

**OCTOBER 2024**

# **The Gainesville Phoenix Woman's Club, Inc. Newsletter**

**A member of the General Federation of Women's Clubs International**



## *Recent Successes:*

**Six members met with the Hall County Commissioners to receive our proclamation.**

**Twelve members met for dinner before the September meeting**

**Two members worked on the scarecrow witch**

**Eight members made a Trash-To-Treasure item for the Environment CSP program**

**Fifteen members collected and assembled book bags for CASA for their clients**

**The GFWC Gainesville  
Phoenix Woman's Club, Inc**

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## *From the President's Desk...*

Thank you, members, with hard working hands for the wonderful items we saw recycled at the September meeting. I want to personally thank all members for your help with the NED meeting, preliminary planning for the Empty Bowl Luncheon and all you do to make this club and our community better.

Our Executive Committee meeting will be October 3rd at Susan Miscally's house at 1pm. Please bring copies of your report or email them to Susan and Debbie prior to the meeting.

Our monthly meeting will be Thursday, October 17th at Gainesville Civic Center and Health and Wellness will host the meeting. Remember to work on your bra for the Bra-ha-ha event for Breast Cancer Awareness. Please consider wearing pink for Breast Cancer or purple for Domestic Violence or wear both to our meeting to support both of these awareness months!! October will be busy with Mule Camp Market, our witch on the square and passing out candy on Halloween.

Looking forward to seeing everyone's smiling face and hard working hands!!

Name tags should be worn on the right or left side?

Lipscomb cottage is named after Jennifer Lipscomb?  
(True or False)

**October General Meeting:**

**October 17, 2024**

**Gainesville Civic Center Board Room**

*Debbie*



# ART & CULTURE CSP

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**Art CSP: 2024-2026**  
**Shannon Richard**

From: What Art Does for Your Brain by Julie Suttie

..."appreciating or making art involves using many parts of our brain—from those that process our senses to those involved in emotion, memory, and cognition. We are drawn to experiencing art, because doing so lights up the pleasure centers of our brains, creating a warm feeling that encourages us to want more of the same—much the way our brains respond to fulfilling basic needs, like food and sex."

"When you experience virtual reality, read poetry or fiction, see a film or listen to a piece of music, or move your body to dance, to name a few of the many arts, you are biologically changed," write Magsamen and Ross. "There is a neurochemical exchange that can lead to what Aristotle called catharsis, or a release of emotion that leaves you feeling more connected to yourself and others."

In the coming months we will be asking members to share their Arts and Crafts. More information will be sent out to the members as to the categories and timing (most likely for our November Meeting).

## EDUCATION AND LIBRARIES CSP

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**Education CSPs: 2024-2026**  
**Caroline, Peggy, and Brenda**

Our third book for the club to read has been selected. It is a book by Kristen Hannah and called "The Women." I would like sometime in maybe December that we can get together for those who have read the books this year and have a discussion.

Hopefully we can continue with the "Phoenix Book Club" in 2025 for those who are interested. I would really like to get some feedback from the membership on how they feel about continuing and what your thoughts are on the three books chosen for 2024.

Our goal is read to children and give children books. However, when we read, it stimulates our brains, reduces stress, expands knowledge and enhances our creativity and imagination.





**Environments CSP:**  
2024-2026  
Renette



Thanks to all that participated in the Trash-to-Treasure activity! So many great ideas for recycling!

## ENVIRONMENTS CSP

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Environmental changes may be driven by many factors including economic growth, population growth, urbanization, intensification of agriculture, rising energy use and transportation. In our area, that just about sums it up.

More and more development means that more land is disturbed and trees are cut down. Replacing natural space with high rise apartments, subdivisions, or commercial space affects our air quality and health. Not only does it bring more people to our area, denser population, and mean more travelers on our roads, but removing trees can affect air quality. Trees absorb emissions from the air, acting as a great storage system – or ‘carbon sink’ - for the greenhouse gases that contribute to global heating. Moreover, they act as nature’s air conditioning unit, transpiring water, which forms clouds. Removal of trees and changing the topical landscape can also affect our water quality. Stormwater runoff is rain or melting snow that flows over impervious surfaces, like roofs, streets, and parking lots, and doesn't soak into the ground. It can pick up pollutants like chemicals, trash, and dirt, and carry them into nearby lakes, rivers, and groundwater.

Lake Lanier is not only a source for water in our community, but many others. It’s also an economic advantage to promoting tourism in our area. Keeping the lake clean and safe for all is a good thing!

## CIVIC ENGAGEMENT & OUTREACH CSP

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As the pending hurricane plans to pass over us, the Georgia Mountain Food Bank had to cancel the annual Empty Bowl luncheon. We have been, and will continue to support, the food bank. We have placed a food bin for collection at J Honors Hair Salon. I also delivered another 57 pounds of food to the food bank. I learned that the food bank will take expired food as long as it is within the year.

Mule camp - we will be giving out bracelets that say vote and have GFWC on the back.

We are also working on ideas for membership drive. Any volunteers or ideas are welcome.



**Civic Engagement CSP:**  
2024-2026  
Cindy



# HEALTH & WELLNESS CSP

Bra-ha-ha Artagious!! Are you ready? Remember you will wear your bra on the outside of your clothes! It's a contest! Also, wear something pink as we observe Breast Cancer Awareness Month.

Approximately 210,720 women in the United States will be diagnosed with breast cancer in 2024. Unfortunately, 42,250 will die of the disease. Breast cancer is second to lung cancer as the leading cause of cancer death in American women.

What are the risk factors: 1. Being female and older; 2. Exposure to estrogen; 3. Dense breast tissue; 4. Early onset of menstruation; 5. Older age at 1st birth; 6. Use of hormones for menopause; 7. Smoking; 8. Obesity; 9. Lack of exercise.

Early detection is the key to survival. The Breast Cancer Center recommends that women get a yearly mammogram by age 40. Tips to prevent breast cancer include a healthy weight, physical activity, limiting alcohol, quit smoking, limit hormones, and avoid exposure to radiation.

## Ella F. White Fund

Are we lucky, or what, to have a GFWC Georgia office? Deborah Landress, the office manager and a clubwoman, will help beyond the call of duty. She is in the office at the Lipscomb Cottage at Tallulah Falls School on Monday, Wednesday, and Friday. She can be reached by text, email, or phone calls. Any contribution to the Ella F. White Endowment Fund helps to replace the withdrawals taken each year. Thanks, Ella, for the foresight to establish a fund to make sure that Georgia continues its commitment to Federation and serve Georgia clubwomen.

The Golden Rule is a moral principle that states "treat others as you would want to be treated". It's also known as an ethics of reciprocity, and is considered one of the most prevalent moral principles in human history.

## Officer Reports:

**Vice President, Jill Bagley:** This month Health and Wellness will conduct the program. Looking forward to seeing all the creative bras at the October meeting!

**Secretary, Susan Miscally:** Minutes from the September meeting are attached.

**Treasurer, Renette Todd:** We have paid our assessment to the NE District for the 2025 GFWC GA Convention. All current bills have been paid as well as final totals for FHG are in. The current balance in our check book will continue to support our endeavors. Be thinking about new donations for 2025!

**Parliamentary Advisor, Kitty Wise:** No report



## TRASH TO TREASURE RECYCLING PROJECT!



### Social Media update:

The website is up and live! **Please send pictures and CSP project news to Shannon at: [shannon.richard@me.com](mailto:shannon.richard@me.com).**

Here are our new social media accounts:

#### Facebook:

GFWC Gainesville Phoenix Woman's Club is our business account and public to all. Please like, join, and share!

Gainesville Phoenix Woman's Club is our group page and is now for members only.

#### Instagram:

gfwcgpwc

Please follow if you are on Instagram. Posting pictures is great exposure.

#### Website:

[GFWCgainesvillephoenixwomensclub.org](http://GFWCgainesvillephoenixwomensclub.org). Please send articles, pictures, and news to post on the website to Shannon.

#### Email:

[gfwcgpwc@gmail.com](mailto:gfwcgpwc@gmail.com)

#### Phone number:

678-262-5656



## ***Did you know?***

GFWC International President Suellen Brazil and President-elect Wendy Carriker joined the GFWC Women's Club of Aruba (WCA) to celebrate its 90th anniversary. Founded in 1934 and an International Affiliate since 1937, GFWC Aruba has been a key partner in community service. The celebration started with a warm welcome from the club leadership and was followed by a meeting with Interim Governor Agustin Vrolijk, where they discussed initiatives focusing on women's rights, leadership, and community development, and particularly addressing domestic and sexual violence.



That evening, community members celebrated the anniversary with a gala featuring local music and a presentation about the history of the Women's Club of Aruba. GFWC presented the club with a commemorative granite emblem to recognize their milestone anniversary.



GFWC International  
President  
Suellen Brazil  
2024-2026



GFWC GA President  
Cathy Jones  
2024-2026



**GFWC Southern Region  
Conference  
Greenville, South Carolina  
Oct 3 - 6, 2024**



2024-2026 NE District President  
Debbie Borovitchy

Thanks to all that made the NE District Fall Meeting  
such a great success.

**GFWC SOUTHERN REGION CONFERENCE  
GREENVILLE, SOUTH CAROLINA**

**OCT 3 – 6, 2024**





**Karen Snow-Holms**  
**Chairman**

# **GFWC Signature Project: Domestic Violence**

October is Breast Cancer Awareness Month and Domestic Violence Awareness and Prevention Month. Members are asked to wear purple ribbons or pink ribbons on their lapels this month. October 31st, Halloween, we will be donating candy for the Gateway staff to hand out on the Square to Trick-or-Treaters. The Gateway children will be dressed in costumes. Club members are invited to join them if they wish. Time to join them will be 3:00 PM.

Prevent Child Abuse Georgia offers a variety of low or no-cost trainings during the year. Community members who are interested are encouraged to participate.

You can find these workshops at Prevent Child Abuse Georgia,  
PO Box 3995, Atlanta, Georgia 30302

To report abuse in Georgia:

If you suspect a child is in immediate danger from abuse

Call 911 IMMEDIATELY!!!

To report known or suspected abuse, contact Division of Family  
& Children (DFCS)

1 855 422 4453

For more information:

Office of Child and Youth Protection

[OCYP@archati.com](mailto:OCYP@archati.com)

24-hour Abuse reporting Hotline 1-888-437-0764



**New PR items with  
\$500 Grant received  
from 4impint's One  
by One grant  
program**  
**a. Banner**  
**b. Table cloth**  
**c. A Frame**



## **BOOK BAGS DELIVERED TO CASA**





# Membership

Dinner out!



IT'S THAT TIME OF  
YEAR WHEN I GET TO  
PRETEND THE  
HOARDS OF CANDY  
I'M BUYING IS FOR  
TRICK-OR-TREATERS.

Family Days Tried & Tested

## A message from Cathy about Helene clean-up

Many of you have asked how our federation may assist communities affected by Hurricane Helene. As you probably know, the situation is dire in many areas of the State east of I-75 and along the I-16 & I-20 corridors. Some of these areas are predicted to be without essential services for weeks.

Electric company personnel are here from all over the US and are working around the clock to restore these services. One way to help is to contact your local EMC or power company Community Liaison. They are organizing meals, showers, laundry service, & lodging for their workforce. Your club members could help prepare meals or snacks for their hard-working crews.

For instance, here in Vienna, our local EMC employees & volunteers are preparing meals for counties as far away as two hours from us. Bottled water or other beverages and toiletry items are also appreciated.

Once essential services are restored, other donations will be organized & collected to assist our members and their communities to rebuild.

## Scarecrow Set Up

Witch on the Square set up is Tuesday Oct. 15. Meet at the square at 10:30. Take down is Friday, November 1. Thank you to Susan for picking up the witch and getting her costume ready.



THE PURPOSE OF LIFE...  
IS TO BE *useful*,  
TO BE *honorable*,  
TO BE *compassionate*,  
TO HAVE IT MAKE SOME DIFFERENCE  
THAT YOU HAVE LIVED  
AND *lived well*.



## SAD NEWS...

It is with great sadness that we share the news of the passing of our patron and friend, Jean Hawkins. At the time of publication, no arrangements have been made. Watch your email for more information.