

February  
2008

# Atlanta Woman's Club

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## Reminders:

- Wear red to the general meeting
- Year round collections: socks, gloves, lip balm, old cell phones, Campbell soup can labels, tab tops from soda cans, old eyeglasses
- Last chance to renew your membership for 2008

Hello ladies,

A delightful luncheon began when we opened our connecting doors for our January General meeting at Opera/Atlanta Events Center. Fortune has smiled upon the Atlanta Woman's Club membership with marvelous tenants such as Opera/Atlanta Events center always ready to help our beloved club.

The generosity of our tenants Tim and Mike Muir has been graciously received by our club on many occasions. Chef Jeff (formerly of the Cherokee Country Club) presented our members with a 5-star meal accented by a beef tenderloin carving station, sugared crisp bacon, quiche, pastries, lovely wines and other delectables. How can we ever thank them for sharing their facility and gourmet meal with us while our building was being painted? If you get a chance, please be so kind as to drop a thank you note in the mail to the staff of Opera at 1150-B Peachtree Street N.E., Atlanta 30309 to show your appreciation.

Doesn't the ballroom look wonderful after the renovation? The Ole Gal of Peachtree is sparkling once

again. Some members have inquired as to who did the work. So to comply, the contractor is Woodworking Concepts. Their contact information is available from one of the Trustees or Myra Carmon. In addition to fine work, they will donate a portion of their profits to a charity of our choice.

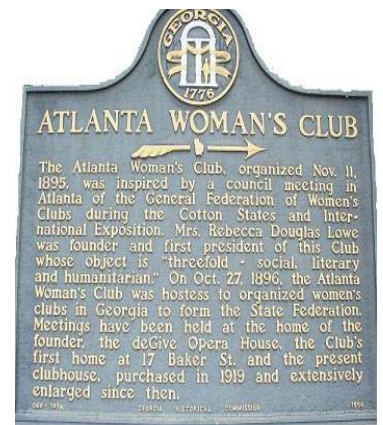
Sadly, Haley Sinclair has taken a job out of town and Lisa Bauer has filled her available club time with the Trustees. This left an opening for the Arts Chairman position. Please welcome Jessie Swieter and Jill Muir as our new Arts department Co-Chairmen. These two young ladies are energetic, intelligent, beautiful and motivated--the same winning combination held by past chairmen, Haley and Lisa. Thank you both very much and welcome to the Executive Committee!

The Nominating committee is accepting names for office by contacting a member of the committee or Betsy Vogel, Chairman. They will be meeting prior to the March meeting to

review those names that will be presented to the membership. The following positions will be in consideration due to the expiration of their terms: President (Susan Carter), 1st Vice President - Membership (Ellen Hicks), 2nd Vice President- Dean of Departments (Betty Daniels), Recording Secretary (Pat Walsh), Treasurer (Sandra McNeil), Assistant Treasurer (Bobbi Kraus) and two Trustees-- Ruth Yurchuck (06-08) and Lucy Willard (06-08).

The March General meeting will be held in our ballroom where we will delight in our elegantly renovated surroundings.

Stay warm and happy,  
Susan Sumner Carter



## Hearts in February




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*"Heart disease continues to be the No. 1 killer of women in the United States..."*

The American Heart Association, the leading voice in the fight against heart disease, has stepped up its campaign for public awareness and advocacy. Heart disease continues to be the #1 killer of women in the United States. Heart attacks and stroke victims are not just limited to males or the elderly. According to the AHA, heart attack prevention is as easy a-b-c:

**A**void tobacco - If you're a smoker, it's time to quit. If you're a non-smoker, watch out for second-hand smoke.

**B**e more active - Strive to be physically active each day. Remember when conventional wisdom said you just needed a minimum of 30 minutes of physical activity 3 times a week? Not anymore. You need 30 minutes of moderate physical activity at least **4** or more times a week. This can be 2 sets of 15 minute physical activity per day. Physical activity includes brisk walking, exercise, mowing the lawn, washing the car etc. Exercise is also good for your mind; it helps you beat stress

and get a better night's sleep. Be more *pro*-active about your health: talk to your health care provider about heart disease.

**C**hoose good nutrition - Commit to a better lifestyle by reducing your cholesterol levels with diet & exercise. If that does not work, see your doctor about getting medication to control your cholesterol. Eat sensibly. Drink moderately. Control your weight. It's good for your heart and easier on your knees and ankles too.

Visit the AHA website for more info:  
[www.americanheart.org](http://www.americanheart.org)

*See page 4 for information on the **GO RED Movement** to help you with **YOUR** fight against heart disease*

### Atlanta's Southeastern Flower Show

The Southeastern Flower Show will take place at the Georgia World Congress Center starting on January 30 and ending on February 3<sup>rd</sup>. The Georgia World Congress Center is located across from CNN at International Boulevard and Marietta Street. The event will take place in Hall A. Advance tickets are \$16.00 and may be purchased at [www.flowershow.org](http://www.flowershow.org) or by calling 404 351 1074 or at select retail locations. General admission tickets are \$20.00 Student tickets and youth tickets are also available. Twilight tickets, admission after 4:00 PM Wednesday-Friday are \$12.00. The show is open Wednesday through Saturday from 10:00- 8:00 PM and on Sunday from 10:00-6:00 PM.

The Southeastern Flower Show is an independent, non-profit, volunteer based organization that is dedicated to promoting horticultural excellence and the conservation of our natural environment. The Flower Show is one of their major activities and a wonderful cultural event for Metropolitan Atlanta. I have been an Advisor for the Garden Design Division for the past several years and would encourage all of you to attend this fun, entertaining and informative event. In addition to the wonderful Garden displays and individual juried classes there is a marketplace for shopping and dining.

Many organizations, companies and individuals have suffered because of our drought. I hope you will all be able to show your support for this event by attending the show. I promise you will not be disappointed.

Karen Clydesdale  
 AWC Decorating Committee Co-Chairman

*(Ladies, Atlanta's Annual Flower Show is the premier flower show in the southeastern United States. It ranks right up there with the nation's oldest flower show, the Philadelphia Flower Show, which, in my ever-to-be-humble opinion, doesn't even compare to ours. One of the Show's major sponsors, Pike Nurseries, has pulled their support due to fiscal problems of their own. Let's keep the Flower Show going--please support the show, tell all your friends & family to attend--BJ)*

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## EDUCATION DEPT.

Ruth Yurchuck (for Phyllis Weisser)

February is Library Lovers' Month, a month-long celebration of school, public, and private libraries of all types. Here are some things you can do:

Contribute at your library by donating your time, money, and expertise. Be a friend at your library by using your skills to help with programs.

Volunteer at your library by reading stories to children.

Promote your library by supporting library referenda in elections. Support your library by your visits and promoting reading for all ages. More ideas can be found at

[www.librarysupport.net/librarylovers](http://www.librarysupport.net/librarylovers).

Remember that February is National Black History Month. Get better acquainted with some important Black voices, past and present, by exploring books such as John Lewis's biography, *Walking with the Wind.*; Beverly Daniel Tatum, (President of Spelman College) *Why Are All the Black Kids Sitting Together in the Cafeteria?: And Other Conversations about Race*; or *A Knock at Midnight: Inspiration from the Great Sermons of Reverend Martin Luther King, Jr.* edited by Clayborne Carson. This is a small sampling of books available.

Dear Club Members,

Thank you for your support of the **International Committee**. As we move forward into the new year please think about what you would like us to focus on. Your comments are appreciated. We will be looking at CARE, UNIFEM, The Smile Train (Operation Smile) and perhaps some other programs. If you have read your Peace x Peace literature and would have any interest in starting up a Peace x Peace dialogue, please let me know. We want to distribute our budgeted monies in a meaningful way. We will also do another Heifer donation for Mother's Day and make a supplemental donation to UNICEF. Happy New Year,  
Patricia Walsh,  
Chair for International Committee



## HOME LIFE NEWS

The Georgia Breast Cancer Coalition Fund is holding its **Annual Legislative Breakfast and Lobby Day on Feb. 5, Tuesday.**

The Legislative Breakfast is scheduled from 8 to 9:30 am; Lobby Day is from 9:45 am to noon. All events will be at the Sloppy Floyd Building, 2 MLK Drive, in the Floyd Room, 20th Floor. For more information call 404.633.6400.

[Thanks to Ruth Yurchuck for sending this]

## Public Affairs Dept.

Linda Agustin and Linda Valenzuela,  
Co-Chairs

The Atlanta Woman's Club is in the Georgia Flag Museum Hall of Fame! The \$3000.00 donation to the Museum was given to the Secretary of State Ms. Karen Handel on December 18, 2007. Also present to receive the check from Club President, Susie Carter, Public Affairs co-chairs Linda Agustin and Linda Valenzuela was the Director of Georgia Archives, Mr. David Carmichael.

In December, our Club donated 133 pairs of socks to the homeless veterans that the V.A. Hospital minister to. Ms. Betty Daniel, Dean of Department for the Atlanta Woman's Club took the socks to the V.A. and was told that there is an on-going need for socks, gloves and Chap Stick lip balm. The Executive Committee voted that **we continue to collect socks, gloves and Chap Stick Lip Balm** during the winter months. Please bring these items at our February meeting.

We will also be **collecting old cell phones** through out the year. The cell phones will be donated to the agency against domestic violence where the phones will be reprogrammed and given to victims of domestic violence. (Note: please make sure the SIM cards are still in the phone)

The Public Affairs Committee thanks those who donated socks. We look forward to more socks, gloves, Chap Stick and cell phones next month. God bless you for your generosity.

## GO RED FOR WOMEN MOVEMENT

This national movement was founded by the American Heart Association to fight back against the #1 killer of American women. Its short term goal is to reduce the risk of coronary heart disease and stroke by 25% by the year 2010. **Choose to Move** is a free 12-week program designed to help women increase physical activity by providing exercise strategies, lifestyle tips and motivational e-mails; track your progress with the Choose to Move "Countdown"; register at the website:

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

Want to know your chances of having a heart attack or developing heart disease in the next ten years?

Follow the link, "Take the Checkup" at the *Go Red For Women* page. You will need to know your cholesterol numbers (HDL, LDL and triglyceride numbers), your blood pressure, weight and height.

Celebrate **National Wear Red Day - Feb. 1, Friday**: wear red - to raise awareness of heart disease and stroke; support the movement by donating, patronize its sponsors and/or shop at "Go Red" website:

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

Deadline for submitting articles for the next newsletter is Feb. 15th. Comments/questions? Kindly contact Beth Jetha by phone 770 565 3410 (leave a detailed message) or by email, [bjetha@bellsouth.net](mailto:bjetha@bellsouth.net).

## COLLECTIONS

Save these and bring them to our meetings:

- (for the VA) socks, gloves, lip balm
- (for Tallulah Falls School) Campbell soup can labels
- pull tabs from soda cans, old cell phones, old eyeglasses

## BRIDGE CLUB NEWS

The Bridge Club hosted 4 tables in January. Meetings are held the 3<sup>rd</sup> Monday of each month. The next bridge club meeting is on Feb. 18<sup>th</sup>.

Contact Maxine Parker ([maxineacparker@yahoo.com](mailto:maxineacparker@yahoo.com)) or Maerene Fischer ([maefischer@bellsouth.net](mailto:maefischer@bellsouth.net))

**ATLANTA WOMAN'S CLUB**  
1150 Peachtree St. N.E.  
Atlanta, GA 30309

