



# Atlanta Woman's Club



Member, Georgia Federation of Women's Clubs (GFWC)  
General Federation of Women's Clubs (GFWC)

1150 Peachtree Street, N.E., Atlanta, GA 30309 Telephone 404-870-8833  
Website: [www.atlwc.org](http://www.atlwc.org)  
Editor: Billie Harris

## February 2017 Issue

### PRESIDENT'S MESSAGE

Don't Make Resolutions, Make Changes.

I saw this quote on a billboard the other day in front of a gym and remembered that I purchased my gym membership in June but have never stepped through the doors yet! In January I mentioned that one of my resolutions was to start attending that gym. Well, guess what? I have not attended yet. How many people do you know who have done the same thing? Chances are you just ran out of fingers to count on. My advice: Don't make resolutions!

Wouldn't it be great if writing our resolutions also gave us the power, discipline, and determination to achieve them? Well, unfortunately it doesn't. Our commitment to our resolutions can fade as quickly as the ink fades from the paper. Why you might ask? Some psychologists allege that resolutions are a form of "cultural procrastination," an effort to reinvent oneself. People make resolutions as a way of motivating themselves so they say. They state that people aren't ready to change their habits, particularly bad habits, and that accounts for the high failure rate. So is there an another way to achieve success? Yes there is –set small goals and take baby steps. Psychologists recommend that we should make it so easy that we can't say no. So, if I set small goals to attend just once a week for 20 minutes and challenge myself to do this each week, I will probably see a positive changes mentally and physically. I challenge all of you to join me and ditch your New Year's resolutions and start today by taking small steps to make positive changes in your life specifically with your health and celebrate getting one percent better each day.

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## PRESIDENT'S MESSAGE CONT'D

I mention all of this because in February we will recognize Valentine's Day and President's Day, but February is also the American Heart Month. Did you know that Heart disease is the No. 1 killer of women, causing 1 in 3 deaths each year. That's approximately one woman every minute! Now is the time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health. I encourage all of you to visit <https://www.goredforwomen.org/> for more information and facts about heart disease in women.

Are you ready to Go Red and help end heart disease in women? At our February meeting, I would like to ask everyone to support The American Heart Association's program Go Red for Women, and ask that we Go Red and wear red clothing and/or accessories to our meeting. Let's take group photos of our club members dressed in red and send to Britton, our social media chair so she can post our support of this initiative on our social media sites. Spreading awareness is extremely important. Let's Go Red!!

"I can affect change by transforming the only thing that I ever had control over in the first place and that is myself." ~Deepak Chopra

I will see you all in February wearing RED!

Cimi Douglass

GFWC Atlanta Woman's Club President 2016-2018



## MEMBERSHIP

Tonya S. Watson

1<sup>st</sup> Vice President, Membership

Email: [tonyaswatson@gmail.com](mailto:tonyaswatson@gmail.com)

**Welcome New Members!** AWC welcomed one (1) new member in January. Below please find her bio. As always, it's very important to learn as much as you can about AWC's new members in an effort to get them involved in AWC service projects right away. "Involve, Engage & Connect!"



### **Christine Strange**

My name is Christine and I am just like you; a wife, a Mom, a sister, a daughter and an aunt. Five years ago I was diagnosed with breast cancer. I'll never forget that moment when the phone rang... it changed my life forever. I enjoy today, I thank God for each and every day. I am grateful for my close girlfriends and cherish my family. I say "I love you" often.

I started the "Tickled Pink Shooting Club" for all women. Together we can shoot stuff just like the boys can (even better) and we can conquer our fears. Together we can laugh, cry, be our true authentic selves and beat this target called "breast cancer". **We will shoot "Bullets for Boobies... one bullet at a time."**

## ARTS

Arts will continue its monthly volunteering with drawchange on **Monday, Feb. 27th**. We will be assisting the children at the local shelter with their art therapy projects. It's all about the journey through their art projects, not the outcome. An art background is not required to volunteer. The only requirements are care and encouragement. If this project is of interest to you, please contact me via email to schedule the month you'd like to volunteer. Only 3 volunteer spaces are available for AWC per month. There will also be a sign up sheet at our general meeting.

On **Thursday, March 2nd at 7pm** the Arts CSP will attend a private film premiere at Midtown Art Cinema, 931 Monroe Dr. NE Atlanta, GA 30308. The film is entitled *The Last Time*, a domestic violence awareness film, starring local Atlanta actors and actresses. It was also filmed in Atlanta by independent filmmaker and Executive Producer, Tiffany Hill. Tiffany is also an Author, Attorney, Speaker, and Podcast Host. *The Last Time* depicts the story of "Jasmine and Justin Brimly", a modern day power couple whose seemingly perfect life contradicts their private encounters with abuse. The film chronicles Jasmine's journey as she ultimately finds herself in a plane of desperation, conflicted between wanting to seek help but fearful of losing public esteem. You will also have the opportunity to meet and greet Tiffany Hill and cast members for dialogue about the film and its purpose. Tickets are \$12. There will be a sign up sheet at our general meeting for those who would like to attend.

There will be a meeting on **Thursday, Feb. 23rd at 6:30pm** with all members who signed up to participate with the Arts CSP. An email with location details will be sent this week. If there are any members who would like to sign up for Arts, but have not had the chance, a sign up sheet will be at our general meeting.

Billie Harris, Art CSP Chair

hawcinc@live.com

## PHOENIX FLIES

For our 7th year, the AWC will participate in Atlanta Conservation Center's Phoenix Flies program and offer tours of the Wimbish House on both Tuesday, March 7 and Tuesday, March 14 in the afternoon. More details to follow, but in the meantime we are in need of extra hands to commit to assisting with the tours. This is a wonderful opportunity to educate visitors on our club's history and future and have some fun dressing in period costumes. Please contact Leigh Adams at 404-431-3726 or [phlox13@gmail.com](mailto:phlox13@gmail.com) to volunteer.

## TALLULAH FALLS SCHOOL

On Friday, March 24<sup>th</sup>, 2017, GFWC Atlanta Woman's Club will visit Tallulah Falls School. The pick time is 8:30am-9:00am. Pick up location will be the parking lot of the 2<sup>nd</sup> Ponce de Leon Baptist Church at 2715 Peachtree Rd. NE, Atlanta, GA.

Lucy Willard, Tallulah Falls School Chair

## HOME LIFE

Atlanta Community Food Bank Hunger Walk/Run 5K will be on March 5<sup>th</sup> from 12:00pm-4:00pm at Turner Field. Go online to register: [www.acfb.org](http://www.acfb.org). Team: AWC Wimbish Walkers, \$25.00 for walkers and \$30.00 for runners. Please contact Connie Morris with any questions. February is Heart Month. Wear red Friday, February 3<sup>rd</sup>, and to the February AWC meeting.

Continue to collect Pop Tabs for the Ronald McDonald House. We have the goal to collect 10 pounds this year. Toiletry items and coloring books are still being collected for Children's Healthcare. Place these items in the picnic basket at our February meeting.

Connie Morris, Home Life Chair  
[momconnie@bellsouth.net](mailto:momconnie@bellsouth.net)

## NOMINATING COMMITTEE CONGRATULATIONS

### **Congratulations to our new Nominating Committee Members!**

By Cimi Douglass, President 2016-2018

Thank you to all of the members that participated in last month's Nominating Committee Elections. Please congratulate your new Nominating Committee members at the next meeting.

### **Nominating Committee Members:**

Rita McGregor, Chair - [rtmcg23@gmail.com](mailto:rtmcg23@gmail.com)  
Judy Reece – [judy.reece@att.net](mailto:judy.reece@att.net)  
Connie Morris - [momconnie@bellsouth.net](mailto:momconnie@bellsouth.net)  
Johanna Bunch - [johanna.bunch@gmail.com](mailto:johanna.bunch@gmail.com)  
Donna Foland, Parliamentarian - [donna@dgfprop.com](mailto:donna@dgfprop.com)  
**Alternates:** Page Henry and Jamilla Porter

I stated at the January meeting -being a member of this committee is an honor given by our members because they believe in your judgment and are confident you will keep the best interests of our club at the forefront of every decision you make. Thank you for your service.

I would also like to send my gratitude and big hugs to Ruth Yurchuck, past nominating committee chair, who did a fantastic job as our 2015-17 Nominating Chair along with all of her committee members – thank you, Renee, Madelyn, Donna and Billie. I appreciate all that you've done for our Club.

## NOMINATING COMMITTEE

### **Request for nominations for Board of Trustees positions:**

There are currently two openings on the Board of Trustees for the term June 2017-19 (June to June). The election will take place at our March meeting, therefore, as a member driven organization we are currently seeking nominations from our members. AWC members are encouraged to submit nominations to Rita McGregor at [rtmcg23@gmail.com](mailto:rtmcg23@gmail.com) as soon as possible but no later than Wednesday, **February 1**. (Please use “**AWC 2017-2019 Nominations**” in the subject line of your email.) The Nominating Committee will review nominees' qualifications and confirm nominees' consent to serve if elected. Refer to Article VII of the Bylaws for qualifications and restrictions, Article X for Nominations and Elections, and Article VI of the Standing Rules for clarification of the process for our elections.

### **FAQ about the process and requirements for the BOT position:**

Who can be nominated? A candidate for the Board of Trustees shall have been a member of the club for at least one year with regular attendance (Article VII Section 2).

Do I need to get permission from someone before I nominate her? Once a name has been given to the committee, a member of the committee will contact the candidate to discuss the duties of the office with her. Nominees will then complete a form confirming their willingness to serve if elected.

What if I nominate someone and her name does not appear on the slate? If someone is nominated and her name does not appear on the slate it is either because she chose not to serve or did not meet all of the qualifications.

Can members of the Nominating Committee be nominated? Yes, but they must remove themselves from discussion of their candidacy.

Can an officer of the club run for another office? Yes, but if elected to another office that officer must resign her position before assuming the new position (Article V Section 2 “No officer may serve in two elected positions at the same time”).

Will nominations be taken from the floor? Yes, however the Nominating Committee requests that you provide that name to the committee prior to the election so that we can verify the qualifications of the candidate. The name will remain confidential until nominated from the floor.

Can any member of AWC nominate someone? Yes.

### **Nominating Committee Members:**

Johanna Bunch - [johanna.bunch@gmail.com](mailto:johanna.bunch@gmail.com)

Rita McGregor, Chair - [rtmcg23@gmail.com](mailto:rtmcg23@gmail.com)

Connie Morris - [momconnie@bellsouth.net](mailto:momconnie@bellsouth.net)

Judy Reece – [judy.reece@att.net](mailto:judy.reece@att.net)

Donna Foland, Parliamentarian - [donna@dgfprop.com](mailto:donna@dgfprop.com)

**Alternates:** Page Henry  
Jamila Porter

**ATLANTA WOMAN'S CLUB ROSTER OF OFFICERS & EXECUTIVE BOARD MEMBERS**

Officers

Cimi Douglass, President  
Tonya Watson, 1st Vice President  
Jo Dee Gonzalez, 2nd Vice President  
Sarah June McDavid, Recording Secretary  
LaTonya Jordan, Treasurer  
Penny Blackford, Assistant Treasurer  
Ruth Yurchuck, Corresponding Secretary  
Donna Foland, Parliamentarian

Board of Trustees

Karen Bacheller, Chair (2016-2018)  
Karen Clydesdale, Co-Chair (2016-2018)  
Cimi Douglass, President/Budget Committee (2016-2018)  
Tonya Watson, 1st VP (2016-2018)  
LaTonya Jordan, Treasurer/Budget Committee (2016-2018)  
Penny Blackford, Asst. Treasure/Budget Committee (2016-2018)  
Lisa Banes, Secretary (2015-2017)  
Karen Thomson (2015-2017)  
Donna Foland, Parliamentarian (2016-2018)

Community Service Program Chairs

Jo Dee Gonzalez, Dean of Community Service Programs  
Billie Harris, Arts  
Karen Johnson, Conservation  
Donna Foland, Education  
Connie Morris, Home Life  
Pat Walsh, International Outreach  
Beth Jetha, Public Issues

Committee Chairs

Judine Heard, President's Advisor  
Sarah Helen Kilgore, Historian  
Leigh Reynolds, Women's History  
Lucy Willard, Tallulah Falls School  
Myra Carmon, 1734 Society/GFWC Liaison  
Karen Clydesdale, A Seeded Event/LEADS  
Melodie Rogers, ESO Book Club  
Karen Johnson, Peachtree Women's Writers Alliance  
Page Henry, Domestic Violence (GFWC & GFWC GA Special Project)  
Ruth Yurchuck, Nominating Committee  
Elizabeth Byrd, Website  
Lisa Banes, Marketing/Public Relations  
Judy Reece, Member Events/Bridge  
Britton Rogers, Social Outreach & Social Media  
Susan Fagan, Weekly Bulletin  
Billie Harris, Newsletter Editor