



The Woman's Way
Leadership Laces Holding It All Together

February, 2010
Fuquay-Varina Woman's Club Newsletter
Fuquay-Varina, NC 27526

Our local Arts Festival held over the weekend was a huge success. We had over 400 hundred visitors and there was a steady stream of people both days. My thanks again to the Arts Department and everyone who helped make it the yearly success it progresses to be! As our Mayor John Byrne stated 'this arts festival has been going on for 40 years and is now a part of the community'.

Arts will also host the February meeting and we are having someone from the Raleigh Museum of Art speak so please come and bring a friend.

In Federation Love,
Pam

'Lacing the Future with Lasting Friendships'



FV Woman's Club Officers

President:
Pamela Booker
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Fuquay-Varina, NC
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1st Vice Pres:
Polly Sheets
PO Box 147
Willow Springs, NC
552-5035

2nd Vice Pres:
Doris McGlothlin
2401 Forestbluff Drive
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3rd Vice Pres:
Yvonne Daugherty
3801 Belsize Court
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Recording Sec:
Beverly McDougall
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Corresponding Sec:
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Each One Reach One

GFWC-Fuquay-Varina Woman's Club Needs You!

Friends

Relatives

Associates at Work

Neighbors

Who will you invite to help make our community a better place to live?

Things to bring to the January meeting

**Friend
General Mills Boxtops
Magazines
Books
Old Cell Phones and chargers
Used Printer Cartridges
Garden and / or Spa items for Fashion Show Raffle**

Calendar of Events

February 8th - General Meeting – 7pm Clubhouse
February 13th – District VI Arts Festival
February 14th – Valentines Day
February 18th – Garden Club – 7pm - Clubhouse
February 23rd, - Board Meeting - Clubhouse
March 6th – Fashion Show – Windsor Point

Officers'/Standing Committee News

President – Pam Booker

From the Nominating Committee the following club women were voted in at the December banquet to serve as officers for the 2010-2012 administration. They will be installed at the May banquet:

President:	Polly Sheets
First Vice President:	Bev McDougall
Second Vice President:	Vicki Currin
Third Vice President:	Anne Moell
Recording Secretary:	Doris McGlothlin
Corresponding Secretary:	Bobbie Asad
Treasurer:	Jean Seabrooke

1st Vice President – Polly Sheets

Thank you to everyone for submitting their Individual Reports to me in time for our end of year reporting. This has been a big help to Pam and I. Thanks also to the Committee Chairs for submitting their reports.

Ways & Means – 2nd Vice President, Doris McGlothlin, Chair

A 'Garden Party' Fashion Show is scheduled for Saturday, March 6th at Windsor Point, 1pm to 3pm. Tickets will be \$10.00 and can be purchased at the February meeting from Doris McGlothlin. The clothes from My Back Porch will be modeled by club women, Windsor Point residents, and Juniorettes. Donna Friery, previous owner of My Back Porch, will be our MC. It was decided at the board meeting that our club will donate two baskets as raffle items. The board is requesting members to bring either a 'spa' item or 'garden' item for the baskets.

Membership – 3rd Vice President – Yvonne Daugherty – Chair

We had two visitors attend our January meeting; Barbara Kennedy and Kristielynn Cutler.

If you have friends that are interested in finding out about our club or would like to become members, they can go to our website at:

<http://fuquay-varinawomansclub.org/aboutUs.html>



February Birthdays!

February 5th, Fran Baggs
 February 6th, Lynette Walters
 February 14th, Kim Pearce

Corresponding Secretary – Emily Cox

No updates at this time.

Community Services Program News

Arts—Beverly Anderson and Ann Hull - Chairs

We are so pleased that this year's Art Festival was wonderful and was so because of the efforts of the committee, club members and, of course, of all the wonderful arts and crafts submitted by the students and community. Here's a breakdown of the submissions:

371 arts & crafts submissions from students
 100 (approx.) literature submissions from students
 49 arts & crafts submissions from the community
 17 arts & crafts submissions from club women
 1 Artsfest submission (Juniors are handling)

We also have two vocal entries, Ashley Gurule' and Landon Digh who will be performing at the District Festival on February 13th in Raleigh.

15 - 1st place student artwork submissions will be sent to District
 11 - 1st place club women submissions winners will be sent to District

I believe we had around 400 visitors – based on the fact that I made 250 programs (2 were left) and many did not take a program.

Will host February meeting. – Speaker from the museum.

Conservation—Vickie Cardin - Chair

Home Energy Conservation Tip

Get a Smart Power Strip

75% of electricity used by home electronics is consumed while “off”. By using a power strip and switching off when not in use, you lessen Co2 emissions and reduce your energy bill!

Reuse Recycle Reduce

Don't forget to bring in your used ink jet cartridges and cell phones!

Will host April meeting

Education—Shirley Simmons, Dot Mays - Chairs

The Education Department was pleased to have eight applicants for the Sallie Southhall Cotton Scholarship. Ofcourse, from these eight, we select one applicant and the GFWC Fuquay-Varina Juniors select a candidate. Interviewees scheduled during Christmas break were: Chandler Rowland, Casey Greer, Aaron Olive, Marissa Clark, Landon Digh, Madison Anderson, Ashley Gurule□, and from Middle Creek High School, Amanda Gottberg. Chosen to represent our club was Ashley Kay Gurule□; selected to represent the Juniors was Landon Digh. Both these candidates were participants in the Arts Festival for our club, in boys□ and girls□ vocal.

The daughter of Robert and Mary Gurule□ of Maggiewood Lane in Fuquay, Ashley ranks fifth in her class at Fuquay-Varina High School. She is most active in music and hopes to major in commercial music as her chosen career. She says she had been tapping out

a rhythm on the coffee table or belting my lungs out in the shower her whole life. At school she serves as section leader for the Chamber Choir, the most advanced of the musical groups. She has attended Governor's School in choral music and was selected to the North Carolina Honors Chorus. At church, she is the leader of the Praise Band for the Fuquay-Varina Baptist Church Youth program and often presents the band for worship services on Sunday morning. During the Christmas program, she portrayed Mary to rave reviews. Other roles at school have been Miss Brooks in "Our Miss Brooks," the nun in "The Sound of Music," the strawberry seller in "Oliver," and Cinderella's mother in "Into The Woods." Ashley has performed in benefit concerts and is working to organize a benefit concert for our local "Hand of Hope Crisis Pregnancy Center." Wish her well in the District interviews on February 13. If you missed meeting her at the Arts Festival, she will be attending our May meeting.

Dot & Shirley

Home Life – Anne Moell - Chair

February 5 is the American Heart Association's National Wear Red Day. This program is designed to raise awareness that heart disease is the No. 1 health threat to women. It affects women differently than men and by raising our awareness we can greatly lower our risk. Here are a few things to consider:

Reduce your risk of heart disease by 40 percent by drinking 8 ounces of cranberry juice a day

There is a 30 percent difference in the blood pressure of those who are lonely and those who aren't. So make new friends and bring them to the club!

You are 19 percent less likely to be hospitalized for heart disease if you get a flu shot.

1 ounce of walnuts a day, in addition to a healthy diet, can make for a 30 -50 percent reduction in heart disease

Drop ten pounds and thwart the likelihood of developing type 2 diabetes and related heart complications

10 grams of fiber daily decreases total cholesterol

Holding hands or petting a dog's head can slow your heart rate by 5 beats per minute, reducing stress

20 minutes of napping three times per week will lessen your likelihood of dying of heart disease

Talk to your doctor. If your HDL (good) cholesterol is below 50 mg/dl, that's a red flag for women. Talk to your doctor for help.

Twice daily meditation sessions increase blood vessel dilation by 21 percent.

Reduce your risk of heart disease by 23 percent by pumping iron 30 minutes, three times per week.

Here's to our good health!

Thanks so much to everyone who is participating in our 2nd Annual Have a Heart for the Elderly project. If you did not get an envelope at the January meeting and would still like to participate, please go by Four Oaks Bank and pick up one. Please bring your WRAPPED gift to the February meeting with the 'number' of the resident clearly displayed on the outside of the package. This will help us a great deal in making sure we have gifts for all the residents who are participating. We will deliver the gifts a few days before Valentine's Day.

Thanks again!

Anne Moell
Bev McDougall
Claudia Siemenski
Sara Tew
Kim Pearce

International Issues – Victoria Currin - Chair

We have \$80 for Mission to Mexico, thanks to those that donated. We will send our donation in after the Feb meeting, in case anyone else is interested donating.
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Thanks again for your support.

We sent 54 washcloths, 10 pairs of socks and 32 toys to the soldiers in Iraq. Toys included paddles with balls, silly puddy, dolls, bears, crayons, puppets and books. Thanks to all who donated items. Also for UNICEF, we collected \$63.33

Ti Chany in Cambodia (Activity: Cattle), Repaid 100.00% of loan

Farhat Altaf Hussain's Group in Pakistan (Activity: Home Products Sales) Repaid:91.64% of loan

Barfinisso Khalilova in Tajikistan (Activity: Clothing Sales) Repaid: 54.44% of loan

We have made another \$25 loan through Kiva. To date, we have made 6 loans; one of which has been repaid 100%.

Mrs Fatou Thiam, aged 45, is married and the mother of six children aged between 13 and 26. She lives in Dakar, Senegal, Africa. She has been a member of the Yoff branch of the microfinance institution U-IMCEC since January 2009 and was granted already one previous loan. She has been a seller of cookies for over 15 years. She buys her supply at the factory. Her goal is to be financially independent, so that she can provide herself for her own needs. This is why the lucrative aspect of her business matters a great deal to her.

Public Issues – Teresa Ennis & Bobbie Asad

We will be hosting a Garden Party on Saturday April 17th at the home of Marilyn Gardner. The time will be from 2:00 – 4:00pm and the tickets are \$12.00. There will be a live auction with Michael Dorman of Military Missions in Action as the Auctioneer. All proceeds will go to MMIA.

Will host March meeting

CIP

Docent Training

Docents can still be trained to help with the museums. This is pretty painless! You just need to agree to come and discover all the "treasures" on display. Then, when you are available to work, you can encourage the visitors to enjoy our history! Museum 'open' hours is the second Saturday of each month from 10:00am to 2:00pm.

House & Grounds:

The Garden Club has scheduled a once a month clean-up of the house grounds by enlisting a two-person team for each month. They have offered to do this in lieu of monthly rent.

Social Committee - Teresa Ennis & Bobbie Asad

It is currently being discussed to have our May banquet at the clubhouse with everyone bringing a food item to share. Set up will possibly be for early Sunday afternoon, May 9th. More information on this TBD.

Junior News from Laura Query

The Junior Woman's Club has been very busy!! We began the 2009 club year with the Gala, of course, which we are happy to say was a great success! As we head into 2010, we are continuing with our support of the FV Juniorette Club, host a New Member Social at the Carolina Bead Company, and partake in a Hope For Haiti BBQ fundraiser! We are also happy to host our Sally Southall Cotten Scholarship winner in a send off shower and award some well deserving local teachers with mini-grants!

Juniorette News from Stephanie Wallace

The new club is called the Fuquay-Varina Juniorettes and the Juniorette Advisory Committee is comprised of Megan Olson, Heather Mills, Angela Moss, Wendy Nash, and Stephanie Wallace.

The Juniorettes have had four meetings, including a Christmas Social, with 17 to 20 girls attending each meeting. Most of the ladies are from FVHS and a few are from Middle Creek. We have passed our bylaws, elected officers, and assigned departments and committees. The officers are President-Hannah Wallace, Vice-President-Allison Clark, Secretary Jessica Verian, and Treasurer Danielle McCullough. So far we have completed two projects—making picture frames for the Reindeer Romp for Girls on the Run and

collecting food for the FV Food Pantry. Most of our meetings have been about educating the girls on what it means to be part of GFWC, how the club works, and taking care of procedural matters in establishing the club. Seventeen girls have paid their dues which have been sent to GFWC-NC Headquarters, along with our application for membership to the State and General Federations.

Our next meeting is scheduled for Sat., 13th, at 10:00 at the FVWC. We will be holding our New Member/Officer Induction Ceremony in May and all FV Woman's Club members will be invited. You will enjoy getting to meet the new girls--their excitement and enthusiasm is so contagious!!!

Front Row: Jessica Verian, Kate Herbert, Kimberly Owens, Anna Powel, Stephanie Mabe, Amber Milby, Lorena Schakel

Back Row: Jamie Mehrer, Kim Seddon, Brittany Gobble, Carrie Knoernschild, Katrina Mysgayeva, Elizabeth Boney, Melissa LaFrate, Hannah Wallace, Dere Cakir, Allison Clark. (Not Shown: Danielle McCullough).

News from District VI President – Victoria Currin

The District VI Arts Festival is February 13th at First Baptist Church in Raleigh corner of McDowell and Edenton Streets.

GFWC News – from Kim Pearce

On November 19, 2009, a bill to reauthorize the Family Violence Prevention and Services Act was introduced in the U.S. House of Representatives. The FVPSA Reauthorization Act of 2009 (H.R. 4116) revises the requirements for and reauthorizes the FVPSA at increased levels for FY2010-FY2014. This act is the only federal funding source dedicated to domestic violence shelters and programs. FVPSA's reauthorization offers victims hope as it will allow domestic violence programs to continue and end the vicious cycle of violence.

It's no surprise that domestic violence programs have felt the impact of the economic downturn and many are struggling to meet the growing demand with shrinking budgets. Reauthorizing FVPSA will:

Allow communities to continue to provide life-saving services to domestic violence victims and their children including emergency shelters, crisis lines, counseling, and advocacy;

Assist underserved communities; and

Help break the violence cycle.

What We Can Do

The General Federation of Women's Clubs can band together by flexing its legislative muscle and encourage Congress to pass this life-saving bill. Engaging governmental officials is the best way to further GFWC's leadership efforts in domestic violence awareness and prevention. As Domestic Violence Awareness is GFWC's Signature Project, starting in the 2010-2012 Administration, it's imperative for clubwomen to contact their representatives to ensure that this bill is passed and monies are available. When victims who face life-threatening abuse reach for help, we must make sure they can receive the support they need.

We need you to call your Representatives today and encourage them to co-sponsor this vital piece of legislation, H.R. 4116. Click here <<http://click.icptrack.com> or log on to http://www.house.gov/house/MemberWWW_by_State.shtml to find your representative. Your calls make a difference!

Talking Points

Say hello; state your name; and let them know where you are from. ["Hello, my name is _____ and I am a constituent from _____ (your city and state)."]

Let them know why you are calling. ["I am calling to strongly urge Rep. _____ (last name) to co-co-sponsor H.R. 4116, the Family Violence Prevention and Services Act (FVPSA) introduced by Representatives Gawn Moore (D-WI), Aaron Schock (R-IL), Judy Biggert (R-IL), and Gregorio Sablan (I-NMI)."]

FVPSA expired last year and reauthorization is imperative as it's the only dedicated source of federal funding for life-saving services to domestic violence victims and their children.

\$250 million is needed to respond to the domestic violence victims' needs.

There are approximately 2,000 community-based domestic violence programs serving approximately 300,000 victims and their children annually.

FVPSA is effective. The domestic violence shelters and programs it funds address both the urgent and long-term needs of victims and help victims protect themselves and their children.

If you have time, share a story about how domestic violence services have positively impacted your community.

Don't forget to mention that you are a GFWC member.

Questions?

For more information, please contact GFWC Senior Director of Public Affairs Michele Mount at MMount@GFWC.org or 202/347-3171.

2008-2010 Committees

Arts

Ann Hull – Chair
Beverly Anderson Co Chair
 Debbie Semple
 Polly Sheets

Home Life – Anne Moell - Chair

Sara Tew
 Beverly McDougall
 Claudia Sieminski
 Kim Pearce

Conservation – Vickie Cardin

Stephanie Wallace
 Pam Booker
 Amy Massengill
 Frances Senter
 Julia McCombs

International Affairs-Victoria Currin

Julia Yeargan
 Margaret Howell
 Chris Amspacher
 Sandy Allen
 Patty Byrne

Education

Shirley Simmons / Dot Mays
 Doris McGlothlin
 Chris Blackmon

Public Affairs –

Teresa Ennis
Bobbie Asad – Co Chair
 Marilyn Gardner
 Emily Cox
 Nancy Randolph
 Jane Phillips
 Jean Seabrooke
 Yvonne Daugherty
 Fran Baggs

2008-2010 Standing Committees

Mini Grants

Dot Mays & Shirley Simmons

Civic Improvement Project (CIP)

Debbie Semple
 Dot Mays
 Shirley Simmons
 Frances Senter

Telephone

Claudia Sieminski & Sara Tew

Auditing – Kim Pearce

Chaplain - Marilyn Gardner

House & Grounds

Dot Mays - rentals
 Shirley Simmons
 Frances Senter

Social

Bobbie Asad-Chair & Teresa Ennis Co-Chair
 Emily Cox
 Anne Moell

Way & Means

Doris McGlothlin-Chair
 Beverly McDougall

Chris Blackmon
 Claudia Sieminski

Membership

Nancy Randolph
 Yvonne Daugherty-Chair
 Vickie Cardin
 Amy Massengill

Scrapbook/Historian

Chris Amspacher_

Yearbook/ Newsletter –

Emily Cox / Pam Booker

Finance

Jean Seabrooke-Chair
 Victoria Currin
 Debbie Semple

Parliamentarian – Kim Pearce

President – Pam Booker
1st VP – Polly Sheets
2nd VP – Doris McGlothlin
3rd VP – Yvonne Daugherty
Recording Secretary – Bev McDougall

Pam Booker

Publicity

All Committee Chairs