

# NEWSMAKERS

In The Big Things of Life ~ We Are At One

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## Club Calendar

October 3 - Grundy Woman's Club Meeting (Grundy Baptist)

October 8 - Southwestern District Fall Meeting (Southwest 4H Educational Center, Abingdon)

November 3-6 - Southeastern Regional Conference (The Greenbrier, WV)

November 19 - Holidays in the Hills (Noah Horn Well Drilling)

Newsletter Editor JoBeth Wampler



## Tea With Madam President

The Membership Brunch at Willowbrook Country Club, held August 28, not only gave clubwomen the opportunity to meet Southwestern District President Faye Bocoek (pictured center), but it also resulted in **two** new members!

Around 28 were in attendance, enjoying great food, a spot of business, and a whole lot of fun. The highlight of the afternoon came as Second Vice President & Membership Chairman Leigh Ann Hackney led the group in discussing the attributes of our favorite tea cups or mugs. Such a simple act made a tremendous impact, as clubwomen bonded through laughter and silliness – which is, after all, what being a clubwoman is all about.



*Photos next page.*



*Hats, Gloves & Bags Are Still Part of Our Tradition*



*(Photos courtesy of JoBeth Wampler)*






## President's Message

Happy Fall!! It's hard for me to say that as I sit here in shorts in the 80-degree sun, but fall is just around the corner with its cooler temperatures and beautiful scenery. We have many projects in place for the fall ... RAM, Ladies Night Out, and Holidays in the Hills just to name a few. I would like to encourage each of you to PLEASE

participate in as many projects as you can. If you'd like to volunteer to work on one of these projects, let me know and I will give you more information. Also remember that our meeting is Monday, October 3 at 6 p.m. at Grundy Baptist Church. We will be kicking off Breast Cancer Awareness Month, so wear something pink (we will be taking a picture at the meeting for the newspaper).



**Frannie Minton, co-founder of Remote Area Medical's Grundy Expedition, has again asked members of the Grundy Woman's Club to donate blankets - new or clean, used ones, which will be distributed to the people attending this year's event on Oct.1-2. If you've never attended RAM before, patients often camp out all night long the Friday before the event to reserve their space. Medical services are distributed on a first come, first serve basis. If you have any blankets to donate, have them to Glenna Owens by Sept. 30th.**

## Holidays in the Hills Underway...

Clubwoman Tania Stephens has begun preparations for our 11th Annual Holidays in the Hills – our biggest fundraiser of the year. The event will be Saturday, Nov. 19 at the Noah Horn Well Drilling building. Doors open for vendors at 8 a.m.; however, the event won't officially begin until 10 a.m. and continuing until 4 p.m.

Booking every space in the venue is a plus, so please help spread the word. Vendors fees are \$35 for 1 table and chair; no charge for non-profit organizations. For more information, visit our Facebook page or contact Tania at [taniastephens12@gmail.com](mailto:taniastephens12@gmail.com) or 276-935-5556/4519. Vendors must register by November 7.

## Buchanan County Calendar of Events

September 30 - Southwest Virginia Domestic Violence Conference (Breaks Park)

September 30 - Haysi Russell Fork Autumn Fest (Haysi)

October 1-2 - Remote Area Medical (Riverview Elem.)

October 5 - Wednesday Workshop: Unsolved Murders of Buchanan County (BCPL)

October 8 - Davenport/Council Octoberfest (William P. Harris Park)

October 12 - Wednesday Workshop: Paper Crafting (BCPL)

October 15 - Family Reading (BCPL)

October 19 - Wednesday Workshops: This App's For You (BCPL)

October 21 - Haunted House (BCPL)

October 22 - Pumpkin Carving & Haunted House (BCPL)

October 31 - Trunk or Treat (Historic Downtown Grundy)



# Community Service Project Reports

## Reporting - Ginger Robertson

Do you know what projects/programs are to be reported in your area? Go to GFWC.org and pull off GFWC Projects-at-a- Glance reporting tool. Are you keeping your hours, projects, dollars donated, in-kind donations, dollars spent?



As a chairman, have you asked the previous chairman if she has this information from Jan. 1 to May, 2016 - reports are for the calendar year. Reporting information is also online at GFWC Virginia. ALL members need to keep this information down monthly for all projects/programs in which you participate.

Only club related or club sponsored programs/projects, or those programs/projects voted on by the club, may be reported.

Let's be ahead of the game, and it won't take us long when January arrives to get the reports in the mail before Jan. 25.

## Education - Mary Belcher

Don't forget to keep collecting Campbell soup labels. And old medicine bottles, too! Those are a recycling project of the Girl Scouts, which we are supporting.



A FREE workshop is being offered by the Buchanan County Chamber, People, Inc. and SBDC-SW. Held October 20 at two different times, the workshop will focus on 'Building a Simple E-commerce Website with Free Tool.' Choose 11 a.m. to 1 p.m. or 6 p.m. to 8 p.m. at the Buchanan County Chamber, 1025 Walnut Street, Grundy. Remember, this event is free. You just need to register and choose a time.

Other Workshops being offered are on October 27th and November 8th. Titles are 'E-commerce with Ebay & Etsy' and 'Get your Business Online (with Google)'

## Home Life - Sandy Stiltner

Check out Page 6 for details on our Ladies Night Out event to promote breast health and cancer awareness! We've got lots to do!



## Club Corner

Oct. 5 (Anniv.) - Heather (Jody) Bowman

Oct. 6 (Anniv.) - Melissa (Ray) Keene

Oct. 12 (Anniv.) - JoBeth (Scotty) Wampler

Oct. 17 (Anniv.) - Amy (Larry) McClanahan

Oct. 21 (Birthday) - Ruth Horn

Oct. 23 (Anniv.) - Debbie (Greg) Deel

Oct. 29 (Birthday) - Betty Shields

Nov. 1 (Birthday) - Sandy Stiltner

Nov. 6 (Birthday) - Deborah Bostic

Nov. 12 (Anniv.) - Angie (Greg) McClanahan

Nov. 14 (Anniv.) - Tania (Joe) Stephens

Nov. 18 (Birthday) - Leigh Ann Hackney

## Not Included?

If you haven't submitted your very important dates yet, contact JoBeth Wampler at jobeth.wampler@gmail.com or 276-935-2123.

## Dues Increase

Membership dues increased to \$30 in response to a \$5 increase on the state level. See Page 10 of the minutes for more details.

# Community Service Project Reports (continued)

## Health - Sommer Chambers



As we work to promote breast cancer awareness this month, don't forget to take time for yourself - scheduling your own breast and cervical exam, as well as a mammogram if age and family history recommends one.

For women 40 years and older with average breast cancer risk, getting a mammogram once per year. Women aged 20 to 39 should get a breast exam by a doctor or other healthcare professional every 1 to 3 years.

While we're taking care of up-top, don't forget to consider what's down below! Women aged 21 to 65, should have a Pap test every 3 years if no abnormalities have been found. Women over 65 years of age who have had regular screenings in the previous 10 years may stop cervical cancer screenings as long as they haven't had any serious pre-cancers found in the last 20 years. Just because you can't have children doesn't mean you should stop cervical cancer screenings. When in doubt, ask your doctor.

Buchanan General Hospital offers digital mammography with record-time readings in conjunction with their newest provider, vRad - the most trusted source for radiology interpretations with a 99.7% accuracy rating. If you have any questions, call me for more information!

## Public Issues - Judy Holland

Just in case you're not sure, here is useful voter information:



- Oct. 17 - Deadline to register to vote or update your address
- Nov. 1 - Deadline to request absentee ballot by mail

- Nov. 5 - Deadline to request absentee ballot in person
- Nov. 8 - Election Day (Each vote matters!)

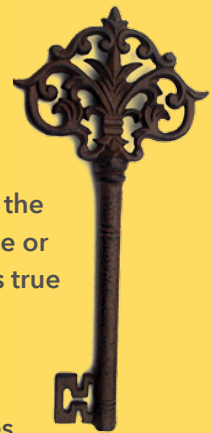
Early voting, through Absentee Ballot, began Sept. 23 at the Buchanan County Registrar's office. Our group is such a community responsive bunch, I sincerely hope we all participate in this critical election. Regardless of your choice, make your citizen voice heard.

Not sure if you're registered? Visit [vote.virginia.gov](http://vote.virginia.gov), or call the Registrar's Office at 276-935-6534. You can also call 800-552-9745.

Don't forget your voter ID when voting or registering to vote. For most of us, that's our driver's license.

### Leadership Tips

Have you ever wondered why the phrase 'meet each other face to face' is used in our Club Collect? Here's a clue: Consider the last time you read a text message or email and questioned the writer's true meaning.



There are layers upon layers of undertones that written messages cannot convey. Facial expressions, gestures, tone of voice... In a world of snark and sarcasm, it's hard to 'hear' sincerity in print. Yet, that is the very thing employees appreciate most in their bosses - sincerity.

Effective leaders know humility goes a long way - admitting mistakes, having a servant's heart, sharing the spotlight, and asking for help. However, the key to showing humility is to approach one another 'face to face.' Or rather, 'heart to heart.'

# Amping Up to Promote Breast Cancer Awareness

First and foremost, we encourage you to wear pink to our next Grundy Woman's Club meeting on Monday, October 3rd, starting at 6 p.m. at Grundy Baptist Church. We will take a photo for publicity purposes (both online and in the newspaper), which play a part in bringing breast cancer awareness to the forefront of the public eye.



Additionally, the event will display Bras for a Cause – decorated bras submitted by teams of the Relay for Life of Buchanan & Dickenson Counties. Registration of bras will cost the teams \$10 each. However, attendees will vote for their favorite bra with monetary donations. The bra receiving the most donations will be named the People's Choice Award Winner. The People's Choice bra will earn its team all monetary donations collected that night!

Ladies Night Out has been planned for Tuesday, Oct. 11th at Buchanan General Hospital (5th floor). Held from 6 to 7:30 p.m., the event will feature Bra Pong, Breast Bingo, vendors, and free giveaways. Breast cancer survivors will be recognized with a 'Survivor Sash.' Vendors are still needed, so women's club members are encouraged to spread the word. A vendor's fee of \$10 will be charged to for-profit businesses; however, Relay for Life teams and non-profit organizations may set up for free.

Prior to the event, those interested in assisting with decorations may contact Sommer Chambers, who plans to adorn the event with festive pink pumpkins. Reach her at 276-312-4175. During the event, we'll also need volunteers to assist with games, catering to our survivors, and registering bras for Bras for a Cause. Please notify Sandy Stiltner at 276-971-7051 if you're planning to volunteer that day. We will, of course, be crafting our own bra. Stay tuned to Facebook and email reminders for upcoming bra decorating dates.

Beginning on October 1st, Surprise Pink Flamingo Flockings will fly into town, spreading awareness and raising donations in their wake!

Here's how it works: In exchange for a monetary donation, an individual may surprise their friends or neighbors with a surprise flocking of pink flamingos, which our women's club members will place in the person's yard. The flamingos will stay in the 'flockee's' yard until they pay to have them 'fly' to another.

The cost: The 'flockor' may purchase a small flocking of 7 flamingos for \$15 or a large flocking of all 42 flamingos for \$100. Potential 'flockees' may purchase insurance to prevent a small flocking for \$25.



# Community Service Project Reports (continued)

## Art - Bertha Street

Remember to keep collecting art supplies and bring them to our next meeting. These include: black ultra-fine sharpies, fine-point sharpies, colored pencil sharpeners (found at Sam's Club), and plastic shoe boxes. You can also recycle old magazines or food containers by donating them for other art projects!

Additionally, I'd love to know who might be interested in a **Wine & Painting Class fundraiser!** Call or email and let me know!

## Conservation - Anna Ruth Coleman

Fall officially arrived as of Sept. 23rd. The time that the leaves change from their many shades of green to all the beautiful, shades of red, yellow, orange, pink, magenta and brown. It is a beautiful time for sure, but also a time to think ahead for next spring. The cool temperatures are a wonderful time to work in your own garden to prepare for next spring. Preparations can be made to the ground for your vegetable gardens or if you want to produce some dramatic garden color, now is a great time to plant bulbs such as tulips, daffodils, iris, lilies, giant tulips, and the highly fragrant hyacinths to name a few. You can plant in large groupings or tuck them into your perennials for a show stopping summer display. Also, just an FYI, November is the time for milk weed seed. This plant is especially important for butterflies.

Now that it is established that fall is a great time for planting spring bulbs for your home gardens,



how about considering a community beautification project? Let's consider a massive tulip planting perhaps with some daffodils around town. Where would be a great place? You do want your town and neighborhood looking beautiful, don't you? Think about it and share some ideas as to where best to plant bulbs and let's see if we can brighten the Town of Grundy even more come early spring.

'Trunk or Treat' will be held in the historical downtown section of Grundy - Walnut and Main Streets - from 5:30 to 8 p.m. on Monday, Oct. 31, (which is the date town and county residents will officially observe Halloween).



Anyone (churches, clubs, businesses or families) who would like to participate are welcome to set up. Contact Mary at the Chamber office by email ([bcchamber@bvu.net](mailto:bcchamber@bvu.net)) or phone (276-935-4147; 276-791-1896 to text) to reserve a spot/location.

## Membership - Leigh Ann Hackney

I would like to take this opportunity to thank everyone who came to our first official meeting of the 2016-2017 administrative year at Willowbrook Country Club! I certainly believe that all attendees enjoyed the food and fellowship!

Membership is only part of being a Club Woman. Active participation is key to success within the club. I would like to encourage you to not only be a member, but to be active. I look forward to seeing everyone at our next monthly meeting and hope that you will bring a friend!

**GFWC Grundy Woman's Club  
Treasurer's Report  
08-27-2016 – 09-22-2016**

**Balance on Hand – 08-27-2016** **\$4,274.39**

**Receipts**

08-29-2016 – Dues	\$ 465.00
Conference	360.00
Tea	<u>220.00</u>

**Total Receipts** **\$1,045.00**

AVAILABLE FUNDS \$5,319.39

**Disbursements:**

08-28-2016 #8284 Willowbrook - food for tea	\$ 300.00
09-14-2106 #8285 US Postal Service - box rent	<u>48.00</u>
<b>Total Disbursements</b>	<b>\$ 348.00</b>

**BALANCE ON HAND 09-22-2016** **\$ 4,971.39**



**GFWC Grundy Woman's Club**  
August 28, 2016 – Minutes

The regular monthly meeting of the GFWC Grundy Woman's Club was held August 28, 2016 in lieu of the September meeting at the Willowbrook Country Club, President Glenna Owens presiding. Meeting called to order at 2:00 pm. Theme of the meeting was a Membership Tea featuring hats, vintage clothing and teacups.

Twenty-nine members, visitors and guests were welcomed. They included:

- Faye Bocoock SWD President and her sister Carol Brown from the Pennington Gap Woman's Club.
- Jordan Deel, daughter of Debbie Deel.
- Gracie Bledsoe introduced her mother.
- Jo Beth Wampler introduced Tara Looney and her daughter Isabelle.
- Glenna introduced her guest Beth Ross from Mountain Mission School.
- Melinda Crigger introduced her daughter Alayna Crigger.

The Club Collect was led by Debbie Deel. Elle Hackney led the Pledge of Allegiance to the Flag of the United States of America. Chaplain Barbara Fleenor brought the Thought for the Day, "Love - Hug - Smile" and led the club in Grace.

SWD President Bocoock spoke briefly and thanked the club for the invitation to attend the Tea Party.

Minutes of May 2016 were presented; motion to approve by Ginger Robertson. Minutes approved. Treasurer's Report 8-27-2016 showing balance of \$4,274.39 was presented and without objection was placed on file. (copy attached)

**Reports of Committees & Projects:**

- A recap was given of GFWC Virginia Conference held August 12 – 14, 2016 at the Skelton Center at Virginia Tech.
- Home Life/Health Chairman Sandy Stiltner reported on Ladies Night Out plans, additional plans and dates pending meeting with Buchanan General Representative Sommer Chambers. Discussed plans for Paint the Town Pink in October for breast cancer awareness, delegation to meet with Grundy Town Council and Buchanan County Board of Supervisors for resolution declaring October as Breast Cancer Awareness Month.
- Education Committee Chairman Mary Belcher noted the college shower was successful. A discussion followed regarding arts supplies for Riverview students. Supplies to be brought to October meeting.
- The secretary read Thank You notes from May's College Shower recipients MMS student Amara Breisch and Teri Butcher for TVHS student Katie Stiltner.

**New Business:**

- President Owens reported that a \$5.00 increase in GFWC Virginia dues had been approved at the 2016 Annual Convention and suggested that our club should follow the lead of the state. Following a motion by Sandy Stiltner, the club voted to amend the current By-Laws, IV-Dues to read: "The annual dues shall be \$30.00 within thirty days of the beginning of the New Year, which is the regular May meeting. Any person becoming a member of the club during the last half of the New Year shall pay a minimum of \$10.00 for the remainder of the year." Motion effective immediately.

**Membership Program:**

- Leigh Ann Hackney, 2<sup>nd</sup> VP/Membership Chairman spoke on gaining new members. Members had been asked to bring their favorite teacup or mug to the meeting and tell why it was their favorite. Following delightful remarks from attendees, the club was pleased to have a gain of two new members, Tammy Ratliff and Tara Looney.

**Announcements:**

Faye Boccock announced that the SWD Fall meeting would be held 10-8-16 at the 4H Center in Abingdon, cost \$20.00. She also announced that GFWC Virginia President Fran Edwards would be making her "Official Visit" to SWD on April 15, 2017, meeting to be held at the Davis Banquet Hall in Pearisburg, VA.

President Owens announced that the next meeting of the club would be October 3, 2016 at the Grundy Baptist Church, 6 p.m.

**Meeting adjourned.**

Betty Shields, Secretary

*Want to include something in **News-makers**, the GFWC Grundy Woman's Club monthly newsletter? Contact JoBeth Wampler at [jobeth.wampler@gmail.com](mailto:jobeth.wampler@gmail.com) or call anytime at 276-935-2123.*