

SMILE AND BE HAPPY

2021-2022

St. Andrews Woman's Club

Contact: Daryl Hendrix, president daryl636@aol.com



2022 MARCH NEWSLETTER

Officer Reports:

President - Daryl Hendrix

We are all getting excited about BUNCO on Thursday, March 31 at Saluda Shoals. Let's turn out wearing our aprons, our Big smiles and our volunteer spirit. It is going to be a GREAT evening for everyone. Thanks to so many who have worked organizing this event.

Our next meeting will be in the **Great Hall at the church on Monday, March 28, at 7 pm.** We will have election of officers during this general meeting. Education & Libraries will host this meeting. If you cannot attend, please let Susan Dox know.

Kristin Fields and Kaye Jones have sent out a link from GFWC if you would like to contribute to the people of Ukraine. I know our prayers are with all of them.

<https://www.gfwc.org/news/gfwcs-thoughts-are-with-the-womens-club-of-ukraine/>

1st Vice President – Laurie O’Kelly

Happy Spring! The March 15 reports have been submitted. I look forward to seeing everyone on March 28.

2nd Vice President – Terri Boltin and Debbie Bell

No report

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

Looking forward to seeing everyone at Panera at 6 PM on Tuesday evening. Get food and be ready to start business by 6:15. We have sold just about all of our tickets. We need to go over our punch list for the 31st. I know everyone is looking forward to hearing about silent auction items and what is on the menu.

We just know this will be a fun and successful event...thank you in advance for all of your effort!

Also reminding all that we need your name labeled card tables brought to our meeting...we need every seat!

March 31...we will gather at the starting gate at 5 pm! Off to the races!

Tally Ho!

Secretary –Susan Dox

Happy Spring! Please review the attached minutes & advise if any corrections. Many thanks to Ann Martin who is filling in for me at the March board & general meeting!

Treasurer – Katherine Keckeisen

Our SAWC checking account available funds balance is \$14,759.01. Our savings account balance is \$3,358.43.

Looking to a fun Bunco Night!!

Advisor – Gail Elfert

The remaining **SAWCy Soap** products will 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** (85 bars left)
- Scented CANDLES = **\$7** (40-hour burn time!) (38 candles left)
- LIP Balm = \$2 (4 delicious flavors!) (20 left)
- Wooden SOAP DECKS = **\$5**
- Foaming hand soaps = **\$7** (only 2 left)
- Body Butter = **\$7** (11 jars left)

I will also have a couple of our SAWC aprons available at the meeting for last minute buys at the great price of \$10!

A small group of SAWC past presidents will be going to the beach for their annual retreat (after 2 years of not being able to meet!), but then on April 7th, a large contingency of past presidents will reinstate the tradition of having a dinner with the new members as a way of welcoming them into the club. How wonderful it is to actually be able to return to some of our favorite traditions!

Community Service Project Reports: **Arts and Culture – Dianne McCarty and Pam Johnson**

What an exciting March! One of the best things to come out of March is youth art month. Pam and Dianne met up in Beaufort, South Carolina for an executive committee meeting of the arts and culture CSP. Much was learned and accomplished. A lot of shrimp and ice cream was eaten too. We were given a lot of books for our little library box. We visited museums. Learned a lot about Geechee literature and bonded in friendship. Pam learned about a new Beaufort that she did not know existed.

Please check out the great art exhibit at the Irmo branch library on Saint Andrews Road from the Nursery Rd. Elementary school art students. The display in the library is fantastic. Carol Ann did a wonderful job.

Saint Andrews Woman's Club has been nominated by Lexington /Richland School District 5 for some award I've got a copy of the award but I'll get I'll get this to you.

Dianne is working at Harbison West with our canvases that we purchased back last summer. The third grade have been using those canvases. Pam and Dianne are also working at Logan Elementary School with canvases for the third grade there. We will also be collecting art supplies for Logan Elementary School to the March general meeting.

The Arts and Culture CSP held our banquet at Nicks on March 14. We have completed all goals set out at our June meeting in 2021. We are very, very happy. Needless to say a good time was had by all.

Pam Johnson is working on the sign for a little library box at the Irmo Town Park; hopefully by the time we have our general meeting, the sign will be in place.

Our Buford trip will take on a different perspective. Linda Shealy Davis is up to her eyeballs planning trips for her church. The cost associated with taking a bus into historic Beaufort makes a bus trip unfeasible. Dianne is moving there and will have extra parking in the marina if a small group wants to come down for a day trip in May or June before it gets too hot. We will need someone to coordinate this trip.

Civic Engagement & Outreach – Karen Fields and Maureen Taylor

No report

Education and Libraries – Frances Hill

The Education and Libraries CSP looks forward to hosting our General Meeting on March 28th. We are excited to have as our speaker Sarah Ostergaard, Magnet Lead Teacher at Irmo High School International School for the Arts. Some of you may have read one of her monthly columns in **The New Irmo News**.

Our CSP is most grateful to the Town of Irmo for awarding SAWC an NPO grant in the amount of \$4000. This money will enable us to provide scholarships again this year to a recipient at Palmetto Place Unattended Youth Home, Epworth Children's Home and Transitions Homeless Shelter. Thanks to those SAWC members who attended the Irmo Town Council meeting Tuesday night for the presentation of the check.

The Book Club members are currently reading **Wish You Were Here** by Jodi Picoult. You still have a couple of weeks to read this story set during the pandemic! We will meet at Panera Bread on Bower Parkway at 6:30 pm, April 5, for discussion of this book. We would love to have you join us!

Environment – Ann Martin

Happy Spring to all! Even though this warm weather makes us want to rake up the leaves in our flowerbeds and trim the dead branches, we need to wait until the temperatures are constantly above 50 degrees. Many butterflies, bees, and other pollinators are overwintering in the hollowed out stems and dead leaves. Please don't throw away our bees and pollinators!

Keep the Midlands Beautiful is sponsoring a shoe drive for developing countries. You can recycle gently used, still wearable shoes at the administration building for the town of Irmo or bring to the meeting and we will recycle for you.

There will be a big recycling event for *Lexington* County residents on April 23 at Batesburg-Leesville High school from 8-12. Check keepthemidlandsbeautiful.org for what can be recycled here.

Remember that **no electronics** should be thrown in the regular garbage.

Richland County hazardous waste may be recycled at the landfill at 1070 Caughman Road. We are all looking forward to a fun evening of Bunco. Many thanks to the very hard working committee who is making this happen!

Health and Wellness – Becky Travis

Health and Wellness would like to thank our members for being so generous for the Virginia Wingard Food Drive. Jim Browning, with Virginia Wingard, was very pleased with the food. He said, "Wow, that sure is a lot of food!"

Watch for our Pinwheels in April!

There will be a pop quiz at the meeting about the Health Tip. Be sure to read that article! Did you know that treating others warmly can lift you up, body and soul? Good Housekeeping

examines how going the extra mile for someone else can do a lot for our collective well-being.

Kindness isn't just a happy-face emoji or a cherry-on-top thing. Kindness is one of the main reasons people have been able to survive and thrive in communities for thousands of years due to cooperation and collaboration. It seems more important than ever given the challenges we're facing today.

Kinder communities help us live longer. This is true on an individual level. Our bodies work better when our lives are filled with more empathy and kindness. It doesn't make us immune to the stressors and dangers around us, but kindness helps us do better mentally and physically with whatever illness or other adversity shows up.

Practicing kindness significantly improves our own physical well-being. Even after accounting for differences in factors like age, gender, education, personality and mental health, studies show that kinder behavior is linked to having fewer health problems – such as heart disease, sleep disorders and even hearing loss – and greater longevity.

Being kind can help lower blood pressure and anxiety. Helping others even lessened symptoms of depression in people who had lost a spouse. A recent review of data, from nearly 200,000 research participants around the world, found that prosocial behavior (things like donating money to charity, volunteering and spontaneously helping) was linked to better physical and mental health.

HEALTH TIP

Why Being Kind is Good for your Health

What makes these acts of kindness so powerful? Think of life partly as a series of choices. Each daily choice either nurtures our emotional well-being or aggravates stress, and that helps or hinders our physical health. Practicing kindness is on the helping side of that equation.

Kindness triggers a neurochemical response. Good deeds generate feel-good hormones, and they decrease our stress hormones.

Kindness + empathy = turbocharged benefits. One way to amplify the effects of kindness on our health is to understand how it connects with empathy – feeling what someone else is feeling. Empathy can be a strong motivator for kind behavior and can make kind actions more powerful.

Studies have found that when people give to charity and think their money has had a positive impact on others, the emotional benefits of that spending increase. Volunteering seems to have a similar effect. People who volunteered tended to live longer than those who didn't. If this sounds like a stretch, remind yourself that being kind doesn't mean you're letting other people walk over you or that you can't set boundaries when you're asked to help. Kindness is a matter of treating others with dignity and respect even when you disagree with them.

IMPORTANT DATES TO REMEMBER:

Newsletter due to Kaye – 2nd Friday of the month

SAWC Board meeting - March 21, 7 pm

SAWC General meeting– March 28, 7 pm

Bunco – March 31, 2022 6:30 pm Saluda Shoals Park