

GFWC SISTERS OF SERVICE WOMAN'S CLUB, INC

# SISTER TALK

January-March | 2021 Edition | March 22 | Volume 3

## 2021 Executive Board

Vanessa J. Moore - Founder & Charter President

Donna J. Collier - Vice President & Membership Chair

Kim L. Brown - Treasurer

Crystal J. Bryant - Corresponding Secretary & Communications Chair

Cameka N. Gardner - Recording Secretary

Precious Boatwright - Parliamentarian and Arts & Culture CSP Co-Chair

Monique Thomas - Community Service Programs (CSP) Chair

Natasha Mitchell- Environment CSP Co- Chair

Elizabeth Mazzio - Health & Wellness CSP Co-Chair

Lanetra Bennett - Public Relations & Social Media Chair

Sharon Durham - Budget Committee Chair

Bonnie Abellera - Budget Committee Co-Chair

Cynthia Barber - Fundraising Chair

Diedra Lane - Fundraising Co-Chair

Cher Marlow - Hospitality Chair

Tia Henry - Care Committee Chair

## A MESSAGE FROM THE PRESIDENT



Greetings Sisters and Happy New Year.

We made it! The Pandemic 2020 wasn't very kind, but we came together month after month and gave back to the community through service. Way to go Ladies...way to go!

I hope this message finds you in blessed New Year's spirits because we have big plans for big things, and we need everyone on board. Thank you for re-electing me as your President, and I promise to do my very best to move our club forward.

One of our goals I would like for us to focus on is recruitment. Although we have numbers on the books, the membership involvement and activism don't seem to match up. Why is that?

Let us work with our Membership Chair and develop ways to Recruit, Retain and Reclaim our members. The number 100 comes to mind. Too much? The more hands, the merrier, I say. If we are planning for big things, then we need all the available hands.

Please encourage your fellow clubmates to remember why they joined... service to the community.

There is always something for everyone to participate in the process.

If you're not sure, just ask. We love volunteers. Alright Ladies, 2021 is here... let's get it!



## Our HERstory Continues: Installation of Officers

*"I decided long ago never to walk in anyone's shadow; if I fail, if I succeed, at least I'll live as I believe." - Whitney Houston*

On Sunday, January 24, 2021, we held our 2nd Installation of Officers. Vanessa J. Moore (President), Donna J. Collier (Vice-President), Cameka N. Gardner (Recording Secretary), Crystal J. Bryant (Corresponding Secretary), and Kim L. Brown (Treasurer). Recognizing that the election brought us the first Woman and the 1st Woman of color as the Vice President of the United States, we adopted the theme: Our Season: Women of Color in Leadership. We invited our Sister Metris Batts, who currently serves as the First Vice President of the GFWC Miami Woman's Club, to hold our installation. She has been a member of the GFWC for more than 12 years. She instructed us to look to our Legacy for inspiration.

For the office of President, who better than Harriet Tubman to be the inspirational Legacy for this position. Her remarkable courage and determination led her not only to escape slavery but also to lead other enslaved people to freedom. This prominent political activist and abolitionist was also the first woman to lead an armed expedition during the American Civil War. For the office of Vice President, this position serves as the backbone and sounding board of the President. The person must be undaunting, fearless, firm, and with the ability to provide objective advice and insight.

The inspirational Legacy for this position is Vice President Kamala Harris. For the office of Recording Secretary, the inspirational Legacy for this position is Condoleezza Rice. She was the first female African-American Secretary of State and the First Woman to serve as National Security Advisor. For the office of Corresponding Secretary, the inspirational Legacy for this position is Oprah Winfrey. She is a renowned American talk show host, television producer, actress, author, and philanthropist. When Oprah talks, everyone listens. And for the office of Treasurer, the inspirational Legacy for this position is Madam CJ Walker. She is known for being one of the first female millionaires, a philanthropist, and a political and social activist.

As you begin a new year in your positions, look to the women of the past and present to lead you into the future. When you need inspiration, think of these women as guiding forces.

Our journey continues...



## American Heart Health Awareness Month: National Wear Red Day

In recognition of American Heart Health (AHH) Awareness month, several club members participated the AHH Go Red for Women movement by wearing red on National Wear Red Day, Friday, February 5, 2021. National Red Day encourages people to take action through February to raise awareness about cardiovascular disease. Cardiovascular disease is the leading cause of death in America. According to the U.S. Heart Health Statistics (DNA Weekly, 2021), approximately 647,000 Americans die from heart disease each year, 1 in every 4 deaths. One in five heart attacks is silent, with the person unaware of it. Six (6) warning signs of a heart attack include 1) tightness in the chest, 2) nausea, indigestion, and heartburn, 3) shortness of breath, 4) cold sweat, 5) fatigue, and 6) sudden dizziness. To read more information about 2021 American Heart Health Month, please visit the article in DNA Weekly (January 28, 2021) at <https://www.dnaweekly.com/blog/american-heart-month/>.



Club members pictured from left to right are Donna Collier, Vanessa Moore, and Monica Stokes (top row); Natasha Mitchell and Cameka Gardner (middle row); Crystal Bryant, Lanetra Bennett, Bianca Murphy (bottom row).

Photo collage created by Lanetra Bennett.

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## Valentine's Notes and Chocolates for A Special Group of Elementary Students

*"I define joy as a sustained sense of well-being and internal peace – a connection to what matters."  
– Oprah Winfrey*

The GFWC Sisters of Service Woman's Club members celebrated Valentine's Day with an extraordinary group of students at Gretchen Everheart Elementary School, located in Tallahassee, FL. Club members decided to deliver Valentine's treats to the special-needs students at the school.

Treat bags were prepared and delivered to 87 students on Friday, February 14th. The students received treat bags filled with Hershey kisses and chocolate heart candy with a note wishing them a Happy Valentine's Day. We are thankful that Jane Floyd, principal, allowed us to present the students with a small token of love on a day of love.

## 100 Women in Prayer for the new Presidential Administration and First Responders

The club held its 2nd virtual 100 Women in Prayer on Saturday, February 27th, 6:00 pm. This interdenominational, interfaith prayer vigil brought women together across the nation in prayer for the new presidential administration, first responders, and healing over the land. Featured prayer leaders included Fannie Bellamy, Janet Hinton, and Pastor Candice McKibben.

As we continue to experience the impact of the COVID-19 pandemic in our daily life, the prayer leaders reminded attendees that we are in this together. This event took place via the Zoom platform or Facebook Live via the club's Facebook page. There were over 100 attendees for this event. The GFWC Sisters of Service Woman's Club members extend their sincerest condolences to those who have lost loved ones or friends due to the coronavirus. You are forever in our thoughts and prayers.



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## Sisters of Service Woman's Club President Spotlited During Black History Month

*"You don't make progress by standing on the sidelines, whimpering and complaining. You make progress by implementing ideas." - Shirley Chisholm*

GFWC Florida celebrated Black History Month by featuring the achievements of several Black clubwomen throughout the state of Florida. Our very own club president, Vanessa J. Moore, was celebrated and honored for her achievements to include founder and president of the Sisters of Service Woman's Club, Inc., organized and federated in 2020 with 38 members. Today, the club has grown to 52 members. Other achievements include being an entrepreneur, a soon-to-be-published author of a Southern Soul Food Cookbook, and the founder of a nonprofit organization that provides life skills training to young adults. Congratulations to our club president, Vanessa J. Moore, on her achievements and the many more to come! #SheisGFWC

# Teen Dating Violence Awareness and Prevention Month

*“You know, you do need mentors, but in the end, you really just need to believe in yourself.”*

*- Diana Ross*

Teen dating violence is an issue that impacts everyone, not only teens who are experiencing dating violence but also their parents, teachers, friends, and community. Statistics show that 26% of women and 15% of men experience intimate partner violence for the first time before age 18. February is National Teen Dating Violence and Awareness Month. During this month, Americans are called upon to raise awareness about teen dating violence and educating teens about safe, healthy relationships.

Nationwide, youth ages 12 to 19 experience the highest rates of rape and sexual assault. Dating violence is a type of intimate partner violence that occurs between two people in a close relationship. The nature of dating violence can be physical, emotional, or sexual. Studies show that approximately 10% of adolescents report being the victim of physical violence at the hands of an intimate partner during the previous year. Girls are particularly vulnerable to experiencing violence in their relationships and are more likely to suffer long-term behavioral and health consequences, including suicide attempts, eating disorders, and drug use. Adolescents in abusive relationships often carry these unhealthy patterns of violence into future relationships. Those who are victimized or witness violent acts bring these experiences with them in other areas of their life, even later into teen relationships. Ultimately, they can end up as the victim or perpetrator of adult intimate partner violence.

To learn more about who is at risk for dating violence and how it can affect health, please visit <https://www.cdc.gov/violenceprevention/pdf/teen-dating-violence-2014-a.pdf>. If you know of a teen or parent that could benefit from speaking to a well-trained peer advocate, please connect them with the National Dating Abuse Helpline at 1-866-331-9474 (TTY: 1-866-331-8453). They can also connect with someone by texting "loveis" to 77054 or through live chat at [loveisrespect.org](http://loveisrespect.org) (this link is external).

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## SOSWC Hosts Black History Month Arts and Culture Expo Contest

The GFWC Sisters of Service Woman's Club is sponsoring a Black History Month Arts and Culture Expo Contest, February 8-March 22, 2021. The theme is Black History and What It Means to Me. The contest is for students in grades K through 12, and the contest divisions include K-2nd, 3rd-5th, 6th-8th, and 9th-12th. Students can submit their artwork or crafts to be judged in one of the following four categories: 1) drawings, paintings, crafts; 2) poetry/story; 3) song; or 4) dance. Please drop-off contest entries to the Arts and Culture CSP Committee at 2898 Mahan Drive, Suite 4 on March 5th or March 19th, 5:30-7:00 pm. For more information, please contact the Arts and Culture CSP Co-Chair, Precious Boatwright, at [soswc.artsandculture@gmail.com](mailto:soswc.artsandculture@gmail.com).

## Good News Outreach Community Service Project

GFWC SOSWC works in partnership with Good News Outreach serving as volunteers to pick up food bags from their office, located at 548 E Bradford Road, and deliver them to their seniors in the program. They need volunteers and delivery drivers for the following spots during March and April:

### Miccosukee Hills

Tuesday, March 9 - need two (2) drivers, to start between 10:00 am and 12 noon, and

Tuesday, April 13 - need three (3) drivers to start between 10:00 am and 12 noon.

### Promise Zone/Casa Calderon

Saturday, March 13 - need 18 drivers starting at 9:30 am, and

Saturday, April 10 - need 18 drivers starting at 9:30 am.

This location can use six (6) volunteers at 9:00 am each Saturday to help set up.

### Aenon Church Road

Sunday, March 14 - need four (4) volunteers/drivers starting at 10:00 am, and

Sunday, April 11- need four (4) volunteers/drivers starting at 10:00 am.

### Senior Grocery Program

Saturday, March 20 - need ten (10) drivers starting at 9:30 am, and

Saturday, April 17 - need ten (10) drivers starting at 9:30 am.

## Double Good Gourmet Popcorn Fundraiser

The club held its first fundraiser of the year, selling Double Good gourmet popcorn. The four-day virtual fundraiser started on Friday, March 5, and ended Tuesday, March 9.

The club raised \$14,154 and received \$7,077 from the total, a 50% profit from the sale. The fundraiser was chaired by Cynthia Barber and co-chaired by Diedra Lane. Eighteen (18) club members established pop-up stores and sold popcorn. These members were Cynthia Barber, Lanetra Bennett, Julia Blankenship, Precious Boatwright, Kim Brown, Crystal Bryant, Jackie Byrd, Donna Collier, Sharon Durham, Cameka Gardner, Edwina Hall, Tia Henry, Diedra Lane, Natasha Mitchell, Vanessa Moore, Cheryl Rollins, Monica Stokes, and Monique Thomas. There were 315 supporters of the fundraiser spanning 14 states. The club also received \$310 in cash donations to support the fundraiser; therefore, the club's net profit from the fundraiser is \$7,387. Proceeds from the fundraiser will support club-sponsored community service projects within Tallahassee and surrounding areas.

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## One Blood Drive

The Sisters of Service clubwomen hosted it's 3rd blood drive in conjunction with OneBlood Blood Bank on March 13, in the Walmart parking lot located on N. Monroe Street. The club achieved its goal to collect and donate 10 pints of blood. The club hosts a blood drive every 56 days. The next blood drive is tentatively scheduled for May 8, 2021. More information about the 4th blood drive is forthcoming,



## 26th Annual Super-Clean Sweep: Keep Tallahassee Beautiful

Members of the GFWC Sisters of Service Woman's Club participated in the Super-Clean Sweep community service project on Saturday, March 6.

Keep Tallahassee Beautiful and the City of Tallahassee joined forces for the 26th Annual Super-Clean Sweep to rid Tallahassee of litter and beautify the community. Volunteers throughout Tallahassee and Leon County participated by picking up litter; planting trees, shrubs, or flowers; painting over graffiti, or any other ideas they had to make Tallahassee and Leon County a more pristine community!

Our club was assigned to clean up High Road, a location in Tallahassee that needed attention. Many thanks to our clubwomen who participated in this project by picking up litter: Julia Blankenship, Natasha Mitchell, and Monique Thomas. They did an outstanding job in their clean-up efforts!

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### Contact Us

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## Health & Wellness: Get The COVID-19 Vaccine

As restrictions begin to loosen and people start to get out more, everyone must do their part to stop the spread of COVID-19. Wearing a mask is the easiest step all of us can take to ensure that we remain safe and keep everyone around us safe as well, but we can also get vaccinated. The COVID-19 vaccine helps protect you from getting COVID-19.

Here are a few community agencies offering vaccinations to eligible individuals:

- FAMU's Alfred Lawson Jr. Multipurpose Center (1800 Wahnish Way) site offers walk-up vaccinations to eligible individuals from 9 a.m. to 1 p.m. seven days a week. Individuals should bring a valid photo ID. Preregistration is encouraged, but not necessary. Those seeking to be vaccinated can pre-register online at: [https://commvax.patientportalfi.com/s/?language=en\\_US](https://commvax.patientportalfi.com/s/?language=en_US)
- Select Publix, Walmart and Sam's Club stores in Leon County have begun scheduling COVID-19 vaccinations for eligible individuals. Appointments are required at each location and can be made on the following websites: **Publix:** <https://www.publix.com/covid-vaccine/florida>; **Walmart:** <http://www.walmart.com/COVIDvaccine>; **Sam's Club:** <http://www.samsclub.com/covid>
- The Florida Department of Health in Leon County is offering COVID-19 vaccines to eligible individuals with pre-registration open at <https://myvaccine.fl.gov/>. Those without internet access can pre-register by calling (866) 200-3856. For those requiring TTY access, the phone number is (833) 476-1455. For more information, call (833) 540-2054 or visit [leon.floridahealth.gov](http://leon.floridahealth.gov).
- Community partners offer to transport seniors to COVID-19 vaccination clinics via the Lyft Ride United Program. 2-1-1 in partnership with The United Way, 2-1-1 Big Bend, and Lyft is offering transportation to COVID-19 vaccine sites through the Lyft Ride United Program. The project provides safe and reliable door to door rides to COVID-19 vaccine appointments at walk-up COVID-19 vaccination sites. Rides can be set up by calling (850) 617-6325 between 8 a.m. and 5 p.m. Monday through Friday.

# 2021 Calendar of Events

## January

- 1 - GFWC Florida Monthly Webinar Series - CSPs @ 10:00 am
- 4 - ReFREEerator Project Delivery
- 24 - Club Meeting/Installation of Officers @ 4:00 pm

## February

- 1 - ReFREEerator Project Delivery
- 4 - Board Meeting @ 7:00 pm
- 6 - GFWC Florida Monthly Webinar Series - Fundraising @ 10:00 am
- 8 - SOSWC Black History Month Expo Contest
- 14 - Valentine's Day Notes and Chocolates (Gretchen Everheart Elementary School)
- 20 - GFWC LEADS Program Application Deadline
- 21 - Club Meeting @ 4:00 pm
- 27 - 100 Women in Prayer Event @ 6:00 pm

## March

- 1 - ReFREEerator Project Delivery
- 5 - Double Good Gourmet Popcorn Fundraiser Begins
- 6 - Keep Tallahassee Beautiful Super Clean Sweep @ 9:00 am  
GFWC Florida Monthly Webinar Series - Membership @ 10:00 am
- 7 - Club Newsletter Article Submissions Deadline
- 8 - Executive Board Meeting @ 6:00 pm
- 9 - Double Good Gourmet Popcorn Fundraiser Ends
- 10 - GFWC Affiliate Organization Webinar - United Nations Foundations @ 4:00 pm  
Hot Chocolate and Smores Bonfire Social @ 6:30 pm
- 13 - One Blood Drive - WalMart on N. Monroe Street @ 10:00 am
- 16 - GFWC SOSWC Women's History Calendar Submissions Deadline
- 17 - Quarterly Birthday Green Social

## April

- 4 - Easter Community Service Project/Miracle Hill Nursing Home
- 5 - ReFREEerator Project Delivery
- 12 - Executive Board Meeting @ TBA
- 18 - Volunteers in Action Week Begins  
Club Meeting @ 4:00 pm
- 19 - National Library Week
- 22 - Earth Day
- 23 - National Library Week Ends
- 24 - Volunteers in Action Week Ends  
GFWC Federation Day







SISTERS OF SERVICE WOMAN'S CLUB, INC.



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