted to the local media in October, which is Domestic Violence Awareness Month. The article appeared in the Clayton News Daily on October 16, 2024. In case you have not read it, check it out.

NEWS-DAILY.COM ♦ WEDNESDAY, OCTOBER 16, 2024 ♦ A7

### Morrow Civic Woman's Club supports domestic violence survivors

From staff reports

**MORROW** — The Morrow Civic Woman's Club advocates for domestic violence survivors year-round but in October, there's a heightened focus during Domestic Violence Awareness Month.

The Morrow Civic Woman's Club supports local domestic violence shelters in Clayton, Henry and Fayette counties with donations of backpacks filled with school supplies, birthday celebration/recognition boxes, clothing and household goods.

Club members also partner with the Georgia Coalition Against Domestic Violence in advocating for survivors.

MCWC promotes awareness and education regarding domestic and sexual violence abuse through informational sessions at their monthly meetings.

The GFWC signature program — Domestic and Sexual Violence Awareness and Prevention — encourages women's clubs across the nation to increase awareness and prevent the widespread occurrence of domestic abuse in their communities.

One pillar of the program is GFWC's annual Success for Survivors Scholarship, which opens in October 2024. The scholarship encourages intimate partner abuse survivors to reclaim and rebuild their lives by advancing their academic pursuits through a \$2,500 scholarship.

For more information about the scholarships, visit <https://www.gfwc.org/scholarship/> and for more information about the club, visit <https://mcwcga.org/>.

**ABOUT THE GENERAL FEDERATION OF WOMEN'S CLUBS**

The General Federation of Women's Clubs is a unifying force, bringing together local women's clubs, with members dedicated to strengthening their communities and enhancing the lives of others through volunteer service.

With more than 60,000 members in affiliated clubs in every state and several countries, GFWC members are community leaders who work locally to create global change by supporting the arts, preserving natural resources, advancing education, promoting healthy lifestyles, encouraging civic involvement and working toward world peace and understanding.



Club members were extremely generous in donating supplies for the six birthday boxes that were delivered to Promise Place, a shelter that serves victims of Domestic Violence and their children in Fayette, Spalding, Pike, and Upson counties. In fact, several additional celebrations could be done with all the extras of party/paper items and gifts/favors.

Monetary donations were requested for Promise Place - \$50 and for Haven House - \$25 for important documents plus \$50 for work essentials.

Information regarding GFWC's annual Success for Survivors Scholarship was sent to Haven House, Promise Place, Securus House, and to the Georgia Coalition Against Domestic Violence.



## Legislation and Public Policy

Have you received the latest GFWC Legislative Action Center (LAC) calls for action? The most recent email asked LAC members to support an important bill that funds domestic violence shelters, rape crisis centers, child abuse treatment centers, and victim services. It's the "Protect Funding for Victims of Crime." Some of us are not receiving emails from the GFWC Legislative Action Center. If that is the case with you, please visit the LAC registration site and re-enter your information. Go to [Action Center \(votervoice.net\)](https://votervoice.net) or <https://votervoice.net/GFWC/home>

The GFWC GA Legislation/Public Policy Yearbook section reminds us to promote civic engagement and to VOTE. In Georgia, we can vote early. I was thrilled to cast my ballot in my 14th Presidential Election the week of my 72nd birthday! I was 20 during the 1972 election, but the 26th Amendment granted me the right to vote that year. How many times have YOU voted in a presidential election?

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## COMMITTEES

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### Budget and Finance

A big thank you to all club members who bought and sold pecans. A special thanks to Joy for handling this fundraiser.

## Clayton State University Scholarship Committee

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.

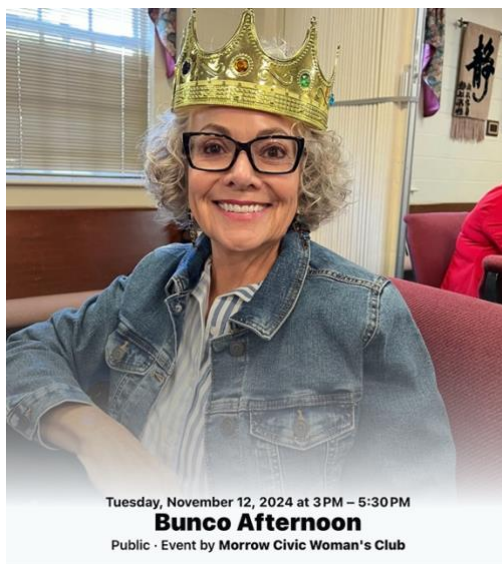


### Tallulah Falls School

Hopefully, we will have a 50/50 fundraiser for Tallulah Falls to help with our budgeted gifts to the school and provide a nice gift for Bunco participants on November 12 -3:00-5:30. Thank you for all your support for TFS.



### Scrapbook and Website



As we engage in our work, remember to take pictures, and email them to Scrapbook, Instagram, and Facebook- Heloise Wilson [wils4929@bellsouth.net](mailto:wils4929@bellsouth.net)  
Website- Kristy Coughlin [coughline@bellsouth.net](mailto:coughline@bellsouth.net)

[www.mcwcga.org](http://www.mcwcga.org)

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## Special Occasions

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Marilyn Mitchell      November 6

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## Hostess(es) for Meeting

Coordinator	Devotional	Hostess
Renee Goolsbee	Joy Lanier	All Willing Participants



State website: [gfwcgeorgia.org](http://gfwcgeorgia.org)



National website: [gfwc.org](http://gfwc.org)