



Mayfield Women's Club, Inc. GFWC/OFWC

Newsletter - September 2018

General Meeting: Monday, September 17, 2018; 7:00 PM
 Mayfield Village Community Room
 6621 Wilson Mills Road, Mayfield Village

Board Meeting: 6:00 PM

Greeting Hostess: Carolyn A-Arrive at 5:30 PM

Serving Hostesses: Chair) Peg D, Loretta D, Audrey S, Diana T



CO-PRESIDENT'S MESSAGE



We are looking forward to the new Club year and all that we can accomplish to make our community a better place. We have many goals. The first one is to find ways that we can get to know each other better. The "game" played at the Presidents' Picnic was a fun start to getting to know one another. Second, learn more about GFWC National, Ohio Federation of Women's Clubs, Lake Erie District, and how we all work together. Third, see how our projects and fundraisers tie in to the areas that we report on-Arts, Conservation, Education, Home Life, International Outreach, Public Issues, Communication and Public Relations, Leadership, Membership, and Legislation.

The Lake Erie District Fall Conference is Saturday, September 22. The meeting is hosted by our friends at the Hillcrest Women's Club. It will be held at the Lyndhurst Community Center, 1341 Parkview Drive in Lyndhurst. Registration is at 9:30 a.m. with the meeting lasting from 10 a.m. until about 2:30 p.m. If you would like to attend, please let Diane or Georgene know by Thursday, September 13.



September Program

Our September program is *Women in History*. A member of Women in History will play the role of Mae West in authentic period costume!

Committee Note

Conservation

One of the GFWC/OFWC Conservation Community Service Program goals is "Recycle & Reuse in as many ways as possible". Our Club has been practicing a few of their goals for quite some time-Donating cell phones, eyeglasses, and pull tab collections given to Ronald McDonald House. Their other goals consist of the use of reusable bags for all shopping (many of us do this); curb side recycling (many of our communities provide this service), clothing to charities (cleaning out our closets!), recycle books and magazines with friends, doctor's offices, waiting rooms and nursing homes, and also one I have not heard of-Collect old and used mascara wands to recycle and donate to Appalachianswild.org to help care for injured and abandoned wildlife to remove fly bottles, eggs, and pests.



Committees - continued

Home Life

Did you know that the number of cases of shingles is increasing among adults in the US? Approximately 1 million adults *over* the age of 50 are affected each year by this painful condition. Those with weakened immunity are most at risk.

Shingles is caused by a virus (*Varicella zoster*), the same virus that caused chicken pox in childhood. The *virus* lies dormant in *nerves* and reactivates years later. Symptoms include burning, itching, mild to *severe* pain on one side of the body or face followed by blisters that appear as a patch or band. While the symptoms are annoying and painful, it is the possible complication (*severe nerve pain*) that many people fear. That pain can last for months to years.

A new Shingles vaccine became available recently (*Shingrix vaccine*). It is given as a series of two shots, two to six months apart. It is reportedly more than 90% *effective* in preventing shingles and the associated long term-nerve pain. *Side effects* of the injections can include redness at the injection site, fatigue, and muscle pain lasting two or three days. *I* have heard that there is such a demand for the medication that people are on "waiting lists" to receive it).

Even if you received a "shingles shot" in the past, the CDC is recommending this shot for all adults. Check with your Primary Care provider to see if this is something you should consider.

As a retired nurse, I am interested in the *evolving* knowledge of ways to improve quality of life. I have a personal interest in this subject since my youngest son (*who* is not yet 50 years old) just experienced his third bout of shingles. Listening to him and my other friends who have had shingles describe their experiences made me become an advocate for sharing this information.

Dotti

Legislative

As we approach the end of the summer, we will be entering a time being inundated with election news and commercials. This is not my favorite time of the year, since much of the information presented has a *very* negative slant. But *voting* is important, and each *vote* helps to determine the future direction of our country.

I wanted to share some general data from the 2016 election: Nationally, 58% of eligible *voters* *voted* in the election. However, in Ohio, only 30.29% of eligible *voters* actually *voted*. Cuyahoga County did better than the state average (*with* a 69.32% voting rate), and Lake County had a 76.39% voting rate). While these are good numbers (*and* much better than I thought), 50,000 people who voted in the 2012 election did not vote in 2016.

We all know that voting is a right and a privilege, yet many people comment that they don't *vote* "because my *vote* doesn't matter." But *votes* do matter. Following the 2016 election, at least two local elections were decided by a coin toss; in this case, a *vote* would have made a difference. Many state elections are won by less than 200 *votes*, and in some cases, a special election needed to be held to break Senate and House of Representative tie results.

There are reliable resources to help you decide which candidate should get your *vote*. Vote411.org (*information* on those seeking offices, ballot issues); JudicialVotesCount.org (*information* on judicial candidates and endorsements of legal groups); and MyOhioVote.com (*information* about *voter* registration and absentee ballot request forms) are sites that can help you.

Do some reading plan to vote ... your *vote* is important !

Dotti C

Newsletter

Anyone who wants the Club newsletter mailed to their home, the cost is \$ 10 and must be paid to me at the September 17 meeting.

Marcia P

Philanthropy Committee:

Our Town and All Around Books: The contract has been signed and the books are due to arrive in mid-September. I have asked that we be notified as soon as possible at delivery, for handing out at the September meeting. Otherwise, I will take orders and deliver to members directly, once they arrive.

The company has been bought by a national firm, which is putting in nationwide coupons never available in these books before. The cost is still \$28.00, of which the Club keeps \$ 11.00. Please check out these new books, and USE THEM!

Special sections for local wineries, the West Side Market, and entertainment venues are included! **Checks should be made out to the Mayfield Women's Club, Inc, GFWC/OFWC.** Thanks for your consideration.

Marie E

collection:

- Bags of Love-Items needed are brushes, combs, devotional readings, lotions washcloths, toothbrushes, toothpaste, shampoo, conditioners, soaps, white socks.

Chris B and Jane C

- The "Give and Take" Book Table will be available

Patti F and Marty N

- 2019 Calendars for Veterans, shut-ins and nursing homes

Chris B

Social Committee

Brunch at Bass Lake Tavern: Sunday, September 23rd, 11:00 AM; 426 South Street, Chardon. Contact Cathy W if you are attending.

Chagrin Valley Little Theater "[The Mystery of Irma Vep](#)" - Friday, October 12, 2018, 8:00 PM. Group price per person with 15% discount of 10 people = \$ 18.00 per ticket. Deadline to sign up is Monday, September 17. Make checks payable to Betty Jo. Couples, singles, family, and friends are welcome to join us for this exciting evening of fun!

Treasurer:

Dues are Due!

Dues are still just \$40 and must be made payable by check and made out to Mayfield Women's Club Inc., GFWC/OFWC.

Barb S

Ways and Means Committee:

We will be selling Terri Lynn Nuts again this year. I will have the brochures and order forms at the **SEPTEMBER MEETING**. Start lining up your orders!

Order forms and money will be **DUE** at the **OCTOBER GENERAL MEETING**. If you will not be attending this meeting, please have someone bring it for you or be certain I get it by then.

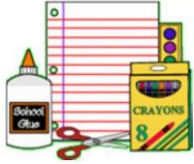
Nuts will be AVAILABLE FOR **PICK-UP IN NOVEMBER**. I will notify you when they come in. You will have them for the Holidays.

It would be nice if EVERYONE WOULD PURCHASE AT LEAST ONE ITEM, so we can have 100% participation ... and make a lot of money!! Thank you!

Stasia M



Additional Request



Please bring your new school supply donations to the September meeting. The items are for our annual donations benefiting Foster Children of Cuyahoga County. We partner with the Council of Jewish Women. Thank you!

Betty Jo

Recognition of Dedicated Club Service

- 50 Years (1968) - Sue B
- 38 years (1980) - Jean F
- 30 Years (1988) - Marie E
- 25 Years (1993) - Stasia M and Judy W
- 15 Years (2003) - Barb S
- 10 Years (2008) - Gail B and Martii L
- 5 years (2013) -Dotti C | Patti F | Mary Mc | Diane S | Sally Y



9 /13 Loretta D



9/26 Chris B



Next Meeting - 10 / 15

- Mayfield Village Community Room
- Greeting Hostess: Betty Jo – arrive at 5:30 PM
- Serving Hostesses: Chris B (Chair), Dotti C, Nan M, Diane S



Newsletter Editor: Marcia Pecjak; mpecjakmwc@gmail.com

