

SMILE AND BE HAPPY

2021-2022

St. Andrews Woman's Club

Contact: Daryl Hendrix, president daryl636@aol.com



2021 SEPTEMBER NEWSLETTER

Officers Reports:

President - Daryl Hendrix

The membership social was so much fun. I think we were all excited to be together again. Thanks to Debbie and Terri for an outstanding event and to the members who contributed the "goodies". And a big welcome to our 5 new members. I am looking forward to getting to know them better at our September meeting on the 27th at the St Andrews Presbyterian Church at **7 pm**. The meeting is hosted by **Civic Engagement** and will be on **Cyber Security**.

As a reminder, we are following CDC guidelines. Any person who is not yet vaccinated must wear a mask and socially distance.

Tonja did a beautiful job on our Yearbooks this year. If you did not pick yours up at the Social, please see Katherine at the September meeting. Also, check out our website sawc-sc.org under the members area to see your picture and info. Thanks to Terri for working on this.

Our first fundraiser is a couple of days before the general meeting. It is at the Okra Strut on Saturday, Sept 25 at the Irmo Community Park. We will be selling SAWCY soaps and 7 or 8 other

products in our booth. Once again, a big shout-out to Teresa who has originated and designed these products.

Volunteers to help in the booth are:

8:30 to 11 am: Teresa, Gail, Ann Keisler, Katherine

11:00 to 2 pm: Carol Ann, Frances, Nancy Schmidt

2 until: Marie, Gail, Katherine, Barb K, Teresa

And many thanks to the planning committee and soap wrapping committee: Teresa, Kaye Hunke, Dianne, Missy, Shelly, Gail, Judy, Teresa, Ann K, Katherine, Laurie and Barb K.

Encourage your friends who attend the Okra Strut to come by and buy some soap. I know this will be another successful event for us.

And remember "Smile & Be Happy"

1st Vice President – Laurie O’Kelly

It was great to see everyone at the social and it’s exciting to welcome new members! As the club year gets started, please remember to complete the Project/Program Activity Report Form so we don’t miss anything to report in January.

I look forward to seeing everyone on the 27th.

2nd Vice President – Terri Boltin and Debbie Bell

Our Summer Membership Social was held on Monday, September 13th at Irmo Park.

A special thanks to Katherine, Gail, Frances, Susan D., Laurie and Terri for providing the delicious desserts plus Anne Marie with some supplies! We enjoyed Gail’s ice breaker game and look forward to continuing it at some of our meetings! We had thirty three members to attend plus six guests! Five of the guests joined our club that night!! We would like to welcome new members, Linda Shealy Davis, Lynn Hauptner, Melly Makoski, Jan Mitchell, and Rachel Richardson. We look forward to getting to know you and getting you plugged into a CSP!

We will be having Orientation sometime next month. We would love to add more new members. We will have applications at our September meeting. If you have any questions or need an application, please let us know.

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

At present we are trying to get soap wrapped and ready to go for Okra Strut on September 25th. If you have some time this week please contact Teresa to see what needs to be done. Hope to see you all there. Wish us luck.

There is going to be a Belk Charity Day Sale in October and we need to discuss this with the club to see if we want to participate again. If so, we'll sign up to get tickets.

Next on the agenda is the Town Theatre fundraiser scheduled for Thursday November 11th with the production of Elf the Musical. If you've seen the movie it's a holiday classic. We have over 300 seats available for sale. This might be fun to bring your grandchildren too. I hope to get tickets made ASAP so we can start selling. Usually we sell for \$20 a ticket.

Anne Marie is still working with Poshmark and should be getting some fall and winter things on line soon.

Secretary – Susan Dox

Please see attached minutes. Look for me at the meeting so I get you signed in.

Treasurer – Katherine Keckeisen

Our SAWC checking account balance is \$3,936.37. Our savings account balance is \$3,358.27. Most of our members have paid their membership dues. Thank you so much! If you have not yet paid your dues please remember to bring a check (\$52) to our September meeting. I will have your new 2021-22 Member Yearbook pages at our meeting on the 27th.

Advisor – Gail Elfert

You all snapped up those first 32 SAWC monogrammed aprons in no time! I was afraid to buy 50+ aprons originally in case they weren't a hit, but we sold out at the membership social so I have ordered 24 more! Teresa will monogram them and they will be ready for purchase at the September meeting. These will identify us when we work any of our functions like BUNCO, Town Theatre, or Okra Strut, and they will last for years. The \$10 cost is just enough to cover the cost of the apron and monogram, so it is a good deal for us. One size will fit everyone, which means no guessing about size, AND they look great!

I am thrilled that we had several new members submit their applications at the Social and there are a few more still thinking about it. An orientation for new members will be scheduled in October.

Community Service Project Reports:

Arts and Culture – Dianne McCarty

Sign up at the September Meeting for the Christmas Shopping in Beaufort on November 4, 2021. Deadline is October 1, 2021. Please give your check to me at the September meeting. Linda Shealy Davis will be our tour guide - leaving from Capitol Tours on Leaphart Road at 7:30 a.m. Proceeds benefit Youth Art Month in March.

Please sign up for our Okra Strut booth on Saturday, September 25.

We have 1000 bars of SAWCY soap and other products for sale. Please call Daryl if you can help. Okra Strut is the Saturday before our Monday meeting.

Arts and Culture will host our October Meeting with a "paint party". We will have samples at the September meeting of what you can paint. Please pre-wash your item (apron, tote bag, etc.).

We will have a brief Arts and Culture meeting after the September meeting to discuss plans for our October meeting. Artfully yours, Dianne 803-553-1189

Civic Engagement & Outreach – Karen Fields and Maureen Taylor

WE are so excited to see everyone on September 27th! We will be serving a light dessert and encourage all to bring a reusable water bottle to the meeting. We will make sure to have a pitcher of cold water available for refills. Our speaker, Kyla Capers, will be talking to us about cyber security. She will be helping us with the best ways to stay safe and protected on our computers. Coming soon we will be looking for volunteers to help with Families Helping Families and Wreathes Across America. See you all on the 27th!!

Education and Libraries – Frances Hill

The Education and Libraries CSP will be collecting art supplies at our September meeting for special needs students at Harbison West Elementary School. Please see the requested items below. If each of you provide at least one or two of these for our drive, we will have a generous donation to deliver to the school! Items needed are:

Play Doh	Pipe cleaners
Shoe laces	Crayons/colored pencils
Lined paper	Construction paper
Molding clay	Popsicle sticks
Finger Paint	Tissue Paper
Sand art	Glitter glue
Pom Pom balls	Yarn, any color
Paint brushes	Different color ink pads
Sidewalk chalk	

Hope that you have picked up your copy of *The Book Woman of Troublesome Creek* by Kim Michele Richardson! The SAWC Book Club will meet on Tuesday, October 5, to discuss this book, so mark your calendar and plan to join us for a lively discussion and great fellowship.

See you at our meeting on September 27th with art supplies in hand! Please place your donations in the collection bin, which will be available at the meeting.

Environment – Ann Martin

Happy Fall, Y'all! Our Social at the park was so much fun! Thanks to all who made it such a success. It was great to see long-time friends and meet new ones. This is going to be our best year yet! Our CSP is really into recycling so if it is not convenient for you to recycle batteries, toner

cartridges, or "real" corks, bring them to our meeting and someone will do it for you. If you subscribe to a newspaper, Carolina wildlife would love to have them for their animals. It is located on Bush River Rd. right next to the entrance to Saluda Shoals. You may leave them outside by their door or you may bring them to the meeting and we'll take them for you. Please let me know if you do so I can keep track for reporting. We are also collecting the pop top tabs from canned drinks. Look for a bag or box at the meeting in which to deposit these. Since this is a pet project of our own Kristin Fields as GFWC-SC president, we want to have the most of anyone in SC so ask friends and family to save them for you.

We are hoping to beautify the area around the sign at Leeza's Care Connection very soon. Coming up on Oct. 16, there will be a recycling event for Richland and Lexington Counties from 8 to 12 at Irmo High School hard to recycle stuff. (See attached) I am looking forward to seeing everyone On Sept. 27. In the meantime....smile and be happy!

Health and Wellness - Becky Travis

Our Fall social was a great way to begin the Club year! Seeing familiar faces – even with masks – was a great way to end the summer and start our busy season.

We are planning a Food Drive for the October meeting to benefit Sharing God's Love. Needed food items will be listed in the October Newsletter.

We are continuing to collect baby blankets and hats for the March of Dimes until December. The weather is getting cooler so please pick up those needles to help welcome the military babies.

Tip of the Month:

It's finally September and the official start of Fall. According to *Parade*, the third week of September is considered the peak asthma week, thanks to ragweed and various airborne viruses. Dr. Purvi Parikh recommends the following preventive measures.

Number one, exercise at night. If you exercise outside, then avoid peak pollen hours between 5-10 am.

Number two, be smart about lawn care. Don't give mold spore a chance to grow in your damp gutters or piles of fall foliage. And if you mow your grass or rake leaves, then wear a mask.

Number three, keep your windows closed. It is very tempting to have fresh air, but you introduce pollen to your safe space. Run your air conditioner.

Number four, use a hepa purifier. High-efficiency air purifiers filter out allergens.

Number five, keep an eye on the kitchen. Clean garbage bins frequently and check refrigerator door gaskets and drip pans.

Number six, vacuum. Vacuuming every three to four days will help control indoor allergens.

Number seven, leave your shoes at the door. When you get home, remove your jackets and shoes so you're not dragging allergens throughout the house. Take your clothes off outside of your bedroom and drop them immediately into the laundry.

Number eight, wash your bedding often. Wash in hot water once a week to kill dust mites and remove allergens.

Number nine, limit antihistamines with "D". "D"econgestants are not meant to be used throughout an entire allergy season. They can keep you awake at night and increase your heart rate and blood pressure.

Dr. Parikh makes a key point to show COVID-19 vs allergies. Viruses can make your allergies worse and even mimic symptoms. Here's how you tell the difference. Sore throat and congestion are common with both, but allergies last longer and don't have a sudden onset. A COVID-19 cough is more productive than a dry allergy cough. And allergies won't bring on fever, fatigue, muscle aches or GI symptoms often seen with viral infections.

IMPORTANT DATES TO REMEMBER:

Sept 25, Okra Strut Irmo Community Park

Sept 25, Midlands district Meeting, Cayce, Call Daryl if you want to go with me

Sept 27, September General Meeting 7 pm at the Church, bring water, art supplies,

Oct 15 Newsletter info to Kaye,

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