



Atlanta Woman's Club



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

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January 2021 Issue

Ladies,

What a year we have just been through. I think just about everyone I know was happy to see 2020 in the rearview mirror and have a new year..... and a new outlook ahead of us. It was a challenging and difficult year for some of us, and certainly disappointing that we could not see each other in person. Hugs were big on our minds, realizing how much we missed them.

But still, if we looked, we could find beauty all around us. There was beauty in nature, the 5 minutes of snow we witnessed last week, beauty in our families, friends and loved ones, and of course beauty in our fellow members.

As always I am so proud of the work all of the committee chairs have accomplished in 2020, through the dedication of all of the officers, Board of Trustees and Executive Board members, and most importantly, through the support and participation of the membership.

The Atlanta Woman's Club continues to make a positive impact within the community as we have done for the last 125 years, proceeding to focus on the volunteer and charity work that we do so well.

It won't be long before we will be resuming our "normal" (well, almost normal) lives and I want to share a few simple thoughts that I saw on a news programs recently that will help us to have hope in the new year :

- #1. Take nothing for granted
- #2. Enjoy the journey
- #3. Take joy in the little things

Wishing you all a very happy 2021 and I hope to see you at the upcoming virtual meeting on

January 11. Please register as soon as you can and remember to pay your 2021 dues. If you have already paid, congrats and thank you.

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PRESIDENT'S MESSAGE CONT'D

Check out the December 28th Weekly Update for the latest information on our meeting, committee work, projects and GFWC updates.

See you soon!

Jo Dee Gonzalez, AWC President 2020-2022



AWC MEMBER SPOTLIGHT: YEARS OF MEMBERSHIP RECOGNITION

Ellen Milholland has been a member for 22 years:

- Secretary for 4 years
- Second-Vice President for 1 year
- CSP chair over the years for Education and Conservation

Ruth Yurchuck has been a member for 21 Years:

- Parliamentarian
- Chair, Education Department (three terms)
- Co-chair, Conservation Department (one term)
- Member or chair of Nominating Committee (at least 4 times)
- Second VP, two terms
- Bylaws Committee member or chair, (3 or 4 times)
- BOT member and secretary (one term)
- Corresponding secretary (two terms)
- Delegate to various 5th and NW district meetings and GFWC conventions

Karen Bacheller has been a member for 21 years:

- 1st Vice President
- President
- Co-Chair and Chair of BOT
- By-Laws Chair
- 1734 Society Chair

Myra Carmon has been a member for 20 years:

- Home Life Chair
- Chair of Home Life
- Secretary
- BOT Chair several terms
- 1734 Society Chair
- President

Submitted by Connie Morris, 1st VP, Membership

MEMBERSHIP



Alicyn McLeod is a Certified Public Accountant and a CERTIFIED FINANCIAL PLANNER™ with nearly 20 years of tax experience. She specializes in tax planning and compliance for closely-held businesses, individuals, and not-for-profits.

Alicyn, a Georgia native, is a graduate of Augusta University where she earned a Bachelors in Business Administration in Accounting and a Masters of Business Administration. She is an animal-lover who wanted to be a veterinarian as a child and accidentally stumbled into accounting while working her way through school. She quickly appreciated that each day holds its own unique professional challenges and learning opportunities. She enjoys applying her specialized knowledge to her clients' business and tax situations to help them understand and navigate confusing issues that have a large impact on their finances.

Alicyn resides in the metro Atlanta area and is an active member of the Atlanta business community. She has contributed her professional skills over the years by volunteering with several organizations including serving as President of the American Woman's Society of CPAs - Georgia Affiliate, Treasurer of Goethe-Zentrum Atlanta (a German cultural center), and serving on the finance committees for the Georgia Lawyers for the Arts and Atlanta Gay & Lesbian Chamber of Commerce. Alicyn is a 2016-2017 participant in the Philanthropic Advisor Leadership Institute (PALI) sponsored by the Community Foundation for Greater Atlanta, as well as a 2018 participant in the Atlanta Women's Foundation's Women on Board program.



Faye Smith

I have spent the last 15 years working in the nonprofit community where I specialized in different positions related to housing the homeless. My passion has always been to assist in bringing healing to those who have suffered through the trauma and stress associated with homelessness. I have developed a strong sense of devotion for the nonprofit sector while providing behavioral health counseling to those in need and working to improve the quality of life of those I've served.

I currently serve as the Real Estate Services Director for Sisters Saving Sisters, where we work to transition homeless women and children into permanent housing while connecting them to community resources.

My educational background includes a BS in Psychology from Tuskegee University, a MA in Nonprofit Leadership from LaSalle

University, and I have held a Georgia Real Estate License since June 2000.

I proudly volunteer with two nonprofit organizations. They include Habitat for Humanity (Family Selection Committee) and a board member for Blessings Working Together.

MEMBERSHIP CONT'D



Sandy Day

My friend, Ursula Reynolds, introduced me to the Atlanta Woman's Club. After learning more about the organization I felt this would be an organization where I could invest my time and energies supporting the Atlanta community.

My philanthropic interests support Children and the Arts. All of my volunteer work has centered on: financial support; raising funds; and, awareness for children with disabilities and children of need; by serving on Boards and taking on leadership roles that serve these initiatives

Currently, I serve on the Board of Directors for Court Appointed Special Advocates, Inc. Georgia CASA is a nonprofit organization dedicated to improving the lives of children in foster care who suffered neglect and/or abuse. The CASA supervised volunteers work diligently to advocate for the best interests of the children. In addition, I have actively been involved in their annual fund raisers. The past three years, it was my honor along with the Co-Chair to lead CASA two major signature events.

In addition, I just completed serving as Vice President Membership for the Atlanta History Center Members Guild. It is rewarding to connect individuals to become part of the Atlanta History Center "family" to learn about the history and culture of Atlanta.

Another non-profit where I had the opportunity to partner was AGAPE's Extreme Room Makeover for a child living in an impoverished area of northwest. We were assigned a home to give a young little girl her dream bedroom including her own bed. Along with Junior League volunteers and donors we painted, repaired, installed lightening and decorated the room. It was the young girl and her mother's tears of joy that spoke volumes. Other organizations that I have been involved with include Camp Kudzu; Meals on Wheels; Habitat for Humanity; Junior League of Atlanta and Darlington School PTO Board.

Prior to moving to Atlanta, I served on the Board on the Executive Committee for Springer School for Children with learning disabilities; Cincinnati Symphony Orchestra Friday Nighters Board, and Cincinnati May Festival Board. In addition, have chaired and served on many fund raising committees.

Thank you for the opportunity to be part of this wonderful organization.

MEMBERSHIP CONT'D



Erin Steele

Volunteering and other forms of civic engagement are an important part of my life. Growing up, my parents were active members of our community, and they instilled within me the importance of expressing love and appreciation for others through acts of service. Having recently relocated to Atlanta, I am seeking membership with the Atlanta Woman's club to volunteer and build friendships with other civic service-minded women. I am impressed by the organization's rich diversity and also with AWC's commitment to championing the endeavors of smaller local non-profit organizations. I welcome the opportunity to become a member of the Atlanta Woman's Club and to contrib-

uting my time and skills to the group's philanthropic endeavors.

Erin Steele is a Mediator and Conflict Transformation Coach who assists individuals and couples with resolving internal conflict. She believes that making decisions and reaching agreements in close relationships becomes easier when clients are operating with a clear mind and open heart. Erin recently relocated to Atlanta from Northern California to complete her Masters in Divinity at Emory University. She also holds a JD from Rutgers University School of Law and a BA in Classics from Agnes Scott College. In her spare time, Erin enjoys skateboarding on the beltline and visiting the Atlanta Botanical Gardens.

Skills: Event planning, public speaking, workshop facilitation, adaptable team player.



Janika Haywood

Jan Haywood is excited to be a new member of the AWC. She joins with interests in our Civic Engagement & Outreach and Education & Libraries community program areas. Jan is a Mercer University alum, member of Alpha Kappa Alpha Sorority, Inc., and an active member of the Lake Spivey Georgia Chapter of Jack and Jill of America, Inc. Her previous board experience includes the Board of Directors for Ferst Readers; an organization that provides books monthly to children ages infant through five to encourage their love of books. She has approximately 15 years in Fortune 500 level consumer service and management experience. Jan is a professional Realtor and a member of

the Atlanta Board of Realtors and the National Association of Realtors. In her personal time, Jan enjoys classical music, watching baking shows, and pampering herself with an occasional spa retreat. She has a loving husband of 16 years and three amazing children.

AWC JANUARY 2021 GENERAL MEETING SPEAKER SPOTLIGHT

Amber Mack is the Research & Policy Analyst at Healthy Mothers, Healthy Babies Coalition of Georgia. Amber coordinates HMHBGA multi-sector working groups to address a range of maternal and infant health needs including oral health, doula services, prenatal education, and access to care. She also manages research projects, including the State of the State report, and evaluates the impact of HMHBGA programs. Engaging with policymakers and advocates, she provides technical data support for policies that will improve maternal and infant health across the state of Georgia.

Amber graduated from Washington University in St. Louis with her M.S.W., where she concentrated in health and specialized in research. She also holds a B.S. in sociology with minors in Psychology and Refugee Studies from Boise State University. She has done research in a number of areas including program evaluation, refugee studies, cancer prevention, and reproductive/sexual health. Her research has been used to inform policy, program implementation, and health interventions. She has been featured by multiple outlets, including the Atlanta Journal Constitution and WABE 90.1.

Meeting hosted by Health & Wellness CSP

Kelly Feyock, Chair

Maria Krane, Co-Chair

NOMINATING COMMITTEE

During the January 2021 meeting, nominations will be taken from the floor for members to serve on the Nominating Committee. The Committee consists of four members and two alternates. The term of office is two years - from 2021-2023. If you would like to nominate someone or interested in a position, please be prepared to nominate that person at the appointed time.

Nominating Committee

2019-2021

ARTS & CULTURE

The Arts & Culture CSP will continue to collect art supplies for elementary, middle, and high school students. This will be an ongoing project due to the decreased amount of art supplies provided by schools as virtual learning continues during the pandemic. A few standard items to consider donating are colored pencils, washable markers, drawing pads, crayons, construction paper, small and large poster boards, scissors, glue sticks, non toxic liquid glue, sharpies, etc. These supplies will be distributed during the Atlanta Public Schools and Fulton County Schools Meal distribution pick-up days which are on Monday (APS) and Wednesday (FCS) weekly.

How to Donate:

- Drop off supplies at the Wimbish House
- Mail supplies directly to me at 4053 Lyon Blvd SW, Atlanta, GA 30331

Please don't forget to submit your entries for the Member Arts Contests (along with appropriate completed entry forms) by **January 15th, 2021**. Since last month's newsletter, the Club Manual has been removed from the GFWC Website. If you would like contest criteria, details, and forms, please request them via email at hawcinc@live.com and I will send you those documents directly.

In honor and recognition of Black History Month (February), the Arts & Culture CSP will visit the Ruth E. Carter: Afrofuturism in Costume Design exhibit currently on display at SCAD FASH Museum of Fashion & Film in-person. Ruth Carter's unparalleled ability to create fully realized, dimensional character through her costumes has made her one of the most sought-after and renowned designers today. Known for her research and creativity, she has been honored with an Emmy Award, two Academy Award nominations, and the Academy Award for the Best Costume Design for the film Black Panther. She is the first Black woman to receive this honor. Specific details to include date, time, social distancing and safe practice protocol will follow soon . If you are interested in attending the exhibit in person next month, please express your interest via email at hawcinc@live.com. There will also be a virtual tour of the exhibit being offered on **Tuesday, Jan. 12th @ 12pm**. You must register in advance for the virtual tour at www.scadfash.org.

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



FARE Facts

1. **FARE** advocates have sent more than 8000 emails and held hundreds of virtual and in person meetings with members of Congress and their staff
2. In early March **FARE's Inaugural Courage at Congress** brought 150 food allergy advocates from across the nation to meet with members of Congress and staff from more than 100 miles.
3. On November 17, 2020, The United States House of Representatives unanimously passed **The Food Allergy Safety, Treatment, Education and Research (FASTER) Act of 2019**. This bill would add sesame as the ninth top allergen.

FARE Food

Free2b: When it comes to chocolate treats that are 100% vegan, gluten-free, and allergen-free, Free2B is worth checking out. Their products are free from the top 12 allergens! With flavors like Dark Chocolate, Rice Chocolate, Peppermint Dark Chocolate, and Blueberry Crunch, they have some good options to choose from.

No Whey Foods: If you feel like splurging, No Whey Foods has some super cute treats to choose from such as Vegan Advent Calendar. They are 100% free of milk, peanuts, tree nuts, gluten, eggs, soy, and artificial colors/flavors. Plus, they are vegan and kosher!

Amanda's Own: Now this one is adorable! They have a ton of cute Christmas and Hanukkah treats (all of which are free from the top 8 allergens) your kids will love. They also have allergy-friendly cookie dough for those of you who love to get your bake on during the holidays. Just be sure to order by December 16th to get them on time.

<https://awefilledhomemaker.com/allergen-friendly-christmas-treats/>

FARE Fun for kids

For information on building allergy friendly Gingerbread houses, advent calendars and other holiday treats visit:

<https://lilallergyadvocates.com/allergy-friendly-gingerbread-house/>

Help Others: The holidays are the perfect time of year to reach out to others in need. Have your child work on a project to help people in your community. Children can gather clothing, used books, or canned food items to donate. They can also create crafts that can be used to decorate local shelters, food pantries, nursing homes, or community centers.

Be Creative: Make ornaments, cards, stockings or other crafts. ** There are many non-food craft ideas on Pinterest, like decorating Gingerbread people or houses made from foam, paper or cardboard. Make snowmen out of socks and stuff with cotton batting.

**** Be sure to check craft ingredients for allergens. For more ideas and inspiration, please visit:**

<https://community.kidswithfoodallergies.org/blog/tips-to-safely-celebrate-christmas-with-food-allergies-1>

GFWC SIGNATURE PROJECT: ELDER ABUSE



Undeniably, this is a time of challenge and uncertainty in the shadow of COVID-19 which has profoundly impacted all our lives. As a world community we are advised, even mandated, to isolate from those closest to us – family, friends, neighbors, and colleagues. For older people living in the community or in long-term care settings, the trials are even greater.



Older adults have been hit hard by coronavirus disease 2019 (COVID-19). Mortality data from Oxford COVID-19 Evidence Service indicates a risk of mortality of 3.6% for people in their 60s, which increases to 8.0% and 14.8% for people in their 70s and over 80s. An age-related mortality study from China showed that patients of COVID-19 above aged 55 years had 3 times increased mortality. Older individuals are much more likely to develop COVID-19 related complications. The increased mortality reflects the underlying biological, social, and psychological vulnerabilities faced by the older population. Elderly individuals are also disproportionately affected by social distancing policies and other restrictions to stop the spread of the virus, resulting in increased loneliness, social isolation, and loss of freedom and support networks. *

When someone with power over an elderly person intentionally harms them or puts them at serious risk of harm, their actions — or lack of action — are considered elder abuse. Although some forms of elder abuse such as physical abuse are usually taken seriously, other forms are not always reported

What Can you do? We cannot let one catastrophe breed another. Staying connected, phoning older adults, checking on an older neighbor, writing a card or letter, can all be positive steps to ensure public safety and social justice.

Type of abuse	Definition of abuse
Physical abuse	Intentional bodily injury
Sexual abuse	Nonconsensual sexual contact (any unwanted sexual contact).
Emotional abuse	Infliction of mental anguish or pain
Financial abuse / exploitation	Illegal or improper use of funds or other resources
Neglect	Through action or inaction, depriving care necessary to maintain the person's physical or mental health
Self-neglect	Behavior that threatens one's own health or safety
Abandonment	Action or inaction that leaves the vulnerable person without the ability to obtain food, clothing, shelter or care

During this challenging time in our nation’s history, we want to emphasize that there are resources that are available in this time of need and uncertainty. Please visit:

www.nia.nih.gov/health/elder-abuse

www.cdc.gov/features/elderabuse/index.html

*Psychiatric Times, September 2020.

Karen Clydesdale, GFWC GA NW District , GFWC Signature Project Chair

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

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Jo Dee Gonzalez, President
Connie Morris, 1st Vice President
Penny Blackford, 2nd Vice President
Peggy Pruett, Recording Secretary
Gretchen Butler, Treasurer
Barbara Washburn, Assistant Treasurer
Sandie Clendon, Corresponding Secretary
Beth Jetha, Parliamentarian

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Billie Harris- Chair/Chloe Feyock- Co-Chair, Arts and Culture
Darlene Kimes- Chair/Amber Hahn- Co-Chair, Civic Engagement and Outreach
Barbara Washburn- Chair/Linda Hirsch- Co-Chair, Education and Libraries
Page Henry- Chair/Karen Johnson- Co-Chair, Environment
Kelly Feyock- Chair/Maria Krane- Co-Chair, Health and Wellness

Committee Chairs

Karen Clydesdale, President's Advisor
Sarah Helen Kilgore, Historian
Ursula Reynolds, Women's History
Lucy Willard, Tallulah Falls School
Myra Carmon, 1734 Society
Karen Clydesdale, GFWC GA President's Special Project/GFWC Signature Project
Connie Morris, Membership
Karen Clydesdale, A Seeded Event/Fundraising
Judine Heard, GFWC GA LEADS/GFWC GA Environment Co-Chair
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