

# THE WOMAN'S WAY

A WOMAN IS THE FULL CIRCLE.  
WITHIN HER IS THE POWER TO CREATE, NURTURE AND TRANSFORM.

FUQUAY VARINA WOMAN'S CLUB  
APRIL, 2019



Julia Yeargan President [juliayeargan@embarqmail.com](mailto:juliayeargan@embarqmail.com) 919-552-2912  
Nancy Randolph, First Vice President, [nancytt@embarqmail.com](mailto:nancytt@embarqmail.com) 919-567-2991  
Barbara Kennedy, [ncbarbk@gmail.com](mailto:ncbarbk@gmail.com) 919-285-3422; Patty Byrne,  
[pbyrne@fuquayinn.com](mailto:pbyrne@fuquayinn.com), 919-552-6415, Second Vice President  
Joyce Wagner, Third Vice President, [jwagz@nc.rr.com](mailto:jwagz@nc.rr.com) 919-557-6222  
Madonna French, Recording Secretary [madonnafrench1@gmail.com](mailto:madonnafrench1@gmail.com) 765-661-4969  
Jeanette Castro Corresponding Secretary [jcrab02@yahoo.com](mailto:jcrab02@yahoo.com) 845-598-6751  
Victoria Currin Treasurer [Victoria.Currin@hotmail.com](mailto:Victoria.Currin@hotmail.com) 919-552-0553



## PRESIDENT'S KEY NOTES

Spring is here and our garden is growing! Several new members have joined our club and at each meeting we have visitors who are interested in learning about us. These ladies bring lots of enthusiasm and new ideas. Let's make them all feel welcome.

April is Community Service Month, which our club certainly embodies with all the projects we support. Many of us also volunteer in other ways to help our community. Keep up the good work!

A few of us will be attending the State Convention in Wilmington on April 26 and 27. This is a great opportunity to learn more about GFWC-NC and meet other dedicated club members.

The Box Lunch is coming up on May 8 and 9. This is one of our biggest fundraisers and we need everyone to help. Be ready to sell lunches, bake, rinse, slice, bag, assemble, deliver, and have fun! Working together on this is a wonderful way to get to know our members better.

"Volunteers are the only humans on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another." Erma Bombeck

Keep Growing Our Garden.



## MEMBER NEWS

### GFWC PRESIDENTS PROJECT: HEALTHY WOMEN

Sleep is an important aspect of health. As we age, many of us will experience interrupted sleep due to bathroom demands, constant thoughts, eating wrong combination of foods, hormones, etc. There are some behaviors that will help with sleep hygiene. 1. Limit fluid and caffeine intake after 6 pm. 2. Have a consistent bedtime. 3. Cut stimulants out after 6 pm such as nicotine, alcohol, coffee. 4. Turn off all devices, blue lights reduce serotonin making you feel more alert. 5. Chill out use bedroom for sleeping not reading, computer, TV etc. Temperature between 65-75. 6. Watch what you eat i.e., high acidity, heavy meals, if you want a snack before bedtime a cracker or piece of toast will do. 7. Have physical activities done by 7 pm. 8. Start dimming lights by 8 pm. 9. Have a night time ritual i.e., laying clothes out for next day, hot shower, quiet or meditation. Continue to drink 6-8 glasses of water, eat rainbow meals and continue walking.

YOU'RE INVITED: **Saturday, May 4 at 10:00 am** to tour Plant Delights Nursery at Juniper Botanic Garden, located at 9241 Sauls Road, Raleigh, off 42 East towards Willow Spring. This local, family owned garden was established in 1988 by Tony Avent to specialize in perennials, new and exotic plants, American native plants, and plants from around the world (over 24,000 types of plants!). Enjoy a self-guided tour; stay as long as you like, maybe pack a light lunch or snack, and stop by the nursery shop for some healthy and beautiful plants to take home. For more information, go to <http://www.plantdelights.com>

### ITEMS TO BRING TO APRIL MEETING

**Public Issues:** PLASTIC SHOPPING BAGS to make bed rolls for homeless veterans. Barbara Lawrence will collect them.  
**(Back pack buddies)** Mac & Cheese bowls, Soup, Chef Boyardee cups, granola bars, individual cereal boxes, peanut butter; pudding (all can be purchased at Dollar Store);

## Julia Ward Howe

Julia Ward Howe was the fourth of seven children born in New York. Her father **Samuel Ward III** was a **Wall Street stockbroker** and banker, and her mother was the poet Julia Rush Cutler,<sup>[2]</sup> related to **Francis Marion**, the "Swamp Fox" of the **American Revolution**. She died of tuberculosis when Howe was five.

Julia was educated by private tutors and schools for young ladies until she was sixteen. She was well-read and social. Her brother, [Sam](#), married into the [Astor family](#),<sup>[6]</sup> allowing him great social freedom that he shared with her.

While in Boston, she met [Samuel Gridley Howe](#); a physician, reformer and abolitionist; who founded the [Perkins School for the Blind](#). They had 6 children and she raised their children in [South Boston](#), while her husband pursued his advocacy career. She was very unhappy but kept this hidden for a while. They purchased a home in Portsmouth, Rhode Island where she began to write, study foreign languages and attended lectures. She wrote essays and poetry and the right to free slaves. This was totally against her abolitionist husband's beliefs. Because her poems criticized the roles of women, her marriage suffered. Later she and Samuel separated.

Howe's writing and social activism were shaped by her upbringing and her difficult marriage influenced her work. After a trip to Washington D. C. and meeting President Abraham Lincoln, she wrote the words of "The Battle Hymn of the Republic. Her words were set to the existing music lyrics of William Steffe and was published in February 1962. It quickly became one of the most known songs of the American Civil War. This made her well-known and it made her relationship with her husband more difficult and strained. After the war, Julia began to focus on women's suffrage and became active with groups, speaking and writing. She became president of the Massachusetts Woman Suffrage Association. After her husband's death she became more intentional to advocate for women's education and she became the editor of *Women's Journal*. This was a popular magazine and for 20 years she contributed. In 1872, she wrote an "Appeal to womanhood throughout the world". This later became what we know as Mother's Day. It was a request for women to join together for world peace.

In 1881, Howe was elected president of the [Association for the Advancement of Women](#). Around the same time, Howe went on a speaking tour of the Pacific coast, and founded the Century Club of [San Francisco](#). In 1890, she helped found the [General Federation of Women's Clubs](#), to reaffirm the Christian values of frugality and moderation.<sup>[2]</sup> From 1891-1893, she served as president for the second time of the Massachusetts Woman Suffrage Association. Until her death, she was president of the New England Woman Suffrage Association. From 1893 to 1898 she directed the General Federation of Women's Clubs, and headed the Massachusetts Federation of Women's Clubs.<sup>[2]</sup> In 1908 Julia was the first woman to be elected to the [American Academy of Arts and Letters](#), a society; its goal is to "foster, assist, and sustain excellence" in American literature, music, and art.<sup>[25]</sup>

October 17, 1910, at her Portsmouth home, Julia died at the age of 91. At her memorial service approximately 4,000 persons sang "Battle Hymn of the Republic" as a sign of respect as it was the custom to sing that song at each of Julia's speaking engagements. In 1998, she was inducted into the [National Women's Hall of Fame](#).<sup>[38]</sup>

District 6 Art festival music winners. The Festival was in downtown Raleigh on February 16, 2019.



Thank you for help with the Fuquay Varina Baptist Women's Ministry. They collected over 200 undergarments and filled 16 pocketbooks with hygiene items and makeup. In addition, we had 5 backpacks. Alice McGee with Church in the Woods indicated she had just given out of undergarments so our timing was perfect.



## Treasurer's Report – VICKI CURRIN

FV Woman's Club 3/1-31/2019

|  |    |        |                 |
|--|----|--------|-----------------|
| <b>BEGINNING BALANCE IN GENERAL FUND</b>               |    | \$     | 12,999.30       |
| <b>INCOME TO GENERAL FUND (funded by fundraisers):</b> |    |        |                 |
|  |    | \$     | <u>-</u>        |
| <b>TOTAL GENERAL FUND INCOME</b>                       |    | \$     | 12,999.30       |
| <b>EXPENDITURES TO GEN FUND</b>                        |    |        |                 |
| Cassidy English- Arts best in show                     | \$ | 25.00  |                 |
| HL elderly bingo L Phipps                              | \$ | 18.00  |                 |
| Cons- Friends of Museum -Natural Science               | \$ | 150.00 |                 |
| HL Backpacks - K Koch                                  | \$ | 105.96 |                 |
| HL-Boys & Girls home -std donation                     | \$ | 50.00  |                 |
|  |    | \$     | <u>(348.96)</u> |
| <b>TOTAL FUNDS IN GEN FUND</b>                         |    | \$     | 12,650.34       |
| <b>BEGINNING BALANCE IN CLUBHOUSE</b>                  |    | \$     | 7,202.22        |
| <b>INCOME TO CLUBHOUSE</b>                             |    |        |                 |
| Aglow 2/23   | \$ | 75.00  |                 |
| cash   | \$ | 150.00 |                 |
| G. Byrd  | \$ | 75.00  |                 |
| Garden club - Mar                                      | \$ | 60.00  |                 |
| Church - Mar   | \$ | 375.00 |                 |
|  |    | \$     | <u>735.00</u>   |
|  |    | \$     | 7,937.22        |
| <b>EXPENDITURES TO CLUBHOUSE</b>                       |    |        |                 |
| Duke Energy - Mar                                      | \$ | 72.50  |                 |
| PSNC -3/6  | \$ | 101.05 |                 |
| T of FV- 3/29  | \$ | 42.87  |                 |
| Dickens HVAC   | \$ | 707.72 |                 |
| Simmons - p towels & tp                                | \$ | 24.11  |                 |
| Simmons - p towels                                     | \$ | 6.25   |                 |
| <b>TOTAL EXPENDITURES</b>                              |    | \$     | <u>(954.50)</u> |
| <b>TOTAL FUNDS IN CLUBHOUSE</b>                        |    | \$     | 6,982.72        |
| <b>BALANCE IN FEDERATION (OPS)funded by club dues</b>  |    | \$     | 4,415.66        |
| <b>INCOME TO FEDERATION (OPERATIONS)</b>               |    |        |                 |
| Dues   | \$ | 40.00  |                 |
| nametag  | \$ | 10.00  |                 |
| <b>TOTAL TO FEDERATION (OPS) INCOME</b>                |    | \$     | <u>50.00</u>    |

|   |    |       |             |
|---|----|-------|-------------|
|   |    | \$    | 4,465.66    |
| <b>EXPENDITURES TO FEDERATION (OPs)</b> |    |       |             |
| Fairway printing - nametags             | \$ | 48.26 |             |
|   |    |       | \$ (48.26)  |
| <b>BALANCE IN FEDERATION (Ops)</b>      |    |       | \$ 4,417.40 |

|                          |    |               |
|--------------------------|----|---------------|
| GENERAL FUNDS            | \$ | 12,650.34     |
| CLUB HOUSE               | \$ | 6,982.72      |
| Federation / OPERATIONS  | \$ | 4,417.40      |
| FV Town Tech Scholarship | \$ | 2,572.02      |
| MEMORIALS                | \$ | 25.00         |
| CIP                      | \$ | 316.50        |
| ART DEPT FUND RAISER     | \$ | <u>355.35</u> |
| <b>TOTAL FUNDS</b>       | \$ | 27,319.33     |

30 Month CD - reworked 19M CD matures  
4/5/19 \$ 14,431.26  
Theatre Arts from defunct FV Theater group (\$1940.42)  
Bobbie Asad "tiger" sale donation (2000 for Caboose)(200 Christmas kids)(300 TBD)  
\$2000 Duke - Federation

## CLUB NEWS

### Reporting - First Vice President: **NANCY RANDOLPH**

Please hand in your quarterly reports to me at the April meeting if you have them.



### Ways & Means – Second Vice President: **BARBARA KENNEDY AND PATTY BYRNE**

The master list of businesses for Box Lunches was sent out on March 20th. The Box Lunch is held at the Methodist Church on Wednesday, May 8th and Thursday, May 9th. Please make sure you have signed up to make Earthquake Cakes and if not, email Shirley Simmons. We need everyone's help for our big money making project.

**CAKE BAKING:** Your mix, pan, nuts and recipe will be arranged under your name at the April meeting. If you don't plan to attend April's meeting or cannot, let Shirley know how to get these things to you. We will need all the cakes to be baked. Bring your baked cakes to the First Methodist Church on Main Street on Wednesday afternoon May 8th as we work. You may bring your cakes on Thursday morning if you are coming to work at 6:00 a.m. They will be needed then so Nancy can cut them, and then we can begin the assembly line.

**BOX LUNCH SALES:** ASAP but before deadline of May 2nd to Shirley Simmons, **552-5562 or [ernshir@embarqmail.com](mailto:ernshir@embarqmail.com)** . Duplicate the order [victoria.currin@hotmail.com](mailto:victoria.currin@hotmail.com). Please turn in all money to Vicki. Vicki and Shirley will coordinate the tally. **DELIVERY:** Give the time the lunch is needed and who will deliver to Shirley for the delivery sheets. We will also need people to help deliver other orders. If you can help deliver let Patty Byrne know at [pbyrne@fuquayinn.com](mailto:pbyrne@fuquayinn.com). If you can get an order and deliver from someone not on the list, please go for it. Barb and Patty will be at the meeting to help field questions for this important Ways and Means Project. This is our major fund raiser, and we need everyone's help.



### Membership – Third Vice President: **JOYCE WAGNER**

Welcome new members Ruth Olive and Jan Seagroves! We were pleased to have Angela French visiting us at our March meeting and returning visitor Jean Carroll, who plans to join us in the fall.



## **Public Issues – Chairs: ANNALEE RICHARDSON AND FAITH**

### **JUNGHAHN**

The Public Issues CSP will visit the women's prison in Raleigh on July 16 at part of the Chrylasis Program. We will conduct a meeting for those prisoners that have earned the right to participate with us. Security clearance is required and the forms will be passed out at the April meeting. If you sign up, you must. If you withdrawal, no one can attend in your place. Our activity will be Dani from OSi. She has presented in the last two years.



## **Arts – Chairs: MARTHA SMALLWOOD AND JHAMI WUNSCH**

No report this month.



## **Conservation – Chairs: SANDY ALLEN AND PAM BOOKER**

WELCOME this month's guest speaker, Laura Grandlienard , owner of ROCKin'teriors, the Triangle's only woman-owned , most ecofriendly natural stone fabricator and installer. Her journey and mission is impressive as she has implemented conservation initiatives that have won national AND international acclaim while providing homes and businesses with beautiful natural stone products. For more information, go to [www.rockinteriors.com](http://www.rockinteriors.com)

HOW DO YOU ANSWER “paper or plastic ma’am?” To be brief, the ideal answer is “Thank you for asking but neither, I brought my own bag(s)”. Now the question is what type of bag is the best for you and the environment? In short, whatever you already have that is REUSEABLE, meaning all those paper and/or plastic bags that you have stuffed away from past shopping trips and still in good condition. Once those wear out, most paper bags can be recycled in your home bin BUT take plastic bags to a recycling OR a bag collection center (see below for idea for discarding those plastic bags\*\*\*). Then, instead of collecting more paper or plastic bags consider purchasing reusable plastic shopping bag (s) made of recycled plastic that is durable, easy to clean , and preferable over cotton bags which are not as durable and use more natural resources to make and to clean. Reusable bags are available at most grocery/discount stores or online (@ \$.99 -\$3). Just remember to take them each time you shop!!!



## **Home Life – Chairs: BARBARA KENNEDY AND LESLEY PHIPPS**

We need to continue to support Back Pack Buddies for April. We appreciate your donations.



## **Education – Chairs: SHIRLEY SIMMONS AND DOT MAYS**

Education is still looking for contributions of Children's Books, gently used, if members have any to donate. We intend to provide them to a local children's program with the Dr. Seuss books going to our collection for GFWC.

Our interviews for the Fuquay-Varina Technical Scholarship will be in late April. The deadline for applications is April 15.



## **International Outreach – Chairs: PATTY BYRNE AND MORGAN CULLISON**

Our emphasis for April is the Mission to Mexico project that we support each year. We will be collecting donations at our April meeting. Mr. Pat Pace and his team from Brownsville United Methodist Church continue weekly trips carrying much needed food, clothing and medicine to the Laguna Madre region in northeastern Mexico just south of Brownsville, Texas. Our connection with this project began many years ago when our former Fuquay-Varina Woman's Club president, Mrs. Ruth Chosey, took annual trips to help carry goods to this impoverished region. With your help, our committee hopes to make a generous donation to this project again this year. We thank you for your kind support at our February meeting when we passed the hat for our Operation Smile project. We were able to meet our goal of \$240 which will pay for one cleft palate operation. Think of how greatly one life will be positively changed by our help. We want to thank Gloria and Bonnie for sharing the information last month for International. Great job ladies.



## **SOCIAL – Chair: Bev McDougal**

Spring banquet will be Monday, May 13, 2019 at 6:30 p.m. at the clubhouse. It will be catered and the cost is \$10. Please bring your check or cash to the April meeting and give to Bev McDougal. You may also hand in your dinner request at the April meeting.

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Lunch Bunch to meet on April 16 at The Tap House (Aviator) 600 Broad Street, Fuquay Varina at 11:30 a.m.

## **House & Grounds - Shirley Simmons and Dot Mays**

The House & Grounds committee will appreciate any volunteers who might be willing to help with a spring cleaning of the clubhouse. We will announce a date at the April 8<sup>th</sup> meeting. We thought this might be the best time, since the May social will be held in the clubhouse and we wanted everything to be “spick and span.”

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**SPRING BANQUET AT THE CLUBHOUSE**

**APRIL EVENTS CALENDAR**

|         |                     |  |                   |
|---------|---------------------|--|-------------------|
| 4/8/19  | 6:45 p.m.           | FVWC General Meeting<br>(Conservation) | Clubhouse         |
| 4/11/19 | 6:30 - 9:30<br>p.m. | Concert (Jim Quick & Coastline)        | Centennial Square |
| 4/24/19 |                     | GFWC Federation Day                    |                   |
| 4/25/19 | 6:30 - 9:30<br>p.m. | Concert (Liquid Pleasure)              | Centennial Square |
| 4/26/19 |                     | National Arbor Day                     |                   |
|         |                     |  |                   |
|         |                     |  |                   |