

# SMILE AND BE HAPPY

2021-2022

St. Andrews Woman's Club

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## 2021 NOVEMBER NEWSLETTER

### Officers Reports:

#### President - Daryl Hendrix

What a great show at Town Theatre. **Elf the Musical** was so much fun. It had a talented cast and everyone enjoyed it. And it was a very successful fundraiser--raising almost \$2000 for SAWC. Thanks to Barb, Ann Marie, Missy and to you for selling tickets, working and attending. Also a special thank you for supporting the Belk, soap and popcorn sales.

As you know Barb Kogut is moving to Charlotte, She has been an integral part of SAWC since she joined in 2010, serving not only as a very active member, but also on board including the office of president. We will all miss her smiling face and her volunteer spirit. Barb, thank you for all you have contributed over the years.

Our November meeting is in Room 205 at the Church at 7pm. It is our last meeting of the calendar year and includes our annual **Operation Smile** fundraiser. It only takes \$240 for one operation and a chance to change a child's life.

We also have an opportunity to support **Wreath's Across America**, which we have done for many years. Shelly who is a veteran was recently recognized for the service she does for

veterans in Lexington County by SC Thrive. She is donating a ceramic Christmas tree for this raffle. Any donation is appreciated.

I look forward to seeing all of you on Nov. 22 and I wish everyone a Happy Thanksgiving

### **1<sup>st</sup> Vice President – Laurie O’Kelly**

2021 is quickly coming to a close and in club work, that means reports are due soon. Please look over your calendar and notes for projects you’ve done with SAWC in 2021 and make sure your CSP Chairman has that information. I hope to see you at the November meeting.

### **2<sup>nd</sup> Vice President – Terri Boltin and Debbie Bell**

Our New Member Orientation was held on Monday, November 8th. We want to thank Daryl for graciously hosting this event! It was an informative time for the new members, and a chance for everyone to get to know each other!

An additional session will be scheduled for those who were unable to attend last week. We will place an order for new member nametags soon. If any current member would like to replace their old nametag, please let us know. There will be a minimal charge.

### **3<sup>rd</sup> Vice President Ways and Means – Anne Marie Shepherd, Barb Kogut, Missy Klopfer**

We have some bags of popcorn left over, so do consider bringing \$5 to purchase a few more for friends and family! Thanks to all of you who SHOPPED TIL YOU DROPPED with your Belk tickets, and those who attended the theatre production of ELF. A fun, upbeat show, and some amazing Broadway style voices took the stage!

**UPDATE:** Our final numbers for Elf the Musical are 162 tickets sold for a total of \$3240. After expenses, our net profit is \$1945.24.

Thank you to everyone for working hard to make this fundraiser a success!

### **Secretary – Susan Dox**

Wishing all of you a very Happy Thanksgiving & a very Merry Christmas! Please see the attached minutes & thank you for your help with attendance.

### **Treasurer – Katherine Keckeisen**

Our SAWC checking account available funds balance is \$5,550.38. Our savings account balance is \$3,358.32.

We had a great night at the Town Theatre. Thank you Ways & Means for all your hard work. Looking forward to our November meeting.

### **Advisor – Gail Elfert**

One of the duties of the Advisor is to help with the Orientation of new members, and that was a thoroughly enjoyable duty this year. We are blessed to have seven new members and they will be a wonderful asset to our club. Please make sure to try to speak to them and make them feel welcome!

If anyone still wants an "official" SAWC apron, please let me know and I will bring it to the November meeting for our "cost" of \$10. Everyone will need one before the big BUNCO event in the spring.

This isn't really "Advisor news", but if you think you would like some of those wonderful "**SAWCy Soap**" products for any of your stocking stuffers or little gifts for friends this Christmas, we have plenty left and Judy Keating is storing them all at her home awaiting your orders! We can even give you a nice bag and tissue paper to complete your gift wrapping. AND we have reduced the **bars of soap** to **3 for \$10** and the fabulous **scented candles** to **\$8**. I'll have more information about this on-going fundraising project at the November meeting.

## **Community Service Project Reports:**

### **Arts and Culture - Dianne McCarty and Pam Johnson**

Thanks to everyone who participated in our "Painting Party" at the October General Meeting. Everyone seemed to have a good time visiting and painting. A special thanks to our instructors - Susan Dox and Pam Johnson.

**Stocking Extravaganza Tea** is Monday, November 29, 2021. View the stockings, buy raffle tickets and sip a little wine. Call Dianne at 893-553-1189 to add your name to the list.

We are looking for someone with wood burning skills to help with the sign for our Little Library Box. If you have this skill or know someone who does, please call Dianne. We are still hopeful to have the dedication before the end of the year. Remember, we are not YELLOW. Judy Keating is working on guidelines for restocking our box.

### **Beaufort Day Trip** - Linda Shealy Davis

Our Beaufort Day Trip has been rescheduled for either 1) Tuesday, April 28, 2022, or 2) Tuesday, May 3, 2022. Please let me know your preference before or at the November meeting. We will have cash refunds at the November meeting. You are welcome to leave your \$50 payment in the trip account. A detailed itinerary will be available at the January meeting. Please call me at 893-309-2406 to request a refund and to sign up for the Beaufort Day Trip.

Artfully yours, Pam and Dianne

p.s. Many local schools and churches will be having live performances during the upcoming Season -many free. Get out there and see the local talent.

### **Civic Engagement & Outreach - Karen Fields and Maureen Taylor**

We will be accepting donations for a chance to win a ceramic Christmas tree that a club member, Shelly Langston, made and donated. All money donated will go to Wreaths Across America. The wreaths will be placed at Fort Jackson National Cemetery December 18th. Wreaths are \$15, but a donation in any amount puts your name in a drawing for the tree!

## **Education and Libraries – Frances Hill**

Our CSP has selected a single mother with three children to be the recipient of our Habitat for Humanity Partnership. Her “build” will begin by the first of the new year and should be completed by the end of May. We have already secured a bookcase and some books, so we are off to a good start with this endeavor. We will be asking for more book donations (after first of the year) so please be watching for details of the children’s interests!

The Thanksgiving and Christmas holidays are upon us! Our CSP wishes each of you a blessed and happy holiday season!

## **Environment – Ann Martin**

As I count my blessings this month, the wonderful members of SAWC are certainly among them. Thank you for your determination to help make our community a better place and thank you for your lasting friendships. I am really looking forward to our November meeting and our opportunity to purchase some goodies.

America Recycles Day is Nov.15. Our GFWC Conservation chairwoman asked that each club in the nation count the number of plastic bags and bottles they recycled. We had 15 members to participate and they reported recycling or reusing 384 bottles and 755 plastic bags during the month of Oct. Thank you to those ladies. I can't wait to see the number for the nation!

As reported earlier, Carolina Wildlife doesn't need newspapers during the winter but we have learned that the zoo does. Kim Julin, a new member, goes to the zoo weekly and will be glad to take our newspapers so you may continue to bring them to the meetings or drop them off at Kim's house. Kim also advised that Lowe's will take your batteries for recycling which is good news because Batteries Plus now charges by weight.

Also Sistercare no longer has an outlet for computer cartridges so we will discontinue collecting the big toners.

Here is some info from our GFWC newsletter about recycling.

Do you recycle correctly? America Recycles Day, spearheaded by [Keep America Beautiful](#), is a day to become more aware of how and when to recycle.

Many of us are very hopeful about what can be recycled. Commingling non-recyclable items with recyclable ones could contaminate recycling loads. But recycling rules are region-specific, so it is difficult to generalize what items to place in your recycle bin. The following items should never be placed in your recycle bin: plastic bags, soft plastics, food waste, clothes/fabric, Styrofoam, CDs, DVDs, windows, drinking glasses, mobile phones, crockery, diapers, and foam mailers. Items that can also be recycled include: paper, cardboard, tin and aluminum cans, glass, and [plastic types #1 and #2](#).

### **Lids on or Lids Off?**

Lids and bottles are made from various types of plastics that melt at different temperatures. In the past, we were told to remove the lids. Now, most recycling centers have the ability to process lids and so you should leave them on. Some charities also recycle plastic lids, so another option is to look for one with a nearby drop-off site.

Other recycling opportunities exist. Many were closed at the start of the pandemic but are now reopening. There are collection sites for plastic bags at grocery and department stores. If you aren't reusing your plastic bags or making [plaryn](#), make sure you drop them in these bins. Many are working directly with [Trex Co.](#), which uses plastic in their landscape materials. Natural corks are recycled through [ReCork](#), or the [Cork Club](#). For other items not easily recycled by your local Recycle Center, [TerraCycle](#) has many options to ship donated items to its recycling facility at no cost.

Each of us can take the Keep America Beautiful Pledge this America Recycles Day 2021 to:

1. **Learn.** What materials are collected for recycling in my community?
2. **Act.** Within the next month, I will reduce the amount of waste I produce. I will recycle more and I will buy products made with recycled content.

Another step you can take is to share your club's great work with others. Submit your America Recycles Day project success story to [PR@GFWC.org](mailto:PR@GFWC.org) to be considered for the [GFWC Blog](#). The more clubs that get involved, the more awareness we can raise about the importance of recycling plastics.

## **Health and Wellness – Becky Travis**

We are so excited to host the meeting this month! Marti Colucci, from Leeza's Care Connection, will be our speaker. She plans to advise us on the care of our parents, suggestions on how we prepare our family for our senior care and preventing elder abuse.

Commercials for Operation Smile have been showing. They give you wonderful insight into this organization that you will be able to help at the November meeting. We will hold an auction like last year with amazing gift cards, bottles of wine, some food items, and several surprises. Please come prepared to drop tickets for your favorite items.

Thank you for making the October Food Drive for Sharing God's Love a success! We took food to them totaling \$428.00.

The November meeting will be the LAST CALL for baby blankets and baby hats for the March of Dimes. You have so generous and talented with the baby gifts you have provided. The military families will be blessed.

## **Tip of the Month:**

### **Lean into Alone Time**

*Real Simple* magazine feels it's important to spend quality time with ourselves. Please allow these insights to help you cherish moments of solitude.

**First**, embrace a new hobby. A hobby can help you carve out time for solitude. To find one, think about something challenging you enjoy that will give you room to grow. Reading may be an easy one to consider. Two caveats: Don't create so many hobbies that they become a form of work. Any try not to imagine that your new project can be a side hustle! Alone time is most replenishing when you just have fun.

**Second**, sit with a tree. It's lovely to spend time with yourself in nature. Though you may be alone as far as human interaction goes, you're still surrounded by life forces, like trees and birds. If you feel lonely, consciously tune in to the beauty around you with your senses. Feel the texture of the bark and think about how with every breath, you're connecting with the tree. It won't take long before you realize that rather than isolation, you're experiencing a deep, rich solitude.

**Third**, treat solitude like a significant other. Spending time alone is the only way to become emotionally independent. Any activity you do with intention – swimming laps, taking a daily walk – offers you freedom to listen to your thoughts. At first, you'll think about your to-do list, but more interesting desires, fears, and ideas will begin to bubble up. You'll see that emotional independence brings resilience, strength, and clarity about which people you want in your life.

**Fourth**, experience awe. Studies show that when we contemplate the indescribable, it broadens our perspective and shrinks the self, which quiets the negative chatter in our head. That lets us enjoy the time with ourselves. The trick is to pinpoint your "awe triggers." Think about what has made you feel wonder. Maybe you've felt it when looking up at skyscrapers, or studying paintings, or watching a toddler toddle. Spending your time with these kinds of awe-inspiring things makes you better able to savor being alone.

**Fifth**, take it easy. Following the pandemic, many of us will want to throw ourselves back into our social lives, but it's important to recognize that we'll continue to need more alone time than we think. We learned to fear physical action, like shaking hands, and that won't go away overnight. Our autonomic nervous system, which has done a great job of reacting to keep us safe, requires time to digest the new rules. Giving ourselves and others space to be alone is nourishing and will help us heal. If you need a moment to breathe and adjust, that's OK. And empathize with those who crave more alone time than you do – it's all part of a rejuvenation.

## **STOCKING EXTRAVAGONZA**

Get in the holiday spirit!! Come to the 10<sup>th</sup> annual Christmas Stocking Extravaganza at 1511 Laurel Street, your GFWC-SC Headquarters. Choose your evening to attend – Monday, November 29 or Tuesday, November 30, from 6 until 8. Food, wine, door prizes and different raffle items each evening. Tickets available at our meeting for \$15!! Hope to see you there!



## **IMPORTANT DATES TO REMEMBER:**

Monday, November 22 General Meeting, Room 205 at 7pm.  
Monday, Nov 29-Dec 3 Stocking Extravaganza