SMILE AND BE HAPPY

2021-2022

St. Andrews Woman’s Club

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**2021 OCTOBER NEWSLETTER**

**Officers Reports:**

**President - Daryl Hendrix**

Our October SAWC meeting is Monday, October 25 at 7 pm in our regular meeting room at St Andrews Presbyterian Church. Arts is hosting and we will be using our creative juices to paint an item of your choice. It's going to be a lot of fun.

Thanks to Ann Martin and Environment CSP members for the beautiful flower bed in front of Leeza's Care Connection. I smile every time I drive down St Andrews Road and look at it.

And thanks also to all of you and to Frances Hill and Education & Libraries CSP for all the art supplies that were collected and delivered to Harbison Elementary School.

If you would like to have a current list of our new members with pictures, go to [sawc-sc.org](http://sawc-sc.org/%22%20%5Ct%20%22_blank) to the password protected members only area, scroll to new members, and print out.  You can also print out all 10 pages from this area to replace the membership portion of your yearbook.

Remember to get your Belk tickets and Town Theatre tickets for "Elf" at our meeting.

**1st Vice President – Laurie O’Kelly**

Happy Fall! I am excited for the cooler temps. Now is a good time to review the projects done during 2021 and begin compiling the specifics of each project before the holiday season is in full swing. Reports will be due mid-January so that our club can submit all reports by the Feb 1 deadline to GFWC-SC. I look forward to seeing everyone at the October meeting.

**2nd Vice President – Terri Boltin and Debbie Bell**

Our membership continues to grow!  Along with the five new members from last month, we would like to welcome Leann Angel to SAWC! There is a possibility of another new member at the October Meeting! It is exciting to see the new faces of all our new members!

The New Member Orientation is scheduled for Monday, November 8th. Please let us know if you need an application for someone else to join our club.

[dbell815gmail.com](http://dbell815gmail.com/%22%20%5Ct%20%22_blank).   (803) 767 - 1391

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**3rd Vice President Ways and Means – Anne Marie Shepherd, Barb Kogut, Missy Klopfer**

This is a busy time for us.  We are selling caramel popcorn at the October meeting for $5 a bag from The Peanutman. Bring your money and buy some for the family.

Anne Marie has Belk tickets available and also the Towne Theater tickets are in. We only have a couple more weeks to sell these tickets for $20 each. The show “Elf the Musical” is starting at 7:30 so bring your grandchildren.

We still have soap products available. If anyone is interested please give us a call. Barb and Gail have the products.

Thank you,

Barb, Anne Marie & Missy

**Secretary –Susan Dox**

Excited about our new members! Still recording attendance by sight. If you are going to be absent, please send me a text if you remember & thanks! See the attached minutes.

**Treasurer – Katherine Keckeisen**

No report

**Advisor – Gail Elfert**

I am always disappointed when a member determines will she not be returning to our “SAWC sisterhood”, but I am also thankful that our paths crossed for awhile and we were able to make a positive difference in our community by working together.  One of my biggest**joys** as a member of SAWC is welcoming NEW “sisters” into our club and this year it looks like we will be conducting orientation for seven new members in November.  Now that is exciting news!

Thank you to everyone who has already bought her **SAWC monogrammed apron** – our “uniform” we will wear at all our fundraising events and other functions.  I will have them for sale again at our October meeting for the low, low price of **$10.00**!  We will wear them when we work at our Town Theatre production of *“Elf, the Musical”* on November 11, so be sure to get yours in October.

**Community Service Project Reports:**

**Arts and Culture – Dianne McCarty**

Please remember to bring your article to paint to the October Meeting. Please

pre-wash. Pam Johnson, Susan Dox and Diane Bozard are our instructors. If you have fabric paint and brushes, please bring them. There are a few seats open on the November 4, 2021, Beaufort Christmas Shopping trip. Please call me or Linda Shealy Davis ASAP if you are interested.

Judy Keating, Linda Davis and Marie Deloach are working on Stocking Extravaganza.

We are working on a dedication for the Little Library Box at the Irmo Town Park. Thanks to Nancy Schmidt, Judy Keating and Lynne Hauptner for restocking last week. Rachael Richardson and Linda Shealy Davis for October 14; Phyllis Plyler and Jane Jeffcoat for October 21, and

Susan Dox and Linda Davis for October 28. Take photos please.

Artfully yours, Dianne

**Civic Engagement & Outreach – Karen Fields and Maureen Taylor**

No report

**Education and Libraries – Frances Hill**

Many thanks to those of you who brought art supplies to our September meeting. The special needs students at Harbison West Elementary School were so excited to receive our donation of over 130 items!  Your generosity was greatly appreciated!

The SAWC Book Club got off to a great start in October as we welcomed some new faces to the group! Our next book selection is *The Music of Bees*by Eileen Garvin. We invite you to join us at Panera Bread on Monday, November 15, at 6:30 pm for a Dutch treat meal (optional) and discussion of this book!

**Environment – Ann Martin**

Thanks to our Environment members and other club members who joined us to beautify the sign in front of Leeza's Care Connection on St. Andrews Road. We were especially happy  to have new members Jan Mitchell and Linda Shealy Davis join us in addition to "newish" member, Shelly Langston. We are very appreciative of Seven Oaks Plant Shop for donating 3 huge bags of soil and all the plants. Please consider shopping with them for your plant needs and mention you are an SAWC member.

Thanks to all who have been donating newspapers to Carolina Wildlife. Remember to save your pop-top tabs and keep a record of the plastic bottles and bags you recycle or reuse for the rest of October. Hazardous waste may be recycled on Oct. 23 from 9 to 3 on Caulk's Ferry Road for Lexington County residents. For more information go to *Keeping the Midlands Beautiful.*Looking forward to our "artsy" meeting!

**Health and Wellness – Becky Travis**

The Health and Wellness CSP is excited to welcome Melly Makoski to our team. We are so glad to have her return to St. Andrews Woman’s Club.

Fall is an energizing time of the year! As we prepare for the change in seasons, please help our CSP stock the pantry at Sharing God’s Love. Please bring any of the following items to our October meeting and they will be collected in the parking lot. SGL is working to prepare for Thanksgiving, the Homeless and the Refugees. All items can be individual sized to family sized packages.

Toilet paper Canned Vegetables Tea

Paper towels Canned fruit Coffee

Macaroni & cheese Tomato paste Oatmeal

Spaghetti sauce Pork & beans Grits

Raman noodles Chili Granola bars

Peanut butter Ravioli Microwave popcorn

Jelly Stew Easy serve fruit cups, soups & canned meat

Noodles 5 lb. bag of rice

Canned tomatoes Dried beans

Thank you in advance for your help with this community need.

**Tip of the Month:**

The month of October focuses on bringing attention to Breast Cancer Awareness. We all know the importance of self-exams and regular mammograms. ***Eating Well*** magazine explores the myths of how our diet may affect our development of cancer.

First, eating lots of fruit and veggies lowers your risk. TRUE. While pink is the color associated with breast cancer awareness, when it comes to prevention, you should focus on eating the rainbow. Consuming 5.5 servings a day of fruits and veggies will significantly lower the risk of breast cancer. Foods like broccoli, cauliflower, cabbage, winter squash, melons, carrots, etc. are good examples and are known to inhibit the growth of cancerous cells.

Second, Active women are less likely to get breast cancer. MOSTLY TRUE. Regular, moderate exercise – the equivalent of around 3 hours of brisk walking a week-has been associated with a 20% reduction in the risk of developing breast cancer. Physical activity helps reduce inflammation, improves immune function, and regulates hormones like insulin and estrogen, all factors that may stymie breast cancer growth.

Third, Low-fat diets stave off the disease. NOT SO MUCH. There has been a lot of controversy over the role of dietary fat in cancer prevention, and overall health, for that matter. When it comes to breast cancer, the type of fat you eat is what appears to matter most. While trans and saturated fats have been associated with an increased risk, healthy kinds including poly and monounsaturated fats and particularly omega-3 fatty acids, have been shown to be protective.

Fourth, soy ups your breast cancer risk. FALSE. Soy’s reputation as one of the original health foods was tainted when preliminary studies in rats linked it to higher rates of breast cancer. This theory has not been proven in humans. Traditional soy foods like soy, tempeh, edamame, and soymilk provide anti-cancer benefits. A 3-ounce serving of tofu contains about 20 mg of isoflavones and that is beyond a daily serving. There’s no reason to fear soy.

**IMPORTANT DATES TO REMEMBER:**

Oct 18, 7pm Zoom Board meeting

Oct 22-24 GFWC Southern Region Conference, Orlando

Oct 25, General meeting 7 pm at the Church, bring item to paint