



Mayfield Women's Club, Inc. GFWC/Ohio

Newsletter April 2022



General Meeting: Monday, April 18, 2022
Mayfield Village Community Room
6621 Wilson Mills Road, Mayfield Village

Board Meeting: 6:00 PM

General Meeting: 7:00 PM

Greeting Hostess: Sue, Arrive at 5:30 PM *Bring a Devotion to read*

Serving Hostesses: Nancy, Peg, Sharon, Patt
[Serving pre-packaged refreshments—**Members—Bring your own beverage**]

Program: "A Presentation by Carolyn"



Wearing a mask in the Community Center is your choice. It is no longer mandated.

Messages from Our Co-Presidents



Here we go again.....

What a wonderful educational and entertaining evening at the International Night Scholarship Fundraiser.

Thank you to Marie, Vaughn, and their Committee members. *Thank you* to the presenters for their displays and treats. *Thank you* to Audrey for facilitating the Split Raffle. *Thank you* to all our Club members who bought raffle tickets and those who generously donated checks towards the scholarships. Also, *thanks* to Marie for providing the tasty strudel and Barb for the delicious tortes. Once again many *thanks* to Marcia for keeping us all informed.

Happy Passover and **Happy Easter!**

See you at the April meeting!

Co-Presidents ~ Loretta and Diana

Co-President's Requests:

- ★ From Loretta/Diana: Please email Loretta & Diana your agenda topics you want to discuss at the Board and/or General Meeting by Thursday, April 14th. The topics will be added to the meeting agenda.
- ★ From Diana: Diana has several men's neck ties. She is asking if any Club members are crafty/creative or know of someone who is and can use the ties with their creative work. Please contact Diana directly.

Committee Updates

Education and Scholarship Committee

Applications for our local scholarships have been collected and are now being reviewed.

~ Carolyn

Home Life

April is Stress and Anxiety Awareness Month. I personally don't need to be reminded about this topic! Mental health issues have risen in the last couple of years, mainly due to the effects of the pandemic. We are worried for ourselves, our loved ones, friends and others. Many of us have problems sleeping. Here are a few tips to help manage stress:

1. Eat healthy. It may seem right at the time to consume "comfort food", but eating unhealthy food only adds to the problem. Eat more fruits and vegetables, whole grains, lean protein, and nuts. **Cut the sugar, caffeine and fats.**
2. Exercise. Exercise doesn't have to be strenuous to be of benefit. Walking is good, especially outside. Enjoy the new plants that are coming up and the leaves returning to the trees in April.
3. Do Yoga, meditate, or pray. All of these will calm our minds.
4. Take time out from your daily routine to listen to music, call a friend, or watch a comedy movie or show on TV. **NO NEWS!**

Smile at people you meet ~ They will smile back!



~ Diane

International Committee

A personal **thank you** to everyone who was involved with our International Fundraising events this year. I have always felt so fortunate to work together with so many dedicated friends and members.

Our International Scholarship Dessert was such a lovely evening! Sharing the wonderful displays and talks created and delivered by members – told me so much of areas I am not familiar with, and coming from our own members it was even more special. So much time and work went into making the evening – a night to remember. **Thank you** ❤️ to everyone involved.

Take care of yourselves, stay safe and welcome spring, as our dormant world starts to reawaken.

~ Patt, Chairperson

Lake Erie District

March 19th, Legislation Day was hosted by the Eastlake Women's Club at the Captain's Baseball Park. It was three years since our last meeting due to Covid. Five members represented our Club. There was much covered on the agenda. Breakfast sessions were formed into five groups for viable discussions pertaining to district membership, organization, etc. Many topics were shared by the groups. Data will be shared with others at the GFWC/Ohio Convention at the end of April.

Reminder: Our Club will be hosting Information Day come late Summer. A committee will be formed at our next Board Meeting.

My personal note: I deeply appreciated your many cards/thoughts of sympathy on the death of my dear Mother. She was 101 years old. Memories and blessings abide within my heart. To each of you, my gratitude.

~ Betty Jo

Social Committee

The Social Committee is organizing a Cinco de Mayo luncheon on Wednesday, May 11th. It will be held at Don Ramon's in the Greens of Lyndhurst at 12 Noon. There will be a sign-up sheet at the April meeting, or you can contact Barb, no later than Thursday, May 5th if you plan to attend. We need to get the number of people for the group reservation to Don Ramon's several days before the event. We look forward to seeing you there!

~ Barb

The Bonco Game scheduled for April 12th at Barb Prophal's home has been **cancelled**. If another Club member would like to take over handling this game on another day in April or in May, please contact Pat.

~ Sue

Ways & Means Committee

What an enjoyable evening we shared at the International night! It was quite a treat to gather and get to know a little more about each other. All of the yummy dessert treats were interesting and tasty. Thanks for providing them, ladies! Thank you Members, for your gracious and generous response to this annual Mayfield Scholarship Fundraiser. Our gratitude goes out to the committees for advice and help in the planning and preparation, as well as to those who presented. Pictures from the event are on the Club website, with each ethnic table represented.

Gail, our Club's "Avon Lady" will help us with our Spring Fundraiser. Books will be available at our April 18th General Meeting. Also, we will be able to order online, and opt to have our order shipped directly to our homes or through Gail. The website: www.avon.com/repstore/gailgray. When the page appears, you'll see Gail's online store and "Welcome to Gail's Online Store". And, to the left of the picture, not Gail's, but a place to click "Shop with Me". We will participate in **Campaign #10**. Gail has been a constant support and friend to our Mayfield Women's Club and we always delight in her presence. Thank you, Gail!

~ Marie

Welfare Committee:

A big Thank You to our Club members for your donations of food, cash and checks to Our Savior Lutheran Church Food Pantry. The combined total was \$287.00!

~ Chris & Marty

Always remembering our Club Members:

Please send Barb a Get Well card. She is recuperating from a fall in her home.



4/11 – Carolyn



4/11 – Diana



4/23 – Barbara



Passover begins
April 15

The May Newsletter information is due
on Sunday, May 1, 2022.



Newsletter Editor: Marcia



Upcoming MWC Fundraisers & Events

April

[Social:](#)

CANCELLED – Bonko --April 12, Tuesday

May:

[Social:](#)

May 11, Wednesday: Cinco De Mayo Lunch, 12 Noon – Don Ramon's in the Greens of Lyndhurst – Contact: Barb or Marie

June:

[Social:](#)

June 4, Saturday: Mayfield Women's Club Annual Meeting and Installation Banquet, 11:30 AM, Pine Ridge Country Club, Wickliffe – Contact: Diane