

Tidings

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August 2010

Amanda Myton, Editor

A Letter From Our President Angela Paez

Dear Juniors,

GO TEAM!!! I am so excited about this coming year and all that we are going to accomplish. It seems like yesterday that we had our Annual Banquet, and now all of a sudden, we are moving into our 66th year. And already we have accomplished so much!

During the month of July, your past and present board met to exchange information. In August, Stephanie, Denise, Ruthie, Sheila and I watched Lori as she presided over her first Conference as GFVC Virginia Third Vice President/ Director of Junior Clubs (yes, it's a long title and very prestigious!). We should all be very proud of her. As this was the first State meeting attended by three members of our Club, Stephanie has been very kind to write an article about her experience, and I hope that you all will take the time to read it. Also in August, we had our very successful yard sale. It was fabulous to see all the donations that we had become treasures for someone else. We have some impressive pictures I must admit!

At our August Mass Committee, I am hoping to make a few changes that I hope will be beneficial for everyone. But I would like to get your feedback. The August meeting will be very helpful (I hope), so I urge you to attend. Please come prepared with at least two possible projects for your department (one in the fall, one for spring), and with your questions, should you have any. Remember that your resources are not limited to the head table, or the officers. Questions are needed and necessary, and I hope that no one will be shy about speaking up!

We are off to such a great start and I can't wait to see what everyone comes up with!

In Junior Love,
Angela

Upcoming Events

» August 30

6:00

1st Baptist Church
Mass Committee
Meeting & Potluck

» September 11

10:00-5:00

TBA
Craft Day!

» September 16

7:00

Angela's House
Board Meeting

» September 27

6:00

1st Baptist Church
Club Meeting

3rd VP Sheila Ridout

Hello everyone ~ I hope that your summer has been fantastic! As we start gearing up for another year in our Junior experience, I hope that you'll be enthusiastic about sharing Juniors with someone else. Our upcoming Mass Committee Meeting is the perfect opportunity to invite someone to join us in a more relaxed atmosphere. We'll begin with a potluck supper at 6:00 p.m. in the First Baptist dining room, and then have an informal exchange of ideas for the upcoming year. This is a great opportunity for potential members to hear about all of our program areas and see what we're about. Remember that any project or event that we participate in is a prime opportunity to introduce Juniors to someone—so put on your thinking cap and think of someone who would make a great addition to our club. Perhaps the person you think would never want to join is just waiting to be asked.

Between supper and our meeting we'll be holding a gift exchange. If you'd like to participate, please bring a wrapped/bagged gift (guests are invited to participate, too!). You should spend as close to \$5 as possible without tax. So if you're creative you could get quite a deal for \$5; think Dollar Tree, end of...

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4th VP Angela Paez

Ladies,
Our Yard Sale Summer 2010 was a success as we made well over Tammy's goal. With over \$400 collected, we are well on our way with this year's budget. I'd like to thank all the members (family and friends) who donated items for our sale. Thanks go to Melissa, Lori, Christy and Sheila for helping to set up our sale which began at 8am (although apparently there was a sign somewhere that said that we started at 6:30am). Thanks to our cleaner uppers: Denise, Lori, Nick and Chris. I would like to give a special thanks to Stephanie and Tammy who braved the heat continuously for 7 hours in order to sell our wares. Hunter Collins also was a fabulous help to the Juniors as he continuously shifted items (yes, for 7 hours) on our tables to make sure that nothing would be overlooked by our patrons. He really was a great help and is much appreciated. *(cont'd on p. 5)*



Health

Stephanie Griffin

Denise Price

As we begin to prepare for a busy and successful year, we must also take care of ourselves. The common question is how do I begin? Well the answer is quite simple, we do it together. We serve our communities together why not support each other in creating healthy habits. I propose we get moving.... (I know what you're thinking, you never stop!!!!!!) This type of moving is walking/running. Moving at a moderate pace just 30-60 minutes can burn fat and also decrease heart disease, cancer, diabetes, and stroke (<http://walking.about.com/cs/howtoloseweight/a/walkoffweight.htm>). Stephanie and I are entering the City Point 5k on October 30, 2010 to begin my walking program. You can visit their website, Citypoint5k.org to find out about upcoming training program and registration for the event. I hope you join me and Stephanie as we "Move" to our next adventure.

Treasurer

Stephanie Griffin

I hope you had an enjoyable and relaxing summer and rested up for another eventful year. I would like to share with you my experiences at the GFWC Summer Convention in Suffolk that I attended on August 14th and 15th as Southside District Junior Secretary/Treasurer. It was my first convention and I was nervous yet excited at the same time. It was a little overwhelming seeing all the GFWC ladies that attended. But, it didn't take me long to find familiar people I had met at Sweet Briar held back in March and including our Southside District ladies. The opening session was very moving with our own
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Craft Show

Sheila Ridout

I'm delighted to say that vendor applications for the craft show have been rolling in since mid-July, and we've got fewer than 10 spaces remaining (all 10x10). If you know of anyone who'd be interested, let me know or have them contact me (soon!) for an application packet. And please mark your calendar for Friday, November 12th to help set-up. Pre-show set-up is a HUGE undertaking and your help is GREATLY appreciated (kids, husbands, friends... are welcome to help, too! the more help we have, the faster we're done!!!).



3rd VP Sheila Ridout

season sales... it doesn't matter what the original cost is, your cost should be \$5ish without tax. Who knows—you may have the gift that everyone is fighting over! Let me know if you have any questions.

We're still awaiting final approval on our "craft day", but mark your calendars for Saturday, September 11th. Final details will be emailed along with a flier, but tentative plans are for seven hours (10:00 a.m. to 5:00 p.m.) to work on whatever "craft" project that may need your attention (scrapbooking, knitting, card-making, socializing...). We'll roll this into a service project by inviting participants to bring material, fleece, stuffing, or blank cards (more details to follow). Feel free to invite others, but remember that details aren't finalized yet.

I have several ideas for membership recruitment events and socials throughout the year but need your help. Please think about whether you'd be willing to open your home for an "event" this year and/or help host something. I'll be passing around an interest sheet that will help me in planning for the year.

As always, if you have any ideas for recruitment and/or socials, please pass

them along. Don't forget to be thinking of potential Juniors. Be sure to invite them to join us (no commitment!), but please pass along their name/address/email to me, too, as I'd love to be in touch and invite them as well. I'm looking forward to seeing each of you next Monday and reconnecting after our time "off"—enjoy the rest of your summer!

Communications Amanda Myton

If you're reading this, Congratulations! You've navigated the first of our new changes. You might notice that Tidings looks a little different—as we move into our new year, I wanted a look that represented our "Cheers for Volunteers" theme. I've also updated our website's look and made some important structural changes as well. Now when you visit <http://www.gfwchopewelljuniors.org> you'll see that we have an [Events](#) section and soon all of our Board Members will have the ability to add and edit events on the calendar. We've also moved to a digital Project Summary Sheet. When you visit the [Members' Only](#) section with the password *juniors1942* you can quickly and easily report on our club's activities.

If you have any questions or want to help out with the site maintenance, please send me an email: almyton@gmail.com.

Thanks,
Amanda

Treasurer Stephanie Griffin

Lori Chevalier (State Third Vice President / Director of Junior Clubs) singing the National Anthem along with 228 members of the GFWC of Virginia. Del Williams (Southside District President) and our very own Angela Paez (Southside Junior Director) gave us a brief history on Suffolk, Virginia. We watched 20 minutes of the play produced by Theater IV entitled "Hugs and Kisses". The focus of the play was to teach children the difference in "good" touching and "bad" touching and encouraged them that if they have experienced "bad" touching that it is okay to tell an adult (ex. teacher, school counselor, parent, etc.). After the opening session, it was down to business. I attended workshops on Leadership, Membership, State Project (Prevent Child Abuse Virginia) and Fundraising. Needless to say, I took a lot of notes and collected information to share with the club at the Mass Committee Meeting. After a tasty dinner, we had guest speakers from the 2010 HOBY Ambassadors on "Catch the HOBY Spirit". And boy did we catch the spirit!!!! As the night wore down, we went to an ice cream social which had a nice relaxing atmosphere and we were treated to surprise entertainment by one of the HOBY Ambassadors. Late to bed and an early breakfast, Angela and I attended Home Health/Health workshop. Sitting in the workshop my mind was whirling thinking of ideas for 2010-2011 club year.

On my drive home, I was thinking what an "Outstanding" weekend I had!!! I came home with memories, a wealth of information and ideas for our club and can't wait to share it with you.

With Junior Love,
Stephanie

4th VP Angela Paez

As nothing went back into anyone's home, all leftover items were donated to Goodwill, with the exception of six garbage filled with stuffed animals. Tammy will make a motion in September that we donate these items to a safe house. Please be ready to vote on this motion at the September regular meeting.

Also, during August Mass Committee, Tammy will speak about the Craft Show, assignments, ads and patron's tickets. All of the chairs are the same as last year, I am told, however other may be asked to step up and co-chair. Please consider helping out your fellow club members. I've asked Toni to forward the ads letter to me so that we can start selling them as soon as possible. These ads are the majority of our income for all of our projects, so please sell as many as you can.

As always, thanks to everyone for their support with the Craft Show!