



# 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 2018 Issue

### PRESIDENT'S MESSAGE

Love is in the Air, and red is the color for the month - Hello February! Since we were young school age kids, we've always known February as the month of love and valentines. I know some of you may not be a fan of Valentine's Day and the Hallmark commercial sappiness. But I believe February is truly about love, and I'm not talking about just romantic love, it could be a friendship or selfless type of love or to love yourself by taking care of your health. The bottom line is that love can take many forms.

While we promote sharing peace, love and kindness all year round, why not use February to share love with everyone? Let's change the idea of romantic love, to love for humankind and a love for yourself. Share a cupcake or a glass of wine with a friend. Help someone in need. Offer a smile to a stranger. Listen with open ears and hearts to someone different than you. Praise a co-worker or club member. Squeeze your children or grandchildren a little longer. And most importantly, take your blood pressure and learn how you can love yourself by protecting your health.

As you know, February is American Heart Month—a time to reflect on the sobering fact that heart disease remains the number one killer of both women and men in the United States. The good news is we have the power to protect and improve our heart health.

To protect your heart, the first step is to learn your own personal risk factors for heart disease. Certain risk factors—like getting older or having a family history of heart disease—can't be changed. But you do have control over some important risk factors such as high blood cholesterol, high blood pressure, smoking, excess weight, diabetes and physical inactivity. Regular physical activity is another

### INSIDE THIS ISSUE

Nom Committee.....	3
Membership.....	3
Home Life.....	4
Arts.....	4-5

## PRESIDENT'S MESSAGE CONT'D

powerful way to reduce your risk of heart-related problems and enjoy a host of other health benefits. To make physical activity a pleasure simply choose activities you enjoy. Take a brisk walk, play ball, dance or garden. Even taking the stairs instead of an elevator can make a difference.

The important message here, is that it's never too late to take steps to protect your heart. It's also never too early. Start today to keep your heart strong. Talk to your doctor about your risk and to create an action plan. Love your heart!

Last month our Home Life Chair, Connie Morris mentioned that February 2<sup>nd</sup> is National Wear Red Day®. **Why Go Red?** Cardiovascular disease in the U.S. kill approximately one woman every 80 seconds! That's hard to believe, but the good news is that 80 percent of cardiac events may be prevented with education and lifestyle changes. Go Red For Women advocates for more research and swifter action for women's heart health. Go Red For Women is a movement that starts with you. That's why this year we are asking that you wear red on **National Wear Red Day®** and also **wear red** to our next meeting to help increase women's awareness about their cardiovascular health.

Love yourself and love one another ladies! I hope to see you at our February 10<sup>th</sup> meeting dressed in red as we welcome Larry Peevy, President of Tallulah Falls School.

With much love to all of you, I remain,

Respectfully yours,

Cimi Douglass, President 2016-2018  
The Atlanta Woman's Club



## NOMINATING COMMITTEE

Nominations for AWC Offices Are Being Accepted. Please send your nominations for the AWC offices of President, 1st Vice President, 2nd Vice President, Treasurer, Assistant Treasurer, Recording Secretary, and Board of Trustees (2 positions), as soon as possible to any member of the nominating committee. We have extended the nomination deadline until February 12. The election will be held as part of the March luncheon meeting. Please send your nominations to any of these members of the nominating committee: Rita McGregor [rtmcg23@gmail.com](mailto:rtmcg23@gmail.com), Johanna Bunch [johanna.bunch@gmail.com](mailto:johanna.bunch@gmail.com), Connie Morris [momconnie@bellsouth.net](mailto:momconnie@bellsouth.net), or Judy Reece [judy.reece@att.net](mailto:judy.reece@att.net). For questions please contact Rita McGregor, Nominating Chair. Additional information can be found starting on page 5 of the AWC January Newsletter.

Rita McGregor, Nominating Committee

## 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!"



### **Grace Miller**

Grace Miller was born and raised in Gainesville, Georgia and attended the University of Mississippi. She graduated from Ole Miss in May 2017 with a Bachelor of Arts in Broadcast Journalism and a specialization in Public Relations. While in school, Grace was involved with numerous service projects and organizations, including Phi Mu Fraternity. After exploring job opportunities across the country, from Los Angeles to New York City, she decided to move to (Midtown) Atlanta to be close to family and friends. She began working for The Coca-Cola Company in September as a Business Analyst. Grace's hobbies include cooking, playing recreational games (especially volleyball), following the news and exploring her new home of Atlanta!

## HOME LIFE

February 12th meeting—Women's Heart Health Month— Please Wear Red

Blood pressure screenings will be held in the dining room before and after our meeting.

Connie Morris, Home Life CSP Chair

## ARTS

How can I get involved?.....Upcoming Volunteer Opportunities:

Arts CSP will continue our ongoing volunteer project with drawchange on **Monday, February 19th from 3-4pm**, which will repeat on every 3rd Monday each month. We will assist children at a local shelter in southwest Atlanta with their art therapy projects. You don't have to be artistic to volunteer, your love and support is all they need. If this project is of interest to you, please contact Billie Harris via email to schedule the month you'd like to volunteer. Only 3 volunteer spaces are available for AWC per month. There will be a sign up sheet at our general meeting.

The AWC Arts CSP will host an "Art of Love" art party at Children's Healthcare of Atlanta at Hugh's Spalding (35 Jesse Hill Jr. Dr., Atlanta, GA) on **Saturday, February 17th from 10a-12noon**. The children will have a choice of 4 arts and crafts projects, centered around the theme of love. We will also be providing healthy snacks for the kids once they complete their crafts. 5 Volunteers are needed for this project. If you're interested in volunteering for a fun filled day with some very special children, please contact Billie Harris, Arts CSP Chair, via phone at 678-617-8511 or email at hawcinc@live.com.



The AWC Arts CSP donated to and participated in the 2nd Annual Lanta Gras parade on January 27th as the "Krewe of The Atlanta Woman's Club". Lanta Gras is a 501c3 non-profit organization that provides a safe, fun, and free afterschool music program for middle and high school students of Atlanta. The volunteer instructors teach brass and percussion lessons to the students. The Krewe of The Atlanta Woman's Club designed and built the float with help from a local contractor. The parade began at Bessie Branham Park and circled the park before making its way to Hosea Williams Dr. and ending in Kirkwood Square, where the event continued with live entertainment from marching bands, local jam bands, and the students of Lanta Gras' music program. A big thank you to Natasha Foreman, Catherine Smith, Jennie Labato, Juanita Bryan, Pat Walsh, Cimi Douglas,

Durette Ofosu, and Penny Blackford for your contributions to this amazing project.

ARTS CONT'D



Krewe  
of  
The  
Atlanta  
Woman's  
Club



**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. Treasurer/Budget Committee (2016-2018)  
Lisa Banes, Secretary (2017-2019)  
Karen Thomson (2017-2019)  
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  
Jo Dee Gonzalez, Budget Committee  
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)  
Rita McGregor, Nominating Committee  
Cimi Douglass and Judy Reece, Website  
Lisa Banes, Marketing/Public Relations  
Judy Reece, Member Events/Communications/Weekly Bulletin/Bridge  
Britton Rogers, Social Media  
Billie Harris, Newsletter Editor