



Atlanta Woman's Club



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

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August 2017 Issue

PRESIDENT'S MESSAGE

Go to the Beach this summer– The Importance of Filling your Sand Bucket!

I have a friend that tells me all the time, your bucket is getting empty, it's time to go to the beach and refill it. She's right - women give away pieces of themselves every minute of the day, especially Clubwomen. Vacations are not a luxury; they are a necessity for a well-balanced, healthy life and is as important as eating well and getting exercise. It's important to go to the beach so to speak to fill that mental sand bucket to re-energize, reboot, and restore your energy. Vacations have the potential to break into the stress cycle. We return from a successful vacation feeling ready to take on the world again. We gain perspective on our problems, get to relax with our families and friends, have time to think about new creative fresh ideas, and get a break from our usual routines.

Lack of sleep and play both have a negative impact on your reflex time, general resilience and ability to ward off infection. Depriving yourself from vacation doesn't make you a hero it makes you cranky, and often more than a little critical of the people in your organization who do have the good sense to take care of themselves. Even though our club has participated in service events throughout the summer, I hope all of you are also filling your sand bucket this summer in some way. Taking time off is good for your mental and physical health, and you can come back more productive and effective. It's a win-win.

Here are 10 reasons why you should make vacations a priority in your life. (Excerpt below was pulled from takebackyourtime.org.)

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PRESIDENT'S MESSAGE CONT'D

1. **Vacations Relieve Stress**-Stress is a true physiological response

originally meant to help us and keep us safe. It releases hormones such as cortisol and epinephrine for the fight or flight response that was necessary for early man. However, in modern society, chronic stress can be destructive to our bodies. Getting away for regular vacations and leaving our everyday stresses give us a break from the constant high levels of these hormones and a chance to repair some of the damage.

1. **Vacations Help Prevent Heart Disease**-Stress is one of the major contributors to heart disease and high blood pressure. Long-term studies in both men and women have shown that vacations can reduce the risk of heart disease and heart attack. Men who vacationed regularly were more than 32% less likely to die from a heart attack. For women who vacation regularly, that figure jumps to 50% less likely to die from a heart attack.

2. **Vacations Help Maintain Focus**-Studies find chronic stress can affect the part of the brain that inhibits goal-directed activities and causes problems with memory. Continuous work with no breaks or vacations can make people feel blocked and distracted, and have problems concentrating. Surveys show almost three-quarters of people who vacation regularly feel energized and more ready to tackle the tasks at hand.

3. **Vacations Make You Happier**-Neuroscientists have found that brain structure can actually be altered by chronic exposure to stress hormones contributing to depression and anxiety. Research shows that women who do not take regular vacations were three times more likely to be depressed and anxious. This corroborates a survey that found people who take regular vacations reported feeling extremely happy with an overall feeling of well-being compared to those who did not vacation. And many reported these effects lasting beyond their actual vacation.

4. **Vacations Strengthen Relationships**---Vacationing with your family or loved ones help forge closer bonds. Studies have found women who take vacations with spouses report feeling more satisfied with their marriages. Research has also uncovered a correlation between children and academic achievement and summer family vacations. These shared experiences promote family bonding, which is priceless. Family vacations create more memories than any other activity. In fact, other studies have found people place a higher value on the shared experiences they have on vacations than the material goods they have acquired during their lifetime.

5. **Vacations Make You More Productive At Work**---Contrary to what it may seem, studies show that more vacation time for workers actually increases company productivity, and has been found to decrease the number of sick days taken off. Liberal vacation policies create improved quality of life for employees, which translates into increased work quality. Workers also report feeling more creative after taking time off, and more than 70% of them reported feeling more satisfied with their jobs when they took regular vacations.

Vacations Improve Your Sleep Quality ---Studies have shown that people who take vacations and travel regularly reported an almost 20% improvement in their sleep. While on vacation, they averaged an hour more of quality sleep, which even carried over to when they returned home.

And last, but not least, taking vacations can keep you young! Chronic stress is believed to accelerate biologic aging and the aging process. Why not do yourself a big favor? Make yourself a priority and take some time off this summer.

PRESIDENT'S MESSAGE CONT'D

Ladies, I look forward to seeing some of you at Institute on August 18th-20th – a little bird tells me that our club was recognized in a few areas at the International convention – I can't wait to hear the good news from our State President at Institute! If I don't see you at Institute, I look forward to seeing everyone at our next general meeting on Monday, September 11th.

Enjoy the rest of the summer and "Go to the Beach to Fill that Sand Bucket!"

Cimi



MEMBERSHIP

Tonya S. Watson

1st Vice President, Membership

Email: tonyaswatson@gmail.com

Welcome New Members! AWC welcomed four (4) new members in June. Please find their bios below. 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!"

Abigail Pecoroni



My name is Abigail Pecoroni and I have recently moved back to Atlanta in the last 2 years to raise my family. After travelling and living all over the US, the last 10 years with corporate relocations, my husband, Jeff, and 2 sons, Cash and Avett, have moved back to the South, where I am from, to settle in. I work at Keller Williams First Atlanta, as a real estate agent and do luxury marketing for their high end luxury group. My interests are volunteering, reading, tennis, cooking, bike riding, spending time with family and friends. I look forward to working together as women of the community with the Atlanta Women's Club and its initiatives into making our city great!

Ethel "Olivia" Johnson



My name is Ethel O. Johnson and I am originally from Cleveland, Mississippi. I am the daughter of Williams and Jacqueline Johnson natives of Chicago, Illinois and Shelby, Mississippi. I am the youngest of five siblings and the second to receive a college degree. Last year, I earned my Master's Degree from Clark Atlanta University in Public Administration with a concentration in Community and Economic Development. I am currently employed at Clayton County Community Development, where I hold the title as assistant permits/license supervisor.

I am the founder of The Johnson Foundation, Inc.; a scholarship foundation geared towards helping high school seniors purchase the needed necessities for college start-up. I am a board member at The Hope Shelter, Inc., and a financial member of Alpha Kappa Alpha Sorority, Inc., Order of The Eastern Star, Public Administration Student Association, Active Minds and The National Association of Professional Women. I plan to pursue my law degree in 2018.

MEMBERSHIP CONT'D

Lori Director



When my husband retired recently, we chose to move to Atlanta from Boston, Massachusetts where we had been residing for the past eight years. We chose Atlanta as our residence in order to be closer to one of our daughters who has resided in Atlanta for more than sixteen years. Also, mild winters are a plus!

We have lived in several states during the course of my husband's career, and I have always found moving to a new area to be exciting and interesting with opportunities to meet new people, and make new friends. I've been fortunate enough to meet many wonderful people, and to continue many friendships long after moving.

While I have not had a professional career, I have always found ways to volunteer in my community. Starting with PTA involvement when my four children were young, and continuing through the years in various communities. One of my most interesting volunteer experiences was with the University Musical Society Advisory Committee at the University of Michigan in Ann Arbor, MI. The volunteer Advisory Committee helps to plan fundraising events under the supervision of the professional Development staff. I served on that committee for more than six years and enjoyed helping with the planning of fundraising events.

I enjoy theater and art museums, reading and traveling. I also enjoy participating in book clubs as a way to meet people and expand my interests. I have traveled extensively to many parts of the world, including Asia, Europe, Australia/New Zealand, the Caribbean, and many parts of the US.

I'm glad that my husband and I chose the Midtown neighborhood of Atlanta as it is in the Art and cultural center of the city. I enjoy walking in the neighborhood, through Piedmont Park, the Botanical Garden, and on the Beltline. I look forward to membership in the Atlanta Women's Club as a way to get involved in volunteering where I can contribute.

2017 GFWC INTERNATIONAL CONVENTION-PALM SPRINGS, CA

Members of GFWC Georgia attending the 2017 International Convention in Palm Springs, California

Photo; 1st row L to R: Kay Chadwick, Sandy Ahearn GFWC Georgia Director of Junior Clubs , Jolie Frankfurth, GFWC Director of Junior Clubs, Sheila Shea, GFWC International President, Ida Dorvee, GFWC Georgia President, Shelby Holland, GFWC Georgia 2nd VP

Row 2 L to R: Judine Heard, Brenda Martin, Karen Clydesdale, Laedenia Jewell.



At the 2017 GFWC International Convention, GFWC Georgia won the National Award for the following:

Community Service Awards

Conservation

Shot @Life Top 7 Lifesaver States

Community Service

USO

Domestic Violence- Prevention Fund Award , Atlanta Woman's Club

Fundraising and Development

Leadership

Junior Membership Increase

Millie Crom Award for Excellence in Junior State Leadership

A Year in Pictures/ February

Congratulations GFWC Georgia!!!

ARTS

Volunteer positions for the 2017 Decatur Book Festival are now open. The festival is Labor Day Weekend, Sept. 2nd-3rd. If anyone is interested in volunteering to be a part of the largest independent book festival in the U.S., please contact Billie Harris. This year's line up of authors will be amazing.

Volunteer opportunities with drawchange will resume in September.

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