

SMILE AND BE HAPPY

2021-2022

St. Andrews Woman's Club

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2022 FEBRUARY NEWSLETTER

Officer Reports:

President - Daryl Hendrix

We will be meeting in **Room 205 at the Church for our February meeting.** This is the room where we met in November. The meeting is **Monday, Feb 28 at 7pm.** Civic Engagement will host our meeting.

The Irmo Town Council is following up on our grant request and we hope to receive the check soon (\$4000). This will fund our scholarship program for the year.

Our fundraiser **BUNCO is Thursday, March 31** at Saluda Shoals. Please sell those tickets... \$30 each or 4 for \$100...and support this project with your time. This is always a fun evening for everyone.

Individual club members are eligible to enter GFWC-SC contests for short story, poetry, creative writing and photography. If you wish to submit an entry, please get a waiver from me at the meeting.

Also, keep collecting those can pop-tops. Bring to the meeting to show your support of the Ronald McDonald House.

1st Vice President – Laurie O’Kelly

The reports due to GFWC-SC were filed by the Feb 1 deadline. I enjoyed reading about all the projects in our club and I’m excited to report the following statistics for 2021:

65 projects, 1,918 volunteer hours, \$11,117 in-kind donations, \$8,421 dollars donated, and \$7,355 dollars raised.

Congratulations to the chairmen and members who made the projects successful! I am proud to be a member of St. Andrews Woman’s Club. See you Feb 28!

2nd Vice President – Terri Boltin and Debbie Bell

Name Tags have been ordered for our new members and the members who requested a replacement. Hopefully, they will be delivered in the next week and maybe available at our February meeting.

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

We are so excited to announce after many delays...BUNCO is on for March 31st!! We are Off to the Races!

The BUNCO committee met on February 7, 2022 at Panera’s to get reorganized.

Here is how you can help:

- **Sell tickets** to your family and friends. Tickets will be available at the Feb General Meeting.
- Lend us your **card table!** We will need 30 tables total. Sign up sheet will be at meeting.
- **Arrive early** to assist with set-up! We are limited on set up time, so we need lots of hands!
- Help your CSP create a special **silent auction item** and/or
- **Donate** a new item you are not going to use to the silent auction.
- Volunteer for **food preparation** before the Bunco event.

There are still many volunteer slots available for members to help. We will have a sign up sheet at the General meeting.

If you are unable to be there the night of the Bunco event, we have a few volunteer opportunities that can be done in advance. Please reach out to Missy or Anne Marie for details. Just a reminder, all members are expected to help in fund-raising.

We are hopeful this will be our first great fundraiser for 2022!

Bunco: Silent Auction needs every CSP and all their members...When SAWC rolls the dice on March 31, the Silent Auction will need the help of each CSP!

An unbelievable number of quality items have already been donated to the Silent Auction but we’d like to have more (more items = more \$ raised)!

Every CSP is asked to donate one item to the auction. The donation can be a single item or a basket. Here are the details for the item:

- \$50 to \$100 in value. Needs to be new or unused!

- Related in some way to the CSP's purpose. For example: the Environment CSP might donate gardening items such as a pot with potting soil, garden gloves, garden center gift certificate, etc. or a single item might be a nice composting bin.
- Include a tag with brief information about and name of the donating CSP and include the fair market value (FMV) of the item.
- Items may be turned in at the March SAWC meeting or before.

Thanks to everyone for helping to create another outstanding auction!

If you have questions, please don't hesitate to call, text or email Susan Swails 803 727-4983
scswails@gmail.com Susan Smith, Debbie Bell and Susan Swails

Secretary – Susan Dox

Please review the attached minutes. Look forward to seeing everyone in Room 205, and will record attendance.

Treasurer – Katherine Keckeisen

Thanks for shopping Amazon Smile - we just received \$22.89. It all adds up!!

Our SAWC checking account available funds balance is \$9,466.68. Our savings account balance is \$3,358.41.

Advisor – Gail Elfert

We are asking all SAWC members to wear our new black aprons and our name badges to identify ourselves at Bunco. If you have not bought your apron yet, they will be available at the March meeting for \$10.

On January 25, six members cut and bagged 600 personal size bars of soap and on January 27, eight members cut and bagged another 600 personal size soap bars and cut another 300+ bars that were not put in bags! This was our Martin Luther King Day of Service project that was postponed earlier due to weather. All these 1500+ bars of soap have been delivered to the "Clean of Heart" shelter, which offers free shower and laundry service to the homeless. A big thank-you to all members who have wrapped soap, bought soap, sold soap, and cut soap to give to others!

Your Board has recommended that the remaining **SAWCy Soap** products be offered to members to buy at the March general meeting. Then after that opportunity, the remaining bars of soap will be donated to Killingsworth Home for women. These are the products that will be available for you to buy at the new SALE prices:

- Bars of soap = 3 for \$10
- Scented candles = \$7 (*40-hour burn time!*)
- Small soy lotion candles = \$5 (only 5 left)
- Lip Balm = \$2 (*4 delicious flavors!*)
- Wooden soap decks = \$5
- Shaving Cream = \$3 (Great for men, but also great for women, and this price is below cost!)

Community Service Project Reports:

Arts and Culture – Dianne McCarty and Pam Johnson

The Arts and Culture CSP is busy with youth art month for the month of March. We are busy working with Nursery Road Elementary, Harbison West Elementary and Logan Elementary School in Richland School District One. We will report on all participants and art winners at the March meeting. We have had a wonderful year with everyone in the department participating. You will receive in the mail shortly the list of individual art contest categories available with GFWC and awarded at state convention. Please look over this list and participate. You can win an individual award for your writing or your painting or photograph.

Civic Engagement & Outreach – Karen Fields and Maureen Taylor

We are excited to be hosting the February meeting in Rm 205. Our speaker this month will be Lady June Cole; President of The League of Women Voters. Civic Engagement will be collecting for Clean of Hearts. Clean of Hearts provides showers and a laundry service for the homeless of Columbia. Please consider donating the following item; small Vaseline, individual snack trail mix/crackers, hotel size lotion, shampoo, conditioner, disposable razors, deodorant, emery boards, Q-tips, laundry detergent, spray stain remover, new underwear, new socks, belts – new or gently used sized 32-54. Karen will be waiting at the door for all of your kind donations. We will also have a chance for you to take home some coffee and tea, donations for the chance to win will be donated to Oliver Gospel.

Education and Libraries – Frances Hill

The Education and Libraries CSP met earlier this month to formulate plans for the remainder of the club year. We will be stocking the lending library at Irmo Town Park and hosting the general meeting in March.

Our CSP voted to donate \$150 to Harbison West Elementary School for their kindergarten snack fund. We will also be giving the school a box of 3 ring binders and some composition books from a member's workplace.

We are pleased that our club will once again be able to award 3 scholarships to deserving students at Palmetto Place Unaccompanied Youth Home, Epworth Children's Home and Transitions Homeless Shelter. Funds for the scholarships will be made available through a \$4,000 grant awarded our club by Irmo Town Council. Many thanks to those of you who attended the recent Irmo Town Council Workshop where our request was discussed and the funds were approved.

Hope to see many of you at our February meeting!

Environment – Ann Martin

Please continue to save the tabs from canned drinks, real cork corks, and batteries for recycling. You can bring these items to the meeting this month and someone from our CSP will recycle them for you. If you recycle them yourself, please let me know so we can keep this information for reporting. Also, please notice that most grocery stores are recycling more than regular plastic bags. Some also accept other types of soft plastics. A few have a place for foam recycling such as egg cartons. Don't forget that Riverbanks Zoo will be having a big recycling event on Feb. 26, 8am-12pm. This event will

include electronics, scrap metals, tires, and paper shredding. Check your flyer included in the newsletter last month. Thanks for doing your part to improve our environment!

Leeza's Care Connection has reached out with a need for people to help with their Silver Lining Club which meets at St. Mary's Episcopal Church on Wednesdays 10:30-2:15. Please contact Barbara McCormick at 803-788-7525 if you are interested.

Health and Wellness – Becky Travis

The dark days of winter may be cozy, but they're also the time of year when it's easier to hit the snooze button on your alarm than meet a friend for an early morning walk. It turns out there's an interesting reason for this. Chilly winter days mean less sunlight, which supplies us with vitamin D. The lower our vitamin D levels, then lower our fitness levels, according to a study published in the *European Journal of Preventative Cardiology*. There's no reason we can't defy the odds this winter and be our healthiest selves. Please read this list of innovative tips to boost your energy.

1. **Balance your plate.** We should stay hydrated and eat consistently healthy throughout the day. When you do sit down to a meal, your plate should be filled with one-fourth carbs, one-fourth protein, and one-half non-starchy vegetables, such as salad, broccoli, asparagus, and green beans.
2. **Snack smart.** It helps if your favorite snacks are healthy, simple to make and low in carbs. Popcorn and nuts are quick and there are several great recipes to try in this area.
3. **Try not to self-sabotage.** Sometimes we're our own biggest barrier to getting the exercise we need to boost our energy and mood. It is easy to tell yourself that it's too cold to be outside this morning and you ignore your alarm for a walk. Practice positive self-talk and focus on how happy you'll feel when you accomplish your goal of walking or exercising.
4. **Be prepared.** In Norway, they say there's no such thing as bad weather, only bad clothes. That's why preparation is key. Check the weather forecast and put out your gear the night before. It's a reminder that can make it harder to skip your workout. Make movement a habit. Our workout outfit is ready, and you have a plan to exercise. These steps change your attitude and perception about being active. If you do this, before long you'll start to see yourself as an active person who seeks out movement.

Please wear your favorite **RED** to our February meeting. We were not together on February 4th – the official day - so let's celebrate our heart health at our meeting. Wear your "Red Dress" lapel pin, too!

We would like to help Virginia Food Pantry. The following list contains items they need. Thank you for your support!

Fruit – 15oz can	Chunk Chicken brst-12.5oz can
Peanut Butter – 18oz jar	Jelly – 32oz jar
Green Beans – 15oz can	Rice – 2lb bag
Corn – 15oz can	Pasta – 16oz box
Soup -10.5oz can	Cereal – 1lb box
Diced Tomatoes – 15oz can	Pasta Sauce – 20 to 24oz jar

IMPORTANT DATES TO REMEMBER:

Newsletter due to Kaye – 2nd Friday of the month

February 28 - General Meeting Room 205 at 7 pm – Saint Andrews Presbyterian Church

March 14, Arts Department Banquet – Nick's on Sunset Blvd 6:30 pm

March 15, Clubwoman writing contest deadline--short story, poetry, and creative writing to GFWC-SC

March 31 Bunco – Saluda Shoals Park

April 29, Photography contest deadline, GFWC-SC