

NEWSMAKERS

In The Big Things of Life ~ We Are At One

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Club Calendar

November 13 - Holiday Gazebo Decorating (Grundy Plaza)

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

December 5 - Club Meeting (Grundy Baptist Church)



Newsletter Editor
JoBeth Wampler



Pretty in Pink

Last month, we donned pink in honor of our breast cancer survivors and those still fighting the disease. Among

those in attendance, three were recognized. Grundy Woman's Club President Glenna Owens, top right, presented a handmade crocheted pink ribbon made by clubwoman Beth Stanley and a pink bracelet to survivors (above, from left) ten-year survivor Tammy Ratliff, five-year survivor Vonda Slone and thirty-year survivor Betty Shields.



Ladies Night Out & Bras for a Cause



(Photos courtesy of JoBeth Wampler)



President's Message

Ladies, as we begin preparing for the holiday season and all of the hustle and bustle that goes with it, I would like for each of you to stop and take a minute to reflect on all that each of us has to be thankful for. We have a small activity planned for the meeting focusing on this. I know that I am personally guilty of not really appreciating all the blessings that God so richly and freely gives me. I also find myself taking so much for granted and not realizing that it is the little things in life that really matter. My goal this holiday season is to slow down and really concentrate and focus on what is important. Please consider doing something this holiday season for someone less fortunate – donate to a food pantry, leave a small gift for someone you know that could use some cheering up, send a message to someone to let them know you are thinking of them, etc. The possibilities are endless. As our Club Collect reminds us ... Let us forget not to be kind.

Glenna



Buchanan County Calendar of Events

- Nov. 8 - Election Day
- Nov. 11 - Blood Drive (Sandy Valley Masonic Lodge)
- Nov. 12 - Southwest VA First Lego League Regional Tournament (Southwest VA Higher Education Center, Abingdon)
- Nov. 14 - Fuel Assistance Deadline
- Nov. 14 - Buchanan County Board of Supervisors (Courthouse)
- Nov. 19 - The Lester 5K Run/Walk (Bull Creek Trail)
- Nov. 19 - Theatre Guild of Buchanan County presents: A Christmas Spectacular (GHS Auditorium)
- Nov. 20 - Theatre Guild of Buchanan County presents: A Christmas Spectacular (GHS Auditorium)
- Nov. 24 - Thanksgiving
- Nov. 30 - CASA Holiday Auction (Event Center, Grundy)



GFWC Challenges Clubwomen to Join

Founded in 2007, Wreaths Across America is best known for its annual wreath-laying ceremony at Arlington National Cemetery and yearlong efforts to support its mission: "Remember the fallen, Honor those who serve and Teach the next generation about the true cost of freedom." That mission – Remember, Honor, Teach – is carried out in part each year by coordinating wreath-laying ceremonies in December at Arlington, as well as at more than 1,100 veterans' cemeteries and other locations in all 50 states and beyond. For more information, to donate or sign up to volunteer, please visit www.WreathsAcrossAmerica.org.



Community Service Project Reports



Public Issues - Judy Holland

Election Day is Tuesday, November 8. Remember each vote matters!

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

For more information, visit vote.virginia.gov, or call the Registrar's Office at 276-935-6534. You can also call 800-552-9745.

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!



Club Corner

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

Dec. 6 (Birthday) - Reva Fields

Dec. 17 (Anniv.) - Sandy (Virlo) Stiltner

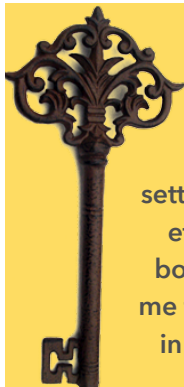
Dec. 18 (Anniv.) - Vonda (James) Slone

Dec. 22 (Anniv.) - Brandi (Mark) Clevinger

Dec. 24 (Anniv.) - Crystal (James) Steffey

Not Included?

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



Leadership Tips

"The quality of a leader is reflected in the standards they set for themselves." - Ray Kroc

While there are many common threads shared in parenthood and in the business world, setting the example is one of the most fundamental. 'Do as I say, not as I do' has never been an effective tool for parents and it's certainly not something employees would admire in their bosses. As human beings, we like things to be fair. And fairness means, if you're going to ask me to do it, you better be doing it yourself. This month, think about the example you're setting, in public and at home, and ask yourself if it's time to start practicing what you're preaching.

Conservation - Anna Ruth Coleman

Give thanks for the environment. As we come closer to the Thanksgiving holiday season, let's not forget to be thankful for our environment. Thanksgiving is not only a time for family and friends but also a celebration of the environment and all it provides for us. You can make it truly sustainable by following some of these tips:



- **Feast on local, seasonal foods.** Fruits and vegetables in season for the late fall don't need to be trucked around the country, and your purchases support your community and local farmers.
- **Use natural decorations.** Forgo craft store supplies for beautiful, biodegradable decorations you can find in nature. Pinecones, gourds, leaves, and acorns are just some of the materials that can add seasonal ambience to your dining room...
- **Purchase a heritage turkey...** Most industrialized turkeys are raised with hormones to force them to gain weight very quickly - so quickly they can hardly

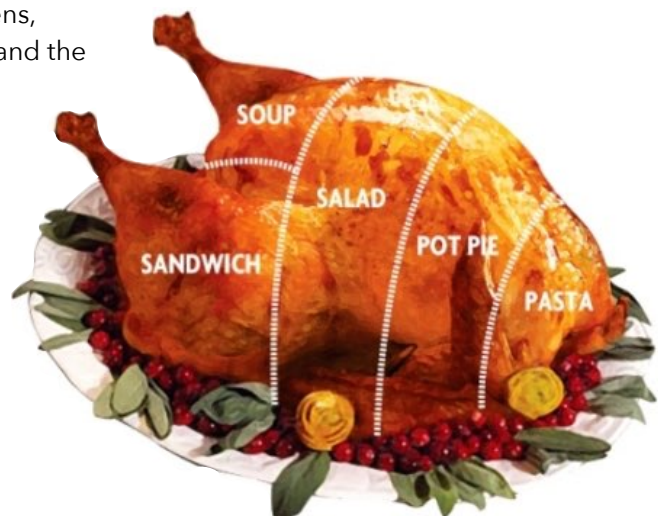
move. Heritage turkeys, in contrast, are similar to their wild cousins: they're slower growing, smaller, tastier, and treated more humanely.

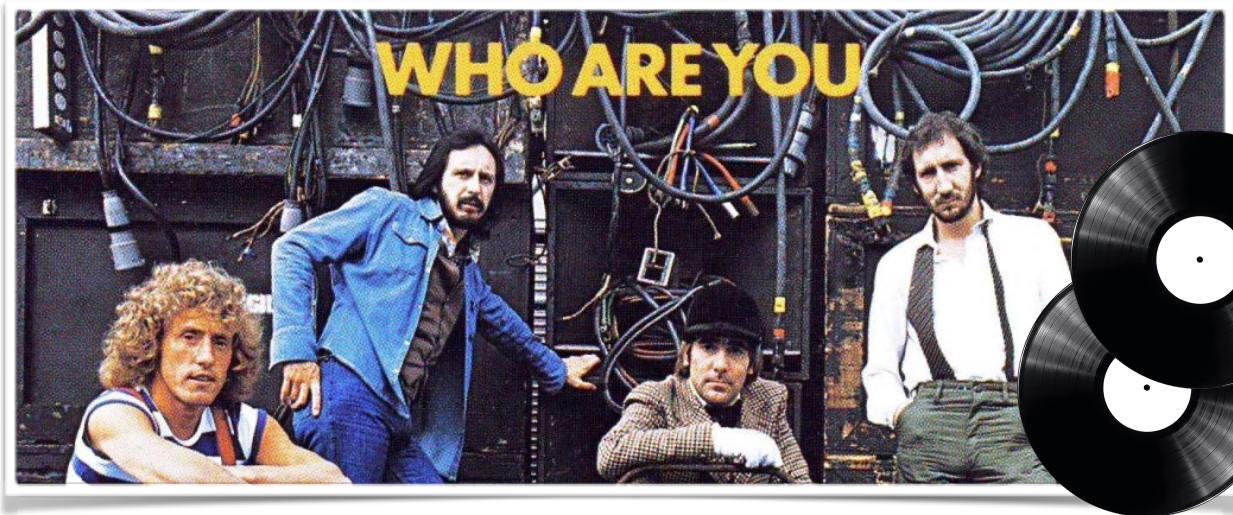
- **...or go meatless!** Most of your Thanksgiving feast is meatless anyway. Why not try some of the countless vegetarian (meat-free) and vegan (free of all animal products including dairy) alternatives to classic Thanksgiving recipes?
- **Compost kitchen scraps.** All those squash peels and carrot tops could be working to enrich your potting soil. Consider a compost bin and turn your kitchen scraps into something useful instead of throwing them away.
- **Don't forget about the leftovers.** Americans waste almost 40% of all edible food, much of it through improper storage. Non-perishable and unspoiled perishable food can be donated to local food banks, soup kitchens, pantries, and shelters. Share with friends, neighbors, and the less fortunate.

Thanksgiving is a wonderful time to pause and consider how fortunate we are to live in our beautiful county or to visit throughout our beautiful states. Special thanks to our members, friends and those who work in jobs that help protect and preserve the beauty of our natural resources.

Please remember to bring plastic bags or other items to be donated and recycled to our next meeting.

Wishing all a very Happy and Blessed Thanksgiving.





New Member Tammy Ratliff

We really want to know... As a special segment in our monthly newsletters, we'll take time to get to know a few of our newest members! This month, we're talking to Tammy Ratliff.

Married? Kids? Not married, but I have two stepsons, Josh and Shannon, both married with children and live in Statesville, NC.

When did you graduate and from where? I graduated from Grundy High School in 1978, got my AA from Palm Beach Junior, LPN from Winston Salem Technical College in 1986, and BSN at Winston Salem State in 1992.

What are you up to now? I work as a Project Manager for Baxter Healthcare and travel a lot with work, mostly to the Northeast. I love to travel and play golf. I moved back to live with my dad, Charles Ratliff. I have worked in a clinical roles outside of the hospital setting for 23 years.



Why did you decide to join the woman's club? I love the outreach of WC, the fellowship – it's such a great group of women – having fun and doing good things for the community.



CASA Holiday Auction & Dinner

As a special feature in honor of the 29th Judicial District Court Appointed Special Advocates' six annual Holiday Auction, the event will feature a spaghetti dinner!

Dinner tickets may be purchased for \$12 in advance or \$15 at the door, which includes spaghetti, salad, bread, a drink and dessert along with your bidding paddle. Not hungry? Buy a bidding paddle for \$3 at the door. Held Nov. 30 at the Event Center, Dinner & Viewing begins at 5:30pm-6:30 p.m. & Live Bidding starts at 6:30 p.m.

**GFWC Grundy Woman's Club
Treasurer's Report
09-22-2016 – 10-29-2016**

Balance on Hand – 09-22-2016	\$4,971.39
 <u>Receipts</u>	
10-04-16 Holidays in the Hills	\$ 665.00
10-05-16 Dues	390.00
District Meeting	140.00
Dinner	170.00
10-12-16 Cup money from “bras”	269.10
Dues	<u>30.00</u>
Total Receipts	\$1,664.10
 AVAILABLE FUNDS	 \$6,635.49
 Disbursements:	
09-27-16 #8286 - BCYI - RAM food	\$ 200.00
09-29-16 #8287 - SW Insurance	265.00
#8288 - SW District –Fall Meeting 7 members	140.00
10-03-16 #8289 - Cash 17 dinners	170.00
10-04-16 #8290 - ASL Memorial Walk	100.00
10-04-16 #8291 - Heritage Hall – Christmas	<u>250.00</u>
Total Disbursements	\$1,125.00
 BALANCE ON HAND 10-29-2016	 \$ 5,510.49

GFWC Grundy Woman's Club

October 3, 2016 – Minutes

The regular monthly meeting of the GFWC Grundy Woman's Club was held October 3, 2016 in the Grundy Baptist Church fellowship hall, President Glenna Owens presiding. Meeting called to order at 6:03 pm. President Owens welcomed new member Melinda Crigger to the meeting. Eighteen members and guests were in attendance.

Tania Stephens led the Club Collect. Sandy Stiltner led the Pledge of Allegiance to the Flag of the United States of America. Chaplain Barbara Fleenor brought the Thought for the Day, "Positive Role Models" citing Matthew 5:14, and led the club in Grace.

Minutes of August 2016 were approved as presented. Treasurer's Report was presented and without objection was placed on file.

Reports of Committees & Projects:

- Home Life/Health reported on RAM donations. 14 blankets and \$20 were donated along with the budgeted donation of \$200. Motion made by Pam Wolford to make a donation of \$250 to Heritage Hall for Christmas, seconded by Sandy Stiltner. **Motion approved.**
- Bertha Street reported on Art supplies for schools. For donations call Sandy Stiltner 276/935-7051 or Bertha Street 276/690-6003.
- Fundraising – Holidays in the Hills, reported by Tania Stephens. Funds are already arriving with 30 tables and 11 vendors at this time. Checking on Shuttle for customers. Motion by Sandy Stiltner to purchase tote bags for Holidays in the Hills with dollar amount to be decided by Executive Board. Pam Wolford seconded. **Motion approved.**
- Sandy Stiltner reported on Home Life/Health – Breast Cancer Awareness, working with Sommer Chambers the upcoming Ladies Nite Out will be held Tuesday, October 12, 2016 at Buchanan General Hospital from 6:30 – 8 pm. She requested \$ to purchase 50 flamingos to "flock" people to raise money. Club agreed. A fee of \$10 will be charged to enter a decorated bra in the "Bras for a Cause Contest."
- JoBeth Wampler, Leadership Chairman reported that both the Town of Grundy and Buchanan County Board of Supervisors and be approached and voted to recognize October as Breast Cancer Awareness Month. She also passed out boxes for "Trick or Treat for UNICEF"

President Owens recognized breast cancer survivors and presented a handmade crocheted pink ribbon made by clubwoman Beth Stanley and a pink bracelet to Betty Shields (30 years), Tammy Ratliff (10 years) and Vonda Slone (5 years).

New Business

Ginger Robertson moved that the club purchase water and make a \$100 donation to the ASL Memorial 5K Race to be held on 10-22-16, club name will appear on race t-shirt. Seconded Sandy Stiltner. **Motion approved.**

A request was made that the club collect plastic bags to be used by art classes at Riverview EMS.

President Owens announced that the Southwestern District Meeting would be held Saturday, October 8, 2016 at the 4H Center in Abingdon.

The next regular meeting will be November 7, 2016, Grundy Baptist Church fellowship hall, 6 PM.

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 or call anytime at 276-935-2123.*