



Atlanta Woman's Club



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

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President's Message

Each month we start our meetings by recognizing our country with the Pledge of Allegiance. We honor our past Presidents with Introductions and gratitude for the legacy they have given us. We also welcome with enthusiasm those guests who have chosen to join us for a meeting. All of this is followed by an Inspiration from one of our members. The purpose of beginning a meeting with an Inspiration is to lift us up, make us smile, encourage, motivate or to teach us a life lesson. The Inspiration can often be used as a stepping stone, an example to live a better life. It can be very empowering and provide a sense of hope. Some Inspirations will make you think. Some will make you cry and others will inspire and motivate you. The most important thing about an Inspiration is that it should encourage you to take some kind of action. You may have been thinking about taking on a new challenge or making a significant change in your life. A great Inspiration can cause you to go for your dreams. It can make you believe in yourself and what you can accomplish. Your life can change only if you take significant action.

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Speaker Spotlight



Ms. Na'Taki Jelks

The January luncheon speaker was Ms. Na'Taki Jelks, Manager for Education and Advocacy Programs for the National Wildlife Federation. NWF is an organization that the Conservation CSP has supported this year with a donation and by participating in its November Hike and Seek event at Piedmont Park. At NWF, Ms. Jelks is responsible for building the capacity of individuals and community organizations to take personal and civic action to restore the communities in which they live, work, play, worship, and learn through NWF's youth environmental education and leadership development program for teens of color (Earth Tomorrow) and through various adult civic engagement and advocacy initiatives.

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There is nothing more wasteful than to be inspired and motivated and then do absolutely nothing about it.

We are in the first few weeks of January 2014 and I am sure that many of us made some New Year's resolutions. Most resolutions are a promise to ourselves to do something better or to stop doing something bad. A 2007 study by Richard Wiseman from the University of Bristol involving 3,000 people showed that 88% of those setting resolutions failed despite the fact that 52% were confident of success. Men achieved their goal more if they set very specific goals and women were more successful if they engaged a partner or friend who had the same objective. History has shown that resolutions are more successful when shared with others with the same goal and when kept simple and specific.

As an organization the AWC has a built-in support system. We are more than 80 members strong with the same specific goals. Our mission is simple and clearly stated. We are a group of ladies who are committed to making our community, our country and the world a better place. Last month, Ruth Yurchuck, read Mother Teresa's "Do It Anyway" poem as our Inspiration. As we start a new year the poem is a wonderful reminder of how simple goal setting can be. It takes about 30 seconds to read the poem but it provides a short sweet way to live your life. Very simply, the poem is telling us to be the best that we can be even when things look bleak or have not gone our way. As we strive to keep our personal resolutions let us also strive to use Mother Teresa's poem as a guiding force for our organization. Let us resolve to be more forgiving and kinder in our interactions with others. Let us resolve to work harder to succeed in our mission and to be always honest and frank with each other. Let us resolve to continue to build our organization and find serenity and happiness while doing it. Let us resolve to always do good for others and to give the world our very best. And on those days that we do not feel like doing what is right and good and true because we do not feel appreciated, let us just....Do it Anyway!

Karen Clydesdale, President 2012-2014
GFWC Atlanta Woman's Club

"Do it Anyway"

Poem from Blessed Mother Teresa

People are often unreasonable, irrational, and self-centered.
Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.

If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway.

If you are honest and sincere people may deceive you.
Be honest and sincere anyway.

What you spend years creating, others could destroy overnight.
Create anyway.

If you find serenity and happiness, some may be jealous.
Be happy anyway.

The good you do today, will often be forgotten.
Do good anyway.

Give the best you have, and it will never be enough.
Give your best anyway.

In the final analysis, it is between you and God.
It was never between you and them anyway.

~Mother Teresa

Next luncheon date:
February 10, 2014
Please R.S.V.P. to Judith Behrens!
judithmbehrens@gmail.com

Speaker Spotlight -- Continued from page 1

This work includes leading coalition building efforts to get kids connected to nature through policy and programmatic avenues, and engaging underrepresented communities in conservation efforts to combat global warming, restore habitat in Atlanta's diminishing urban forest, create green jobs, and train the next generation of environmental leaders. For her work on environmental justice issues, engaging diverse communities in conservation, and improving environmental quality and quality of life for low-income and communities of color in Atlanta, Na'Taki has been recognized by and received numerous awards from a diverse number of organizations and agencies including the Georgia House of Representatives, the Georgia Legislative Black Caucus, the Environmental Careers Organization, the Atlanta Chapter of the National Alumnae Association of Spelman College, the Turner Broadcasting Systems (TBS), and Former U.S. President, Bill Clinton. Na'Taki is an alumna of Spelman College. She earned her Master's of Public Health in Environmental and Occupational Health from Emory University. NWF's 2013 report of accomplishments can be viewed [here](http://www.nwf.org) or you can visit: <http://www.nwf.org>

Arts Program News

By Rita McGregor and
Jo Dee Gonzalez



Members Visit Historic Ivy Hall

Fifteen AWC members enjoyed an elegant luncheon and tour of Atlanta's recently restored Ivy Hall, also known as the Edward C. Peters House located at the corner of Piedmont and Ponce De Leon Avenue. The group was the guest of SCAD, the Savannah College of Art and Design, the current owner of the Queen Anne style house which is home to SCAD's writing center. Anne Jones, Arts Community Service Program committee member, was instrumental in promoting and sharing with SCAD about the Peachtree Women's Writers Alliance, hosted by the Atlanta Women's Club in collaboration with the Arts Community Service Program. SCAD's goal after becoming the new owner of the property in 2005 was to meticulously restore the 4400 square foot house built in 1883 to its original

condition. It was the school's first preservation project in Atlanta.

Christmas at Callanwolde

Members were invited to participate and volunteered in the Callanwolde Fine Art's Center's "Christmas at Callanwolde" events. The events included a tour of the home creatively decorated for the holidays by individual interior design groups, a Friday Nite Cabaret, Breakfast with Santa, a Teddy Bear Tea, and a Cocoa and Caroling event. Members have also been invited to extend their volunteer efforts into the New Year by participating in projects which enrich the lives of children and adults across Metro Atlanta, collaborating with schools and community organizations to promote the arts to underserved populations. The Callanwolde community outreach efforts are focused on low-income families (offering need-based scholarships and discounts to individuals, school groups and community groups for arts workshops, tours, classes, etc.) and specially-designed group tours, workshops, classes and events for persons with special needs or disabilities, senior wellness and veterans. Members should watch for future sign-up sheets for specific upcoming events where your talents and skills will be most helpful.

Silent Auction Success

One more special thank you to Anne Jones for her tireless efforts in gathering items for our Christmas Silent Auction and to members of the Arts CSP committee for the hours spent wrapping and preparing the items for the auction. The Arts CSP committee is proud to have contributed more than 30 items including groups of recent books by widely renowned authors, e.g., Mary Kay Andrews, Jack McDevitt, Terry Kay, Anne Jones, Richard Jay Hutto and many, many others. One special bonus from Terry Kay was the award to the highest bidder of his books -- the use of the winner's name as a character in his upcoming novel! That honor was awarded to highest bidder, Rita McGregor, co-chair of the Arts Community Service Program Committee. We are very proud that our efforts have provided funds to generously support the Hope for Heroes organization.

Upcoming Trip to High Museum

How would you like to travel to Paris and be home by dinner? We are planning an outing to the High Museum exhibit titled "The Art of the Louvre's Tuileries Garden". The Tuileries Garden in Paris is recreated on the Museum

piazza as a tree lined path leads the exhibition, featuring more than 100 works of art as well as an immersive video that virtually places you in the garden. The exhibit will run until January 19 and your Arts CSP committee will notify everyone soon of the dates and request for sign-up by email. Au revoir!

Education Program News

By Donna Foland



Hope Hill Video Highlights AWC Efforts

The Education Committee participated in a video recently about Hope Hill and why the Club has supported the school and its community for so many years. It is not about the Atlanta Public School System. It is about the children. It is not even about the principal that keeps changing (three times in the last four years!). We, the members of the Atlanta Woman's Club, have worked to connect the school to Council Members, School Board Members, Community Non-Profits that can help in the lives of the children. Thank you for your help and support! You can watch the video [here](#) or go to: <http://bit.ly/1a7hyCT>

Home Life Program News

By Judine Heard



Five Heart Healthy Resolutions for the New Year

The beginning of the year is a perfect time to reflect on the past twelve months and assess what habits you want to take into 2014 and which habits you'd like to leave behind. Here are five heart lifestyle you can incorporate:

- Drink more water. If you drink more water, you will have less room for sugary sodas.
- Go green. Keep your cabinets stocked with heart healthy fruits and vegetables.
- Eat foods in season. Eating food in season you are getting food at its peak performance and flavor level.
- Cut out processed food. Let this be the year to take out aspartame, high fructose corn syrup and hydrogenated oils from your diet. Not only does process foods have chemicals your doesn't need or want,

processed foods are also full of added salt which puts you at risk for high blood pressure.

- Eat more fiber. Fiber is an easy to add to your diet. Whole grains are filled with fibers, which makes digestion easier and helps you feel fuller when you're finished eating

Source: American Heart Association

Go Red for Women

Celebrate the 10th birthday of the "Go Red for Women" campaign by wearing red on National Wear Red Day Friday, February 7th and at our February meeting. To learn more about heart disease visit goredforwomen.org.

Conservation Program News

By Karen Johnson



Trees Atlanta Events

Up for a two mile walk? Come walk the Atlanta BeltLine Eastside Trail with an expertly trained Trees Atlanta docent. During the tour, you will learn about the BeltLine including design and history, the horticultural collections of the Atlanta BeltLine Arboretum, and experience first-hand the positive changes the project is having on Atlanta's communities. A walking tour is the best way to see the progress and be active at the same time! Learn more about the tour [here](#).

The most popular volunteer activity for Trees Atlanta is their weekly Saturday tree projects. Trees Atlanta has volunteer opportunities just about every Saturday year-round. On Saturday mornings from 9:00 a.m. – 12 noon, volunteers go to a different neighborhood in Atlanta for tree planting, tree care, or forest restoration projects (depending on the time of year). Watch for future scheduling of an AWC Saturday hands-on "dig in the dirt" activity in the spring or check out the Atlanta Trees website any Saturday to find out where you can go to meet new friends and get to know more about the community while also helping make it a better place to live.

Chattahoochee Riverkeeper

If you want to learn more about the work of this Atlanta conservation organization, you can check out this

Youtube video highlighting their 2013: [2013 By The Numbers](#)

Chattahoochee Nature Center

Winter Photography Exhibition *Landsc*

Members will want to visit the CNC this month to see the winter exhibit of amazing landscape images from members of the Georgia Nature Photographers' Association (GNPA). On display in the River Resource Gallery at the Chattahoochee Nature Center from 12/30 to 2/28 during regular museum hours.

International Program News

By Pat Walsh



Operation Christmas Child a Success!

Thank you for all of members who contributed to Operation Christmas Child this holiday season!

International Heifer Donation

A check was written to International Heifer for \$500 to purchase a heifer.

Upcoming Activities

We are going to have a very busy start to the new year! Upcoming activities include: Operation Smile, a Mother's Day International Heifer gift and the nursing program in Haiti. We are also accepting ties for the "Ties that Matter" program.

The International Committee is looking for volunteers so please contact Pat Walsh if you are interested in making a difference on a global level.

Public Issues Program News

By Lisa Banes



Georgia Justice Project Holiday Party

Thank you to all who participated (via time, money and/or gifts) in the Georgia Justice Project Holiday Party on Saturday, December 7th at First Presbyterian Church. The group has come to rely on our members for help with this fun-filled event and we've come

through every time! Here's an excerpt from GJP's message of appreciation:

Thank you so much for being an integral part of the event's success.

A total of 224 clients and family members attended. I heard very appreciative comments and hope that you felt their gratitude for the meal, the gifts, and the afternoon of support.

We extend our gratitude as well. It's a busy time of year, and you have many worthy organizations that want and need your time. Thank you for standing with our clients and for being with us. Our community is strengthened by your generosity of spirit.

With best wishes for the season,

Julie Smith

COO, Georgia Justice Project



AWC members work hard to set up for the GJP holiday party!

Celebrate Martin Luther King, Jr. Day 2014 on Monday, January 20th

There are lots of options in the Atlanta area so start making your plans:

The King Center

The King Center is sponsoring a range of events in celebration of the King Holiday from Friday, January 10 - Monday, January 20. You'll find a complete list of each day's events, locations and details at <http://www.thekingcenter.org/2014-king-holiday-observance-events>.

- **MLK DAY 5K: Let Freedom Run**

Not only an MLK celebration but also a fundraiser to support community-oriented initiatives, the MLK Day 5K is a USATF-certified 5K walk/run (and Peachtree Road Race qualifier) that takes place entirely in Piedmont Park on grass, road, gravel, wooden bridge and dirt paths, features a 3.1 mile drumline all along the race course, and concludes with a post-race party. T-shirts and goodie bags are also included. Monday, January 20: music starts at 8 am; runners line up at 8:45 am; \$30 registration fee. For race details, recipient organizations or to register, go to <http://mlkday5k.com/>.

- **Hands On Atlanta Day of Service**

Each year, Hands On Atlanta (in partnership with the Martin Luther King, Jr. Center for Nonviolent Social Change) presents the Martin Luther King, Jr. Day of Service, a city-wide volunteer initiative to uphold Dr. King's legacy and vision for an equal and united America. From 9 am -1 pm on Monday, January 20th, Hands On Atlanta will mobilize more than 3,000 volunteers in service to local communities, schools and nonprofits. To select a project and participate, register at

http://www.handsonatlanta.org/HOC_Volunteer_Opportunity_Search_Page?p=Spl&veNm=a0MA000000GpNfrMAF

Save the Date: Domestic Minor Sex Trafficking Lobby Day 2014

Here's your opportunity to make your voice heard in the fight to end Domestic Minor Sex Trafficking. Join youthSpark for Lobby Day 2014, where you can stand with other community members, advocates, survivors and elected officials to show support for legislation protecting children from Domestic Minor Sex Trafficking, as well as thank legislators who demonstrate commitment to this issue. Last year, more than six hundred supporters participated – we can help make the crowd even larger! For more details or to become part of this movement, register at:

<http://www.youth-spark.org/wp-content/uploads/2013/12/Lobby-Day-Logo-HiRes-1.jpg>

DMST Lobby Day 2014

Thursday, February 13, 2014

8am-1pm

The Historic Freight Depot

65 Martin Luther King Jr. Drive SE

Atlanta GA 30334

Speaking Out

AWC new member Darlene Childers was quoted in a recent AJC article on smartphones and related services, titled "Phone Users Signal a Changing Market," written by reporter Kristi E. Swartz. Darlene's perspective on the financial considerations of selecting wireless phone and data plans helped illustrate the analytical views of "the 30-something professional." The article was featured in Technology & You/Consumer Choices in the newspaper's Business section on Thursday, December 6th. Thanks for speaking up, Darlene!

Member Program News

By Cimi Douglass



Atlanta Woman's Club Renewal Membership Commitment

Happy Holidays! Our membership renewal period is quickly approaching. I sincerely hope that each and every one of you choose to renew your Atlanta Woman's Club membership! Our club just keeps getting better and better every year and it's because of our wonderful members. At this point ladies, receiving your membership dues is not a burning issue this month as we realize it is the holiday season. We trust that you will bring it to our Jan. meeting or mail it when you can, but most importantly at this time we would like to have your personal commitment that you plan to stay on our membership roster in 2014!

According to our bylaws, renewal dues in the amount of \$55 should be received no later than February 1st. Dues can be mailed to the club or you can call the Club with your credit card number. For those that have joined us in November/December 2013, please know that you will not have to renew.

Here is an online form that will help me track who plans to renew and also gives you an opportunity to share your thoughts on if you plan not to renew:

<https://docs.google.com/forms/d/1glGpt3qlmDtZc8R9IT9-kULTLzHtVu0FAwWkMMbFRJI/viewform>

Please contact Cimi with any questions and we look forward to seeing you in 2014!

Tallulah Falls School News

By Lucy Willard



Tallulah Falls School is pleased to announce that 168 students have earned President's Commendation honors for the first semester of the 2013-2014 year. In order to be chosen for this honor a student must maintain a 3.5 GPA or better with zero demerits and no missed homework.

Six members of the Tallulah Falls School community were also recognized with special year-end awards in a school-wide assembly held on Friday, December 20th immediately preceding Christmas break. President and Head of School Larry A. Peevy handed out the awards in front of a packed gymnasium filled with students, faculty, staff and special guests from the General Federation of Women's Clubs - Georgia.

CLUB EVENTS

Georgia's beloved Cecil (Cec) Murphy to Speak on "What the Serious Writer Should Know" at Peachtree Women's Writers Alliance Sponsored by the Atlanta Woman's Club 7:00 PM Monday February 3rd.

Cec is well known to readers of inspiration in the Atlanta area. He is most famous as co-author of the best-selling *90 Minutes in Heaven*. His books have sold in the millions and he has brought hope and comfort to millions around the world. He has authored, co-authored or ghostwritten more than 135 books and recently begun co-authoring with Twila Belk and Gary Roe.

A living example of a "force for good in the world," Cec is a former pastor whose compassion has led him to share his success in helping aspiring writers through hundreds of speaking engagements and workshops. What many don't know is he is a sexual assault survivor who has shared his experience so that, in turn, he may

help others heal from their feelings of stigma and shame. Two works in which he addresses this issue are *Not Quite Healed: 40 Truths for Male Survivors of Childhood Sexual Abuse*, coauthored with Gary Roe, and *When a Man You Love Was Abused: A Woman's Guide to Helping Him Overcome Childhood Sexual Molestation*.

Taking his own challenges and using them as a way to lead others from pain to peace is an integral part of Cec's mission. Other recently released books include *I Believe in Heaven: Real Stories From The Bible, History and Today* and *I Believe in Healing: Real Stories From the Bible, History and Today*, both co-authored with Twila Belk.

CLUB ELECTIONS

AWC ELECTIONS SCHEDULED FOR MARCH GENERAL MEETING: NOMINATIONS NOW OPEN

by Karen M. Thomson

Important positions for 2014-2016 will be decided in the March elections.

OFFICERS

- President
- First Vice President (Membership)
- 2nd Vice President (Dean of Community Service Programs)
- Recording Secretary
- Treasurer
- Assistant Treasurer

TRUSTEES

- 2 positions

Be thinking of those members you would most like to see in these positions, as Club members are encouraged to submit nominations. The Committee will review nominees' qualifications, as well as confirming nominees' agreement to serve if elected.

Members, please refer to Article V 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.

The Nominating Committee will begin meeting in January to determine those nominees best qualified to serve in these positions. Please contact any member of the Nominating Committee, below, to submit a nomination.

NOMINATING COMMITTEE

Anne Jones
Chaundra Lockett
Rita McGregor
Karen Thomson
Karen Johnson, Parliamentary Advisor
First Alternate: Melissa Oellerich
Second Alternate: Judith Behrens
Third Alternate: Ashley Hall



GFWC
Atlanta Woman's Club

Est. 1895



Helpful Links

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

GFWC's Facebook Page:

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

Reminder:

2014 Membership Dues are due by January 31st. Please mail payment to Cimi Douglass or call the club office with your credit card number.

Quote of the Month: Leadership

"Leadership is not a magnetic personality that can just as well be a glib tongue. Leadership is not making friends and influencing people- that is flattery. Leadership is lifting a person's vision to higher sights, the raising of a person's performance to a higher standard, the building of a personality beyond the normal limitations."

Peter Drucker

2013 Holiday Party



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-Illaw, Treasurer
Page Henry, Assistant Treasurer
Karen Johnson, Parliamentarian

Board of Trustees

Myra Carmon, Chair (2011-2013)
Donna Foland, Co-Chair (2012-2014)
Judine Heard, Recording Secretary (2012-2014)
Karen Clydesdale, AWC President (2012-2014)
Cimi Douglass, 1st VP (2012-2014)
Barbara Culmer-Illaw, 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, 2nd Vice President & Dean of Service Programs
Rita McGregor & Jo Dee Gonzalez, 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
Karen Thomson, Past President
Judine Heard (Interim) Bridge
Barbara Culmer-Illaw, Budget
Sarah Helen Killgore, Historian/ Women's History
Anne B. Jones, 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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