

SMILE AND BE HAPPY

2021-2022

St. Andrews Woman's Club

Contact: Daryl Hendrix, president daryl636@aol.com



2022 APRIL NEWSLETTER

Officer Reports:

President - Daryl Hendrix

Congratulations to all of you! Bunco had a profit of \$5422--**amazing**. You ladies are the BEST! We met our budget and have an **extra \$1000 to donate to charity**. So, if you have a special organization you would like the money to go to, email me with your recommendation. I will compile the requests and we will vote at our April General Meeting. You will be asked to speak about your recommendation. To make the most of the donation, we would recommend one \$1000 donation or two \$500 ones. (daryl636@aol.com)

Our May picnic is Monday, May 9 at 6:30 in Irmo Community Park, Shelter II. The picnic dinner will be catered by Lizard's Thicket. Please bring \$15 to the April meeting to reserve your space and pay for your meal. The planting and dedication of the tree in Linda Floyd's memory will precede the meal. We will also have wine available at the picnic. It is the left over wine from Bunco that could not be returned because it was previously chilled. We will take donations for the wine.

April will be the last month to make additional contributions to **SHOT AT LIFE**.

Many thanks to Pam Johnson and Dianne McCarty for planning and hosting the dedication of the Little Library Box on the 13th at the Irmo Town Park. The event was well attended with Mayor Barry Walker, the Irmo News, 10 club members, Irmo firefighters, and many guests. They were thrilled to have books accessible to those who use the park. All of you have supported this project throughout the year so you should be very proud.

Also we will be taking our **group club picture** at the April meeting---so bring your SMILES!

1st Vice President – Laurie O’Kelly

Happy Easter! As we wrap up the club year, please be sure our CSP Chairs have all of your contributions (time and monetary) since January 1 so they can pass this on to the new CSP Chairs. I’ll have signup sheets for the CSP areas out at the April meeting, so start thinking about where you would like to serve next year. Hope to see you on April 25.

2nd Vice President – Terri Boltin and Debbie Bell

No report.

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

With the power of dedicated women volunteers we can do amazing things! It was never more evident than at our Bunco Fundraiser this year. You ALL were wonderful. Everyone pitched in and made set-up and tear-down a breeze. The advance team really put the time into making sure the décor, auction and food went off with out a hiccup. We sold a total of 114 tickets netting \$3073, the silent auction brought in \$3306.28 and the 50/50 board made \$495. This is outstanding! After expenses and meeting our budget, which allows us to do much of our club work, we will have some money to give away. Thank you to everyone for making this event such a success!

Although this is usually our time of year to wrap things up, we have two more money making opportunities:

The first is the Belk Charity Sale tickets. As a reminder, we no longer have to have any hours in the store selling and we no longer have to account to Belk for all the tickets we signed out. If we sell it, we keep it! The event is April 29, 30 and May 1. You can shop in advance and “pre-sale” your items. If you purchase a ticket for \$5.00, you get a \$5.00 credit on your purchase plus 25% off (or more!). We will have tickets available at the meeting but if you would like to arrange a pick-up prior to the meeting, please reach out.

The second opportunity is the Fireflies Baseball Volunteer Program. If we can get six people to volunteer at four games (approx. 4 hours per game), they will give SAWC \$750. We are looking at dates in May and early June. If more than six volunteer, they sweeten the pot and add \$125. Feel free to sign up any family members (over age 16) too. Please contact Anne Marie for more information.

Secretary –Susan Dox

Happy Spring ☘ Happy Easter †

Many thanks to Ann Martin for stepping in for me three times!!! Woman’s Club will be busy the next 3 weeks with our April meeting, Convention, Joint Board & our May picnic!
Appreciate you for advising your absences.

Treasurer – Katherine Keckeisen

BUNCO was a big success! Thanks for a fun night and hard work to make it happen!!

We are ready to get all those donation checks in the mail. Please send me your CSP request for donations/funds or any Bunco reimbursement expenses. You can email your requests to me at KWKeckeisen@aol.com. Remember to include receipts/documentation for our records.

Our SAWC checking account available funds balance is \$14,000.45. Our savings account balance is \$3,358.46.

Advisor – Gail Elfert

1) Please print the proposed by-law amendments you were emailed recently and bring them to the April meeting so we can *quickly* discuss them and vote.

2) When Dianne McCarty moved to Asheboro, NC, she established in 1995 the *Dianne McCarty Spirit Award* to be given each May to the sustaining member of SAWC who best exhibited the true spirit of the club during the club year. And even though she has moved back “home” and rejoined our club, we will continue the tradition of voting in April and presenting the award at the May banquet. When you arrive at the April meeting and “check-in”, please look for the voting information at the same table, tear off the slip by your name, and write the name of the sustaining member you wish to vote for and place it in the envelope. To have time to think about it before you arrive, you can look in your yearbook and any member with an (*) asterisk in front of her name is eligible for this honor because she has been a member for 15 or more continuous years.

3) It’s time to again collect the “**Blue Willow**” type vases, boxes, ginger jars, and other china objects that we had “planned” to use for Marian St. Clair’s installation banquet in 2020 – but Covid 19 canceled that plan! However, at the convention in New Orleans on June 27, 2022, South Carolina will get to honor our GFWC President by using her favorite decorations on the tables at the “All That Jazz” Gala Banquet we will be hosting! So, if you have any blue & white, or even solid white or solid blue items that you would let us “borrow” and take to New Orleans, please bring them to the April meeting, and give to me to wrap up and take to convention and then return to you afterward. The plan is to have 3 pieces on each table with flowers in one of the containers. This is described on pg. 6 in the March Clubwoman Magazine that everyone should have received. We will be very careful, but please do not bring anything that is an heirloom or irreplaceable! (see samples below)



Community Service Project Reports:

Arts and Culture – Dianne McCarty and Pam Johnson

Thank you to all who helped us dedicate the Little Library at the Irmo Town Park. It was truly a group effort. If you have anything to enter into a contest for convention, please bring it to the meeting and I will get it entered for you. Don’t forget to sign your permission/release slip.

Thanks to everyone for supporting Arts and Culture this past year. It was truly a successful year.

Civic Engagement & Outreach – Karen Fields and Maureen Taylor

Civic Engagement was happy to donate the remainder of our funds to help support a baby shower for our Woman Veterans being held in May. We provided diapers and baby wipes. Thank you Shelley Langston for all you do for this cause.

Education and Libraries – Frances Hill

The Education and Libraries CSP has one final project before the club year ends! We are partnering with Habitat for Humanity to provide books for a single mother with three children. The family’s build will be completed early this summer, so we will be delivering these items to Habitat in May. We would welcome club members’ participation in this drive! If you wish to contribute, please bring book donations to our April general meeting! The following information about the children’s ages and interests is provided to help with your selection:

Toddler boy (8-10 months): into all things with the senses

Girl: (5 years old): likes LOL dolls, princesses and sports

Boy (10 years old): likes sports, science and Marvel Super Heroes

Mother (Shanna): loves to cook and design t-shirts, mugs, etc;

With your help, we hope to be able to shower this family with a variety of books for their library and to foster a love of reading among the children!

The rescheduled meeting of the SAWC Book Club will be **THIS Thursday, April, 21st**, at Panera Bread on Bower Parkway. Come join us at 6:30 pm to discuss **Wish You Were Here** by Jodi Picoult.

It has been a real pleasure to work with a very dedicated, hard working group of CSP members this year! My sincere thanks to each of you for a job well done!

Environment – Ann Martin

Happy Spring to all! So nice to have warmer weather, sunshine, and blooming flowers . Ashley Berry from State Parks will be our speaker this month. Our CSP will be busy wrapping up our year by planting new flowers at Leeza's Care Connection on Friday, April 22, (Earth Day)at 9:30 am and sprucing up the Irmo Library garden on Wed., May 4 at 9:30 am, in addition to donating and planting a yellow jasmine vine there. Leeza's will also be the recipient of our unspent funds. Please remember to bring your pop top tabs to our meeting so Kristin can have them for the State Convention at the end of April. We will also be collecting corks and gently used shoes or you may take your shoes to Irmo Town Hall. Lexington County will have a recycling event at Batesburg-Leesville high school on April 23. Check Keep the Midlands Beautiful for details.

Health and Wellness – Becky Travis

Our CSP met following the March meeting. We discussed how to spend our remaining budget of \$150. We decided to purchase three tickets, at \$50.00 each, for Caregivers at Leeza's Care Connection for their Gala in April. They will also put our name on a star since we spent \$150. Marti Colluci, Director of Leeza's Care Connection, was our speaker in November.

We hope to have our Pinwheels in place at Saluda Shoals. The Pinwheels are from Children's Trust of South Carolina. This organization focuses on the prevention of child abuse and neglect. They provide funding, resources, and training to help local program partners build strong families and positive childhoods.

Our CSP really enjoyed our Bunco event! Our "Fitness Bag" for the Silent Auction will provide the new owner options to stay fit and to properly eat.

This has been a great Club year! We have benefited from seeing smiling faces and group contact. We are social women who have a true volunteer spirit. We make things happen!

How to Tell the Difference Between a Panic Attack and a Heart Attack from Good Housekeeping

Not to be too dramatic but getting these symptoms right can be a literal lifesaver. Here' what cardiologists and psychologists agree you need to know.

Let's start this discussion by defining the two events.

A heart attack occurs when an area of your heart doesn't get the blood supply it needs to stay healthy.

Deprived of blood for any length of time, that area of your heart muscle gets weaker and eventually dies. The heart muscle cannot come back, although other areas of your heart may be able to compensate.

The symptoms of a heart attack in women follow:

- Chest pressure, tightness, palpitations, or sharp pain
- Nausea, indigestion, stomach pain or some acid reflux
- Discomfort in arms, neck, jaw or back
- Fatigue
- Shortness of breath
- Dizziness or fainting
- Cold sweat and paleness

A panic attack is when you – usually all of a sudden- feel incredibly scared or uncomfortable, typically for around 10 to 15 minutes, before you start to feel better.

A panic attack is a fear reaction that can cause physical symptoms, but what is scaring you are your own thoughts.

The symptoms of a panic attack follow:

- Palpitations
- Sweating
- Trembling or shaking
- Sensations of shortness of breath
- Feeling of choking
- Chest pain
- Nausea or GO upset
- Dizziness or lightheadedness
- Chills or heat
- Numbness or tingling
- Feeling of unreality or that the person is detached from themselves
- Fear of losing control or fear of dying

When you compare the symptoms, you can see that some are the same. Depending on who you are, your medical history and what exactly you're feeling, you can get a sense that it's more likely that you have one or the other.

But here's the thing: "You can't confirm it!" No matter who you are, if you think you're having a heart attack, you should get emergency care, period. If it is a heart attack, every minute counts.

"The 1511 Society" needs you!

"The 1511 Society" is a way for every clubwoman to support our state headquarters, The Sims-Stackhouse Mansion at 1511 Laurel Street in downtown Columbia. By donating \$15.11 (or \$151.10 or \$1511.00), you are helping with the maintenance and improvements of our grand old house.

We'll accept donations of \$15.11 or any amount you'd like to give at the April meeting. You can also donate on line using a credit card by going to gfwc-sc.org.

Every SAWC member who donates will be in a drawing for a "prize" at our meeting. The drawing will include members who have already given as well as those who give on line.

And, all those who donate will be in a drawing with all 1511 Society members statewide on May 2 for a \$100 VISA card!

Thanks for your support of Headquarters! SAWC always leads in total contributions and it's most appreciated!

Susan, Barbara, Susan & Dianne

IMPORTANT DATES TO REMEMBER:

Newsletter due to Kaye – 2nd Friday of the month

SAWC Board meeting – 2nd Monday of the month

SAWC General meeting– April 25th, 7 pm

May Banquet – May 9th – Community Park of Irmo – 6:30 pm Shelter II