



Mayfield Women's Club, Inc. GFWC Ohio

Newsletter *September* 2023

REVISED 9/5/2023

General Meeting: Monday, September 18, 2023; 7:00 PM
Mayfield Village Community Room
6621 Wilson Mills Road, Mayfield Village

Board Meeting: 6:00 PM

Greeting Hostess: Marie (Arrive at 5:30 PM)

Serving Hostesses: Peg, Barbara, Sue, Marty (Each member is asked to bring her own water)

Program: Pansky/Ukrainiana Easter Egg Demonstration by well-known artist Linda Hupert

A Message from Our Co-Presidents



Welcome back to a new club year. We have so many exciting things planned. The various committees met during the summer and came up with a lot of new ideas for programs, social, and fundraising. Thank you for all your hard work!

There are a few changes to the Yearbook, so make sure you stay on top of all these activities by reading the calendar page before each meeting. The cost of membership is still only \$40—no inflation here! Be sure to invite your friends to the October 7th Salad Luncheon. Audrey has done a wonderful job planning this event, so let's show our support by bringing in a lot of hungry men and women. Yes, men are also invited.

On a different note, it seems that some of you are not open about sharing what is going in your life, like health issues. We feel bad when we find out one of us was ill, in the hospital, had surgery, etc., and we didn't send a card or good wishes. Prayers and positive thoughts aid in the healing process, as well as cards and calls. *I cannot begin to tell you how much your cards and prayers meant to me last year during my health crisis. I have plans for making something special out of those cards one of these days. I'll share it when completed. [*Diane]

Co-Presidents – Jeannie & Diane

Committee Updates

Fundraiser – “Changing Leaves, Changing Lives”

Salad Luncheon to Support our Many Charities – Saturday, October 7, 2023 – Mayfield Village Civic Center – **Doors open at 12:00 PM.** Donation cost is \$20 per person. There will be entertainment, gift baskets and a split raffle. Please call Judy or Marcia to reserve your place. Your \$20 check is your reservation confirmation. Registration Deadline is Friday, September 22nd.

...Audrey

Home Life - Health

Cardiovascular disease kills more people each year than Covid at its worst. We know how to prevent it. We just need the political will. The first priority is to end the epidemic of tobacco use. Although smoking rates are now at the lowest level ever measured in the U.S., more than 35 million adults still smoke. Tobacco kills nearly 500,000 Americans every year.

Hypertension (high blood pressure) is the only thing that kills more people than tobacco. We do a terrible job of preventing and treating hypertension, despite clear knowledge of how. Sodium content in processed foods could be reduced without the consumer being aware. We should not be consuming more than 5 mg/day.

The third and preventable driver of cardiovascular disease is air pollution. The U.S. has made substantial progress reducing air pollution since the Clean Air Act was amended since 1970. We have reduced sulfur dioxide in the air by more than 90% in the last 40 years. Fortunately, we live in an area of the world where the air quality is good. (Except when the fires are burning in Canada).
Wall Street Journal, March 26, 2022 ...Diane

Social Committee

"Afternoon at the Movies", Hosted by Judy is on Tuesday, September 12, 1:00 PM. The movie will be decided by those in attendance. **Please text Judy to confirm your attendance so she knows for certain who will be there.** If you want to 'bring something', bring some children's books that can be donated from our Club.
...Judy

Sunshine Committee

Celeste has undergone surgery, as of Thursday, August 30th and in the coming six or so weeks, will be recuperating and rehabilitating.

Cathy is due for knee replacement surgery Wednesday, September 6th, followed by recuperation and rehabilitation, as well.

We wish both of you well and we'll be keeping you ladies in our thoughts and prayers. Also, cards!

Come to think of it, let's all keep each other in thought and prayer! ...Marie

Treasurer

Dues must be paid by September 18, 2023. If you will not be attending our September 18th meeting, please mail your \$40 check to Audrey. **You will not receive your Yearbook until your dues are paid.** Please direct any questions to Audrey. **Make checks payable to Mayfield Women's Club, GFWC/Ohio.**

...Audrey Schmidt

Ways & Means Committee

King Nut Sale

The nut orders have been distributed & hopefully everyone is busy contacting family & friends! I know it is difficult to think of the holiday when the sun is shining so beautifully, but time will fly. This is such an easy way to have gifts on hand.

I will accept any orders at the September meeting & **ALL ORDERS MUST BE IN BY THE OCTOBER 16 MEETING.** You can email or call me with your order & mail me a check.

NOTE: If you are taking orders from friends and family, please have them pay **YOU**, and then **YOU** can write one check to MWC. This will elevate a lot of confusion. Thank you!!

Nuts orders will be filled in early November.

Texas Roadhouse Gift Cards

Marie will be taking orders for **GIFT CARDS** for Texas Roadhouse. **THOSE ORDERS ARE ALSO DUE AT THE OCTOBER 16 MEETING.** They will be filled in November.

From Marie: Texas Roadhouse Gift Cards again will be available for delivery by Thanksgiving. Order forms will be presented at the September meeting. Please take yours and invite friends and relatives

to order with you. Completed forms should be returned at the October meeting, along with checks for the total, made out to **Mayfield Women's Club, GFWC/Ohio.**

Remember... ***WE MUST RAISE FUNDS TO CONTINUE WITH OUR LOVING WORK!***
Thank you!



...Stasia

Project Reminder:

Members! Please bring a small planter (2 inches), **not glass**, to the September meeting for our **October** "Cups of Cheer" Project.



....Diane

Welfare:

- Bags of Love – Items needed are brushes, combs, devotional readings, lotions, washcloths, toothbrushes, toothpaste, shampoo, conditioners, soaps, white socks –Chris
- "Give and Take" book table will be open at the September meeting. –Vaughn
- Collection of 2024 calendars for veterans, nursing homes, and those homebound will be collected through January 2024. – Chris, Marty
- Ongoing Collection of cookbooks, children's books, K through 8th grade –Chris
- Always collecting used medication bottles (**Dry medications ONLY**) – All bottles must be label free with all goo removed and put thru a full run in the dishwasher. – Jeannie Chaney
- Collect school supplies for Cuyahoga County Foster Children in partnership with Cuyahoga County Council of Jewish Women!
- Please bring tattered flag to any meeting

...Betty Jo

Recognition of Dedicated Service for 2023-2024 ~ MWC Club Year

Your time, dedication, hard work, and contributions are always appreciated.

- | | |
|-----------------|-------------------------------|
| 56 Years (1967) | Cathy |
| 55 Years (1968) | Sue |
| 52 Years (1971) | Marty |
| 47 Years (1976) | Betty Jo |
| 37 Years (1986) | Sharon |
| 35 Years (1988) | Marie |
| 33 Years (1990) | Sue |
| 31 Years (1992) | Barb |
| 30 Years (1993) | Stasia Judy |
| 28 Years (1995) | Marcia |
| 19 Years (2004) | Peg r Diana |
| 18 Years (2005) | Carolyn Chris Joan Vaughn |
| 16 Years (2007) | Patt |
| 15 Years (2008) | Gail Brewster |
| 14 Years (2009) | Nancy |
| 13 Years (2010) | Georgene Mary Ann |



Important September Holidays

- Monday, Sept 4 – Labor Day
- Sunday, Sept 10 – Grandparent's Day
- Monday, Sept 11 – Patriot Day
- Friday-Sunday, Sept 15-17 – Rosh Hashanah
- Saturday, Sept 16 – Stepfamily Day
- Sunday, Sept 17 – Citizenship Day
- Friday, Sept 22 – Native American Day
- Sunday, Sept 24 – Yom Kippur
- Friday, Sept 29-Friday, Oct 6 – Sukkot

9/26 - Chris





Upcoming MWC Fundraisers & Events

Sept | Oct | Nov | Dec 2023

September

- September 12 – “Afternoon at the Movies” – Contact Judy
- King Nuts – Contact Stasia
- Texas Roadhouse Gift Certificates – Contact Marie

October:

- October 7 – Salad Luncheon for Mayfield Scholarships – Contact Audrey
- October 25 – Arrabiata’s Restaurant – Contact Stasia
- King Nut Orders – Contact Stasia
- Texas Roadhouse Gift Cards – Contact Marie
- The Way Group Home Halloween Event – Date TBD – Contact Chris

November

- Texas Roadhouse -- Delivery of gift cards – Contact Marie
- King Nut Orders – Contact Stasia
- American Porcelain Museum Tour – Monday, November 13 – Contact Celeste

December

- Holiday Luncheon Celebration – Saturday, December 2 – Contact Marie
 - Sweet Treats Raffle | --Mitten Tree Collections | -- Unwrapped gifts for The Way
- Make a Holiday Centerpiece – Thursday, December 7 –Civic Center –More info to follow



Newsletter Editor: Marcia

**The October Newsletter information
is due on SUNDAY, OCTOBER 1ST**

