



Mayfield Women's Club, Inc. GFWC/Ohio

Newsletter

February

2022

General Meeting: Monday, February 21, 2022
Mayfield Village Community Room
6621 Wilson Mills Road, Mayfield Village

Board Meeting: 6:00 PM

General Meeting: 7:00 PM

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

Serving Hostesses: Cheney, Chris, Betty, Judy
[Serving pre-packaged refreshments—**Members—Bring your own beverage**]

Program: "Historic Movie Theaters of Downtown Cleveland" – Presented by Alan F. Dutka, Author



When inside the Mayfield Village Community Room – *Remember* – If you are walking, you are wearing your mask.....



Messages from Our Co-Presidents

Happy Lunar New Year! Feb. 1st began the **Year of the Tiger**.



We missed seeing all of you at the January meetings due to the snowstorm and cancellation of the meetings. Some of us did get together at the Arrabiata Fundraiser on January 26th. We are looking forward to seeing more of you at P.F. Chang's on Feb. 12th to celebrate the Lunar New Year. Otherwise, we will see you at the February 21st meeting. Remember to bring your \$\$ to support the Heifer Fundraiser Raffle.

Your Co-Presidents ~ Loretta and Diana

Committee Updates

Home Life/ Women's Health Committee

Greetings from sunny SW Florida!



February is American Heart Month. How appropriate since Valentine's Day is in February. A good time to show people you love that you appreciate them. Also a good time to show yourself some love by adopting some healthy habits. Kind of like New Year's resolutions in February. Heart disease is the Number 1 cause of death in the US for women. **WEAR RED DAY IS FRIDAY, FEBRUARY 4th THIS YEAR.**



Risk Factors for Heart Disease

Risk factors are conditions or habits that make a person more likely to develop a disease. They can also increase the chances that an existing disease will get worse. Many of the risk factors that affect men also affect women. Important risk factors for heart disease are:

- Having high blood pressure
- Having high cholesterol
- Unhealthy lifestyle
- Being overweight or obese
- Diabetes and prediabetes
- Smoking
- Being physically inactive
- Having a family history of early heart disease
- Having a history of preeclampsia during pregnancy
- Unhealthy diet
- Age (55 or older for women)

For more information go to: <https://www.nhlbi.nih.gov/health-topics/coronary-heart-disease>

~ Love to you from me, Diane

International Committee

Raffle!

“Help for Heifers – U.S.A. Raffle” ~ Three (3) First Prizes!

\$1 for one ticket // \$5 for 6 tickets

Helping people to help themselves!

~ Patt

Social Committee

LUNAR NEW YEAR LUNCHEON

P F CHANG'S

Saturday, February 12, 2022, at 12:00 Noon

26001 Chagrin Blvd., Beachwood

~ Marie

Ways & Means Committee

Our annual International Night event will support the **Mayfield High School Scholarship Fund** again this year and it's a social as well!

It will be held on a regular meeting night, Monday, March 21st in our Mayfield Village Community Center setting. And, it will have a different feel to it.

Due to our continuing COVID considerations, we anticipate international desserts, tea, and coffee, rather than a full meal as in the past.

Instead of our usual donations of prizes, we are asking for direct donations to the Mayfield Scholarship Fund. This would be in the form of checks made out to the Mayfield Women's Club, GFWC/OHIO. You decide the amount if your donation. We will respect your privacy, if you should want to remain anonymous.

We will also have a 50/50 Raffle!

We anticipate details and any possible changes will be discussed at the February Board meeting. Stay tuned!and check your March Newsletter for the finalized plans!

~ Marie

Welfare Committee:

Collection:

- Collection of corks (made of cork), for a teacher's STEM class.
- To make "Bags of Love" we would like new brushes, combs, lotions, washcloths, toothbrushes, toothpaste, shampoo, conditioners, soaps, socks, and devotional readings.
- We collect cookbooks and children's books, K-12.

- **NOTE:** The February meeting will be our **last** collection of 2022 calendars because January's meeting was cancelled.

Call me if any questions!

~ Chris & Marty

Slate of Officers for the 2022 / 2023 Club Year:

Below is the **second** presentation of the Slate of Officers for the 2022 / 2023 Club Year. It is required to be presented three (3) times to the Club members.

The Nominating Committee of Martii Lazar, Pat Marrone and Audrey Schmidt are presenting the following **Slate of Officers for 2022 / 2023 Club Year**.

Co-Presidents	Pat & Mary Ann
1 st Vice President	Sue
2 nd Vice Presidents	Joan & Sharon
Recording Secretary for both Board and General Meetings	Peg
Corresponding Secretary	Marcia
Treasurer	Audrey



Thank you for volunteering to serve in a leadership role! We look forward to working with you in the 2022-2023 Club year!

~ MWC Nominating Committee



MWC Website

Remember to check our Club Website for pictures of our many events!
 Press Ctrl and Click on this link [MAYFIELD WOMEN'S CLUB](#); then click on **SEE US IN ACTION** and click on an event in the listing! We photograph so well!!
 If you have pictures from an event, please send them to Diane Stevens, our Website Master!

2/14 ~ Pat



2/24 ~ Jeannie



2/24 ~ Betty Jo



The March Newsletter information is due on
Tuesday, March 1, 2022.



Newsletter Editor: Marcia



Upcoming MWC Fundraisers & Events

February

Social:

February 12: Lunar New Year Luncheon – PF Chang's – Contact Marie

Fundraiser

February 21: Help for Heifers ~ USA Raffle – Contact Patt

March

Fundraiser:

March 21: International Night ~To support the Mayfield Scholarship Fund –
Contact: Marie