



Atlanta Woman's Club



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

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October 2020 Issue

Greetings Ladies,

Fall has arrived! The weather could not have been more perfect, with temperatures in the 70's and the sun shining. For the past two years the first day of fall came with a heat wave and 91 degrees so this was a very welcomed surprise!

For some people however, there is a downside to the end of summer, the continued loss of daylight as the sun begins to set earlier and earlier, starting in June and going through the beginning of November. Personally, autumn is one of my favorite seasons. With the cooler air, change of scenery from green to orange to red and yellow, cozier clothes, and picking apples and pumpkins comes a little bit of a more peaceful feeling. Although this year continues to be a bit of a challenge to say the least, at least we can say that we survived it, one way or another! And for the most part we are intact, right?

As I mentioned at the meeting, October is National Domestic Violence Awareness Month and our former state president Tina Daniel (GFWC Education and Libraries Community Service Program Chair) will be focusing on promoting National Bullying Prevention Month during the next 2 years. For more information please go to GFWC.org and also look for notices from Darlene Kimes regarding how the AWC membership will be participating in this very important cause.

A few days ago GFWC announced the Top Ten Projects for all programmatic and planning categories from the 2020 State Award Entries and the Club Creativity Awards Entries. Clubs were recognized for projects completed during 2019 that demonstrated excellence and stood out as examples to other clubs.

Congratulations goes to the AWC Education CSP for their Pajama Program reading parties and to the AWC International CSP for their Global Village Project Tea, both being recognized as part of the Top Ten Projects in their categories!

INSIDE THIS ISSUE

Education & Libraries...	3
Health & Wellness.....	3-4
Arts & Culture.....	4
Membership.....	5
Spotlight Speaker.....	6
Recognizing Mem.....	7-8

PRESIDENT'S MESSAGE CONT'D

Please check the Weekly Update on Mondays for important dates to remember!
See you at the meeting on October 12th.

Stay safe and be sure to wash your hands!

Jo Dee Gonzalez, AWC President 2020-2022



EDUCATION AND LIBRARIES

The Education/Library CSP is collecting Stem material to be donated Tapestry Public Charter School, for the Neurotypical student and those on the Autism Spectrum
The following is partial list of items you can also go to the internet and search for Stem materials:
Pipe Cleaners/ Glue sticks/ Duck Tape or painters tape/ String/Batteries Magnets/ Wooden Dowels and wheels/ Marbles/ Straws/ Ping Pong balls Old CD"s/ Any type art paper/Glue guns
Please make donations prior to October 31st
You can use Amazon and ship directly to me at:
Barbara Washburn
275 13th ST NE
Unit 409
Atlanta 30309
or contact me for alternative drop off/ pick up options

Barbara Washburn, Chair, bwashburn41@gmail.com
Linda Hirsch, Co-Chair
Education and Libraries CSP

HEALTH AND WELLNESS

Breast Cancer Screening is Still Important during the COVID-19 Pandemic
October is Breast Cancer Awareness Month and The American Cancer Society is urging women to talk to their doctors to find out what's best for them.

At the onset of the COVID-19 pandemic, elective medical procedures, including cancer screening, were largely put on hold to prioritize urgent needs and reduce the risk of the spread of COVID-19 in healthcare settings. One consequence of this has been a substantial decline in cancer screening.

As states re-open businesses and ease restrictions, many healthcare facilities are starting to offer elective procedures again, including cancer screening. Restarting cancer screening requires careful consideration of the risks and benefits of screening, along with ensuring safety for both patients and healthcare personnel. Decisions about restarting screening depend on many factors, and they may not be the same for every person. They will likely vary by community while the pandemic continues. If an appointment was made for screening that was postponed or canceled, patients should talk to their healthcare team about when to reschedule. Providers can discuss balancing the risks and benefits of being screened now or postponing for a later date, considering personal and family history, other risk factors, and the timing of the last screening test.

"Finding breast cancer early and getting high-quality cancer treatment are the most important strategies to prevent deaths from breast cancer. Getting regular screening tests is a critically important part of finding breast cancer early," said Dr. Laura Makaroff, Senior Vice President, Prevention and Early Detection for the American Cancer Society. "Breast cancer screening disparities are already evident and without focused attention, are likely to increase as a result of the COVID-19 pandemic. Efforts to promote breast cancer screening and overcome barriers for populations with low screening prevalence must be at the forefront of our focus," said Makaroff.



HEALTH AND WELLNESS CONT'D

Many women get an annual mammogram for breast cancer screening. However, leading organizations that issue screening guidelines recommend that average risk women ages 55 and older can be screened every two years. Women 55 or older who had a normal mammogram within the last year could choose to have their next mammogram up to 24 months after your last one.

As your regular facility for health care returns to providing cancer screening, it's important that it is done as safely as possible. The US Centers for Disease Control and Prevention (CDC) has recommendations for healthcare facilities to reduce the risk of COVID transmission:

Screening centers should be available to answer questions from patients via phone or web portal before and/or after the screening procedure.

Patients should be pre-screened for COVID-related symptoms before screening appointments. Scheduling of appointments should allow for physical distancing between patients, and longer appointment times, if needed, to avoid crowding in waiting rooms and patient care areas. There should be limitations on visitors other than patients and/or their caregivers into the screening facility.

If not done in front of the patient, the screening center should be able to explain how often equipment and surfaces are disinfected and cleaned.

Everyone, including patients and staff, should wear a face covering or face mask, where appropriate. There should be frequent handwashing and use of hand sanitizer by staff, patients, and visitors.

*source: American Cancer Society

Kelly Feyock, Chair
Maria Krane, Co-Chair
Health and Wellness CSP

ARTS AND CULTURE



drawchange is slowly re-integrating their work at the homeless shelters for socially distant, outside, art therapy with homeless children. They will continue until it is too cold to be outside. Sessions are from 1:30-3:30pm on Saturdays in Grant Park. If you are interested and are already cleared to volunteer with them, please sign up at drawchange.org/volunteerportal. Members who have not completed a volunteer application and would like to become a drawchange volunteer, please contact Billie Harris via email for more details.

Members who are interested in joining the Arts and Culture CSP, please email your name and mobile number to hawcinc@live.com. Make sure to also download the GroupMe app on your mobile device to stay up to date with projects and volunteer opportunities. You will be added to the AWC Arts & Culture GroupMe via your mobile number.

Billie Harris, Chair
Chloe Feyock, Co-Chair
Arts and Culture CSP

MEMBERSHIP



A Cookie and Wine party was held via zoom for new members, potential members, and mentors on September 25th. There were 15 in attendance. Each person received a cookie with the GFWC logo. Judine Heard set the table for the new member she is mentoring! Games were played and hopefully all got to know each other a little better!

New Member



Chris Puri is a graduate of St Louis College of Pharmacy with a BS in Pharmacy. After graduation, my career took me in the path of Retail Pharmacy. Also at this time, I designed and taught a program to advance the skills of Pharmacy Technicians at Rockford Community College. Upon completion of the core classes and an actual rotation working in a pharmacy, they were qualified to take a national exam.

I worked for Knoll Pharmaceuticals (in NJ) as a Product Complaint Manager. This gave me an opportunity to see how the actual drugs are made in the factory and to view the batch records and solve manufacturing problems. At the present time I maintain 6 licenses of which 4 are in Missouri, Illinois, New Jersey and Florida. In

addition, I have 2 consultant licenses to practice in Florida and New Jersey within the Assisted Living and Nursing Homes. I have knowledge of nursing home care and their stringent rules and regulations. I am originally from the Midwest and moved here to Atlanta, GA about 4 1/2 years ago with my husband Tony and dauschund puppy named Roxie. We love Georgia and built a home here.

We have moved corporately many times and have lived in St Louis, MO, Rockford, Illinois, Sparta, NJ, Florham Park, NJ, and the most exciting was Singapore for 5 years. I love animals, gourmet cooking, decorating, reading, traveling, and swimming.

Connie Morris, 1st Vice President, Membership

SPOTLIGHT SPEAKER: TRACY NICOLE

Tracy Nicole is more than just a designer, she's an author, a mother, an entrepreneur, an activist and a survivor. Born and raised in Atlanta by a single mom who survived domestic violence and worked endless hours to provide for she and her sister, she is no stranger to hard work and sacrifice. Tracy attended Florida A&M University where she received a Bachelor of Science degree in Occupational Therapy. After a painful divorce, she too became a single mother of two girls and mastered the art of juggling many hats. Firmly believing that one can always find the silver lining in any situation following an unexpected breast cancer diagnosis at a young age, Tracy took her survival journey and used it as inspiration. Known for her timeless & versatile pieces, she has designed clothing for some notable women, collaborated with multiple major brands, and her designs have also been featured in several TV & film productions. As an entrepreneur, Tracy has been highlighted in various local and national publications. Tracy's other honors include serving as a panelist of the first Young Women's Leadership Conference for Essence Magazine in Atlanta on "How to Brand Yourself for Success" and keynote speaker at the 11th Annual Call To Womanhood Conference held in Atlanta. Tracy was listed in the Honor's Edition for Cambridge Who's Who for Empowering Executives, Professionals & Entrepreneurs Around the Globe. In 2015, Tracy Nicole was awarded an Emerging Artist Grant by the city of Atlanta. She also received the Creative Style award by the Atlanta Business League. In 2013 Tracy began serving as a Model of Courage for Ford Motor Company and her clothing line was featured by Ford at the 2018 Essence Festival in New Orleans. Tracy Nicole launched a collection in Belk Department Stores in the spring of 2017 and has since expanded to offer Men's and Kid's apparel. Tracy had the honor of having her most recent collection being featured in Paris Fashion Week 2019. Her evolution as a designer has proven to add to her success, providing simple – yet beautifully designed garments for women of all shapes and sizes. This led to the expansion of her brand's sizes and launch of a new collection; SIMPLE by Tracy. "I wanted to create a collection where everything is SIMPLE and comfortable yet sexy and interchangeable... The very thing every woman wants." says Tracy. In Spring 2020, the SIMPLE by Tracy collection made a seamless infusion into the Four Seasons Spa retail in Atlanta. Tracy is currently channeling her passion for fashion design and women's mental and physical health as the inspiration for the launch of her non-profit: The Tracy Nicole Foundation, a 501c3 established with a mission to empower, educate and enrich the lives of young girls and women. She resides in Atlanta with her two daughters, Kennedy and Kristian.



Hosted by the Arts and Culture CSP

RECOGNIZING OUR MEMBERS

Lucy Willard



Lucy Willard grew up in Cochran, Georgia, and attended nursing school at the University of Arizona. She held a variety of nursing positions: instructor at the Johns Hopkins Hospital School of Nursing; flight attendant for Eastern Airline; and private duty nurse at Piedmont Hospital.

She has been a member of the Atlanta Woman's Club (AWC) for 36 years, joining on May 5, 1984. She held many offices in the AWC including President and member of the Board of Trustees. She was President and held other committee appointments in Fifth District, Georgia Federation of Women's Clubs (GFWC GA), which is now the North West District.

Lucy worked toward achieving the philanthropic mission of the GFWC in the state, district and the AWC. She promoted the 1734 Society, which supports the GFWC International Headquarters in Washington, DC. She regularly attends club, district and state meetings, even when she no longer holds an office. Lucy has been a board member and ardent supporter of Tallulah Falls School for many years and the

middle school at Tallulah Falls bears her name.

In the years before we had an events coordinator, Lucy also helped to show the club and schedule events.

Lucy is and has always been a valued member of the Atlanta Woman's Club. She has been an advocate of the work of the Federation all over these 36 years.

Lucy, Sarah Helen, Louise Vernon and others spent many hours restoring the club after the fire. This would not have been possible without Lucy's financial support.

RECOGNIZING OUR MEMBERS CONT'D

Sarah Helen Killgore



Sarah Helen Killgore is a native of South Georgia and came to Atlanta to become a Registered Nurse. She attended the Piedmont Hospital School of Nursing. After graduation she worked at Piedmont Hospital for many years and then taught students at St. Joseph's Hospital School of Nursing. She continued her nursing education by obtaining a master's in nursing from Emory University School of Nursing, and became director of the Piedmont Hospital School of Nursing, where she served until that school closed. Eventually she furthered her education and obtained her PhD from Georgia State University. While Sarah Helen was at Piedmont she attended events at the AWC but didn't swim in the pool. (She thinks Lucy went swimming in the pool.)

Sarah Helen has been a member of the AWC since April 30, 1985. She has held many offices over the years, and also served as AWC President. At that time, finances were limited; there was no event coordinator. So, she spent many hours showing the club and making appointments for weddings and events, as did Lucy Willard. Sarah Helen also served two terms as chair of the BOT.

She was instrumental in securing a suitable tenant for our rental property and with the BOT. Working our long-time legal counsel, Mr. Savell, approved the initial contract with Opera. During this time the Club experienced several fires and she helped secure funding for and the renovations needed to restore both the Club

and Opera. Lucy Willard also contributed financially to maintain Club operations.

The previous alarm system often went off in the middle of the night, and Sarah Helen and her friend Robert had to drive into town to check things out. She and Robert were very instrumental in keeping the club maintenance up to an appropriate level.

There are many stories to tell about what Sarah Helen has done for AWC, and she worked very hard to keep us in good standing within GFWC, the national Federation, and GFWC Georgia, our state Federation. It is difficult to comprehend the time and effort of these women invested in making bring the club toward the beautiful facility that it is today.

Written by Myra Carmon and Ruth Yurchuck

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

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Ursula Reynolds, Women's History
Lucy Willard, Tallulah Falls School
Myra Carmon, 1734 Society
TBD, GFWC GA Special Project
Connie Morris, Membership
Karen Clydesdale, A Seeded Event/Fundraising
Judine Heard, LEADS/GFWC GA Environment Co-Chair
Melodie Rogers, ESO Book Club
Karen Johnson, Peachtree Women's Writers Alliance
Cimi Douglass and Judy Reece, Website
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