



# Atlanta Woman's Club



Member, Georgia Federation of Women's Clubs (GaFWC)

General Federation of Women's Clubs (GFWC)

February 2013 Issue

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## President's Message

February 2013

I start each year off by having my annual physical checkups in January. After my cardiovascular checkup the doctor noticed some abnormalities in my stress test. He reassured me that it was nothing serious but wanted to follow up with a more detailed test the following week. The follow up test showed that everything was fine and I did not need to worry. But of course, I did worry and decided to do a little research on heart disease.

As many of you know February is American Heart Month. The CDC and the American Heart Association both have programs related to heart health. As women we are usually so busy taking care of everyone else that we simply do not take care of ourselves. I urge all of you to make the time to read about heart disease and the risks for women.

Continued on Page 2

## AWC Participates in the Phoenix Flies Tour Once Again!



The GFWC Atlanta Woman's Club will participate in Phoenix Flies, a city wide celebration of living landmarks, sponsored by the Atlanta Preservation Center. Phoenix Flies was created in 2003 to celebrate the 25<sup>th</sup> Anniversary of the Atlanta Preservation Center. This is an annual program that celebrates Atlanta's character and quality of life by featuring tours and exhibits of historic landmarks and properties throughout the city. All events are free to the public. This year to celebrate the tenth anniversary of the program the APC has encouraged and commissioned exhibitions and performances to bring to light how preservation is a part, directly or indirectly, of art forms beyond architecture such as music, poetry and dance.

On Tuesday March 12 and March 19, the Wimbish House will be on tour as part of this program. We will have members dressed in period costume from early 1900 to present day. These members will each represent a period in our club's history and will provide a brief description of the accomplishments of the AWC during that time. Scripts will be provided to the members. If you are interested in helping out with this project please contact me via email. It would be nice if we had a member to represent each decade. This is a wonderful opportunity to educate the public on the contributions that the AWC has made in the past and continues to make today.

I hope you will consider participating.

Karen Clydesdale  
[Karenclydesdale@bellsouth.net](mailto:Karenclydesdale@bellsouth.net)

## INSIDE THIS ISSUE

- 1-3 President's Message; Phoenix Flies Tour; Membership; Public Issues CSP;
- 4-7 Home Life, Conservation CSP; Tallulah Falls News, ES, Women's History, GFWC/AWC Links; GFWC News & Notes; Enjoy Photos

*(President's Message cont'd)*

Here are a few staggering statistics from the American Heart Association:

- Heart disease is the number one killer of women, and is more deadly than all forms of cancer combined
- Heart disease causes one in three women's deaths each year, killing approximately one woman every minute
- Only 1 in 5 American women believe that heart disease is her greatest health risk
- Cardiovascular disease is the leading cause of death for African American women
- Of African American women ages 20 and older, 46.9 per cent have cardiovascular disease

The American Heart Association realized several years ago that women are not paying attention to their heart health so they started the campaign *"Go Red for Women."* The purpose of the campaign is to harness the power, the passion and the energy of women to come together to wipe out heart disease by knowing their risk, and taking action to reduce that risk. The campaign also provides women with the tools they need to lead a heart healthy life.

In 2000, the year I turned 50 a friend challenged me to celebrate this milestone by running a marathon. I was flabbergasted! I had run the Peachtree a couple of times but that was it. I thought 26.2 miles all in one shot was impossible. But then I love a challenge. In June of that year I ran my first marathon and continue to run today. The heart health benefits of exercising for just 30 minutes a day are nearly endless. Grab a friend, set a time and meet for a 30 minute walk. Trust me, it is habit forming and something you will look forward to doing each day. Not to mention the therapeutic benefits of talking things out with your friends! Diet is also an important factor in heart health. Make your calories count by eating a diet high in fruits and vegetables and low in sodium and trans fat. There is so much information available to us on eating a healthy diet. We just need to commit to making better choices. The heart is a forgiving organ. No matter how much we have abused it by not exercising, eating badly or smoking, it is never too late to start repairing it. As

women, our hearts are always filled with love for our family, our friends and our community. It is time that we take care of those hearts for ourselves.

At our meeting this month I will be wearing a red dress, a national symbol for women and heart disease awareness. I hope to look out and see a sea of red and know that you are all taking care of that most precious organ, the heart.

I look forward to seeing all of you at the February 11, 2013 meeting.

Karen Clydesdale  
President, 2012-2014

## **Membership Committee News** By Cimi Douglass, 1<sup>st</sup> VP



Our renewal campaign is well underway and I'm happy to see that more than half of you responded and sent in your dues last month. I sincerely appreciate your prompt responses; it makes my job a lot easier. I look forward to growing our club with enthusiastic, service oriented women who really understand the needs in our community, and always willing to dig in and offer assistance when and where they can. As membership chair, I'm thrilled that our members are so excited about our club that they are willing to invite friends, family and co-workers to be a part of our Club and/or meetings. With that said, here are a few reminders to think about:

- About us: We are a 501c(3) non-profit philanthropic organization made up of professional women of all ages, races and religions who share a common goal: to work together to improve our local community, socially, physically, culturally and educationally.
- The best guest is a guest that is brought by a member. This type of guest knows the enthusiasm of the member and comes to the meeting with the knowledge of what we do. AWC members are always welcome to invite guests to our meetings. Guests should be invited to attend a meeting by a current member. Why? It's important that guests

understand the overall mission of the Club, as well as our membership requirements.

- Although membership is open to any woman in agreement with and in support of the purposes of the Club, a guest must attend at least 2 meetings before an application is submitted to our Executive Board. A candidate for membership must be sponsored by one (1) member and endorsed by two (2) other members.
- Please remember to RSVP to Judith Behrens with the name of your guest before the meeting. It's important to have your guest's name and correct spelling of her name. Judith needs a proper headcount for catering purposes, and I would like to make sure we welcome all guests with a proper nametag with their name spelled correctly. Although some don't particularly like nametags, I think it's a great way to show our guests that we are expecting them and happy to see them.
- Also, please remind your guests that proper attire should be worn to our meetings.

As all of you know, recruitment of new members is a priority for GFWC Clubs. We all know that much more can be accomplished when there are many working together in the same interest and belief than when trying to act as an individual. One of our ways of recruiting is getting our message out to the general public. This is done through websites and social media, and is also strongly encouraged by GFWC. Please know that this process is going to result in some growing pains –is not a perfect science. It has been my experience as membership chair that some guests who attend realize after the first meeting that our Club is not a good fit for them for a variety of reasons. Some may not join us due to the fact that we host our meetings during the week, traffic/parking, and some guests may join us only to realize they do not have the time to commit. It is indeed a process that requires patience and understanding. Please know that we cannot recruit new members unless we get them to a meeting and let them see for themselves who we are and what we are all about.

Membership is working very hard to recruit and retain enthusiastic, community service driven members so that our club can continue to be a vital part of our community. With your help we will continue our growth in 2013 and build new relationships inside and outside of our Club for many years to come.

As always, I appreciate each and every one of you!!!  
Cimi Douglass, Membership Chair



## ***February Observances***

February	American Heart Month
	Black History Month
February 2	Ground Hog Day
February 3	Super Bowl Sunday
February 12	Mardi Gras
February 13	Ash Wednesday
February 14	Valentine's Day
February 18	Presidents Day
February 24	Purim

## **Public Issues Community Service Program** By Lisa Banes, Chair



### **Gun control: Georgia's Congressman Lewis corrects radio host's misrepresentation**

On Friday, January 18 – just days before Inauguration Day and Martin Luther King Day and just weeks after the death of Representative Lewis's wife –Rush Limbaugh asked on his radio show, "If a lot of African-Americans back in the '60s had guns and the legal right to use them for self-defense, you think they would have needed Selma?" He continued, "If John Lewis, who says he was beat upside the head, if John Lewis had had a gun, would he have been beat upside the head on the bridge?"

Representative Lewis (US Representative for Georgia's 5<sup>th</sup> District) immediately corrected the misrepresentation in a press release, as follows:

In an effort to encourage people to resist new gun control legislation, a statement was made on The Rush Limbaugh Show today which misrepresents Civil Rights

Movement history. In the shadow of the Martin Luther King Jr. Day of Service, in the year we celebrate the 50th anniversary of the March on Washington in August, and a little more than a month before the annual celebration of the events in Selma, Rep. John Lewis was glad to address this inaccuracy.

*"Our goal in the Civil Rights Movement was not to injure or destroy but to build a sense of community, to reconcile people to the true oneness of all humanity," said Rep. John Lewis. "African Americans in the 60s could have chosen to arm themselves, but we made a conscious decision not to. We were convinced that peace could not be achieved through violence. Violence begets violence, and we believed the only way to achieve peaceful ends was through peaceful means. We took a stand against an unjust system, and we decided to use this faith as our shield and the power of compassion as our defense."*

*"And that is why this nation celebrates the genius and the elegance of Martin Luther King Jr.'s work and philosophy. Through the power of non-violent action, Dr. King accomplished something that no movement, no action of government, no war, no legislation, or strategy of politics had ever achieved in this nation's history. It was non-violence that not only brought an end to legalized segregation and racial discrimination, but Dr. King's peaceful work changed the hearts of millions of Americans who stood up for justice and rejected the injury of violence forever."*

#### WHAT HAPPENED IN SELMA, ALABAMA?

On March 7, 1965, 600 peaceful nonviolent Civil Rights workers attempted to march from Selma to Montgomery to demonstrate the need for voting rights in Alabama. The march was led by John Lewis and Hosea Williams. They were met on the Edmund Pettus Bridge by Alabama state troopers who beat the unarmed marchers. Lewis suffered a concussion on the bridge. A few days after the march President Lyndon Johnson introduced a bill to the Congress which became the Voting Rights Act of 1965, described as one of the most effective pieces of legislation Congress has issued in the past 50 years. An important section of the Voting Rights Act is currently in jeopardy and will be reviewed by the U.S. Supreme Court in February.

#### **GFWC's stance on Gun Control as detailed in The General Federation of Women's Clubs 2012-2013 Resolutions:**

**015-240 Gun Control** (formerly "Handgun Control"; Convention 1992; Amended 1996; Amended 2000; Reviewed 2004; Amended 2008; Amended 2012)

WHEREAS, One of the most alarming crises the nation faces today is the number of violent crimes involving firearms, and

WHEREAS, A waiting period and background check on purchase of handguns has reduced crime and violence by providing impetuous gun buyers a cooling off period; therefore

RESOLVED, That the General Federation of Women's Clubs supports effective gun control legislation regulating the indiscriminate sale and possession of weapons including:

- Mandatory waiting periods and gun safety education prior to purchase
- Improved licensing requirements for gun dealers
- Requirements that purchasers produce identification and bear the cost of a background check
- Requirements for background checks or a firearm owner's identification card to purchase a gun at gun shows
- Increased penalties for the sale of firearms to minors, and further

RESOLVED, That the General Federation of Women's Clubs supports legislation banning the importation, manufacture, and sale of assault-style weapons; and further

RESOLVED, That the General Federation of Women's Clubs supports mandatory penalties for anyone convicted of using a firearm during the commission of a crime; and further

RESOLVED, That the General Federation of Women's Clubs supports legislation allowing law enforcement officials free access to Bureau of Alcohol, Tobacco, Firearms, and Explosives gun trace information; and further

RESOLVED, That the General Federation of Women's Clubs supports the enforcement of existing gun laws and urges its member clubs to work with their legislators and firearm authorities on all levels to implement improved methods of safe gun control.

## Home Life Community Service Program

**News** By Judine Heard, Chair

### Genesis – A New Life

Don't forget that the second Tuesday of each month we volunteer at Genesis from 10:00 to Noon.

Our next scheduled date is **Tuesday, February 12, 2013 from 10:00 a.m. until Noon**---rocking babies, etc. If you are interested in joining us, please call Judine at 404-768-8376. A binder will be placed at the front desk specifically for the Atlanta Woman's Club members to sign-in. For more information on Genesis, please visit <http://www.genesisanewlife.org/>.



**Hunger Walk/Run 2013:** Lace up your shoes and get out to help end hunger in Georgia. The annual Hunger Walk/Run 2013 is Sunday, March 10, 2013 at Turner Field. The fun run starts at 2:00 p.m. Atlanta Community Food Bank distributes more than 35 million pounds of donated grocery products a year through 600 non-profit organizations. With your support we can help support the fight against hunger in our communities. This is a family event and all are encouraged to join the fun. To register go on-line to: [http://engage.acfb.org/site/TR/2013HungerWalk/General?fr\\_id=1520&pg\\_entry\\_scroll\\_the\\_company\\_sites\\_for\\_Wimbish\\_Walkers](http://engage.acfb.org/site/TR/2013HungerWalk/General?fr_id=1520&pg_entry_scroll_the_company_sites_for_Wimbish_Walkers). If you plan to walk with us, please be there by 1:45 at #21, which is at the Will Call stand and behind the Tyrus Cobb statue.

**Recommit to Save:** Consider these questions: Do you spend less than you income and save the difference? Do you have a personal savings goal and a plan to achieve this goal? Do you have an emergency savings to pay for unexpected expenses like car repairs and medical treatment? Are you saving for retirement either through your employer or through other recognized plans? Do you use revolving credit cards?

Are you building equity in your home and do you plan pay off your mortgage before retirement?

February 19-26 is America Saves Week so this is a good time to examine your saving habits. Most financial institutions have calculators to assist in determining such areas as how much you will need for retirement, setting goals a house, vacation, etc. Commit or recommit and visit the sites and get started saving for your future. Go on-line to [americasavesweek.org](http://americasavesweek.org) and take the pledge to save.



***Wear Red to our February Meeting in Honor of American Heart Month***

## Conservation Community Service Program News

By Karen Johnson, Chair



Conservation Committee Chair Karen Johnson represented AWC at the Inaugural Open House at GFWC headquarters in Washington DC on Sunday January 20. GFWC President Mary Ellen Laister and President Elect Babs Condon and staff were on hand to meet with members from out of state and other visitors to the beautiful historic headquarters home at 1734 N St. NW. While there, Karen learned that GFWC will soon launch a new nationwide community conversation program on a critical issue that impacts women, their families and their communities. Clubs across the country will be encouraged to convene community forums to address this pressing issue, utilizing a new issue guide called "Bridging and Bonding: How Can We Create engaged Communities in a Time of Rapid Change?" developed by GFWC and the Charles Kettering Foundation. Before the Open House, Karen met with Barbara Bramble, senior advisor International Climate and Energy Program, Chair of Steering Board Roundtable on Sustainable Biofuels, National Wildlife Federation. Barbara discussed the National Wildlife Federation and Georgia Wildlife Federation program to restore the longleaf pine forests of the southeastern



United States. Many complex issues are involved in these efforts, and AWC Conservation Committee will learn more and report back on the subject soon. More information is available at the NWF website at: <http://www.nwf.org/News-and-Magazines/National-Wildlife/Gardening/Archives/2012/Longleaf-Pine-Revival.aspx>

## ESO News – AWC's First Book Club Meeting!



Our first meeting will be on Monday February 18 at 6:30 at the home of Karen Bacheller. The book we will be discussing is *"Praying for Sheetrock"* by Melissa Faye Greene. If you are planning on attending this meeting please let Melodie know so that she can give a final count to Karen Bacheller. All members are welcome to join us so get a copy of the book and plan to attend.

If you would like to participate in AWC's book club or interested in learning more about ESO, please contact Melodie at [mrogers1717@gmail.com](mailto:mrogers1717@gmail.com).



## Women's History Article

By Dinah Peevy, 2<sup>nd</sup> Vice President

The Atlanta Woman's Club was organized in 1895 as the first woman's club of Atlanta. This group of women joined together in a time of history where they had no political voice except through their husbands. The original purpose of the founding club members was community service and the promotion of educational and cultural events. Through their own numbers and organized efforts these women created their voice in a society where women generally had no influence.

In 1907, this club purchased a home on Peachtree Street, the Wimbish Mansion, to serve as its clubhouse. Once settled into their new home, the Atlanta Woman's Club not only catered to their own social needs of self-education, teas, bridge, ballet and swimming lessons for their children, but expanded their circle of influence to many community events such as child welfare cooking schools, concerts and

even supported the "National War Mothers' Service Star Legion during World War I. These club women built their own "Opera" addition to their club house designed by Barrett Alger, designer of the Fox Theater, to furnish more cultural events for our part of the city. Mrs. W.G. Harding, wife of President Harding, once visited the Wimbish Mansion for one of the club galas. District meets and Tallulah Falls Trustee meets were regularly held in the Wimbish Mansion by our early clubwomen.



GFWC  
*Atlanta Woman's Club*  
Est. 1895



## GFWC, GFWC Georgia, and AWC's Important Links/Resources and Benefits

Here are a few links we think you may be interested in. Feel free to click on the links and "Like" Facebook pages, sign up for newsletters, and read additional information about GFWC and GFWC Georgia's new initiatives on a National level and on a State level.

AWC's Facebook Page:  
<http://www.facebook.com/TheAtlantaWomansClubEst1895>

AWC's LinkedIN Page:  
<http://www.linkedin.com/groups/Atlanta-Womans-Club-4384622/about>

GFWC Georgia's Facebook Page:  
[www.facebook.com/GaFwC](http://www.facebook.com/GaFwC)

GFWC's Facebook Page:  
[www.facebook.com/GFWCMembers](http://www.facebook.com/GFWCMembers)

To receive the GFWC's's News & Notes Weekly Bulletins, please sign up at:  
[www.gfwc.org/gfwc/Join\\_Our\\_Mailing\\_List.asp](http://www.gfwc.org/gfwc/Join_Our_Mailing_List.asp)

AWC Members, please know that I sent in our entire roster to GFWC to sign all of you up for this newsletter. They informed me that each of you will have to individually sign up for News & Notes. Below is a snippet of some of the information you'll see in News & Notes.

## Tallulah Falls School News

By Lucy Willard, Tallulah Falls School  
Committee Chair



Tallulah Falls School has a brand new Media Room and the students are enjoying it. The room is filled with state of the art computers along with a coffee break area filled with coffee, donuts and cookies.

Our next visit to Tallulah Falls School will be in on March 8<sup>th</sup>. If you are interested in attending the TFS Tour, please sign up at the February Meeting.



## GFWC's NEWS & Notes

### Senator Clubwoman



Forty nine years ago this month, GFWC member The Honorable Margaret Chase Smith (R-Maine) announced her candidacy for President of the United States. Before beginning her long political career, Smith served as president of the Sorosis Club in Skowhegan, Maine (1922-

1924) and established the Skowhegan Business and Professional Women's Club. The first woman to serve in both houses of Congress, she was an advocate for women's rights throughout her 33-year political career. Learn more about this remarkable woman by searching for "Margaret Chase Smith" in the [WHRC Online Catalog](#).

*Photos from the January 2013 General Meeting -  
Alex Desiderio, Director for Content Management  
& Training at the Georgia Aquarium  
(courtesy of Chaundra Luckett, Social Outreach)*





*Conservation Chair, Karen Johnson  
Attends GFWC Open House in D.C.*



Karen Johnson with  
GFWC President Mary Ellen Laister





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

### Officers

Karen Clydesdale, President  
Cimi Douglass, 1st Vice President  
Dinah Peevy, 2nd Vice President  
Ellen Milholland, Recording Secretary  
Ruth Yurchuck, Corresponding Secretary  
Barbara Culmer-Ilaw, Treasurer  
Page Henry, Assistant Treasurer  
Karen Johnson, Parliamentarian

### Board of Trustees

Myra Carmon, Chair (2011-2013)  
Donna Foland, Co-Chair (2012-2014)  
Judine Heard, Corresponding Secretary (2012-2014)  
Karen Clydesdale, AWC President (2012-2014)  
Cimi Douglass, 1<sup>st</sup> VP (2012-2014)  
Barbara Culmer-Ilaw, AWC Treasurer (2012-2014)  
Page Henry, AWC Assist. Treasurer (2012-2014)  
Karen Johnson, Parliamentarian (2012-2014)  
Karen Bacheller, Trustee (2012-2014)

### Community Service Program Chairs

Dinah Peevy, 2<sup>nd</sup> Vice President & Dean of Service Programs  
Beth Jetha, Arts  
Karen Johnson, Conservation  
Donna Foland, Education  
Judine Heard, Home Life  
Pat Walsh, International Outreach  
Lisa Banes, Public Issues

### Committee Chairs

Daisy Luckey Aukerman, Advisory  
Judine Heard (Interim) Bridge  
Barbara Culmer-Ilaw, Budget  
Sarah Helen Killgore, Historian/ Women's History  
Betty Daniels, Nominating Committee  
Lisa Banes, Logo, Website & Social Media, Marketing  
Donna Foland, Publicity & Public Relations  
Judine Heard, Telephone  
Lucy Willard, Tallulah Falls School

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