



**WAKE FOREST
WOMAN'S CLUB**
Service to the Community Since 1961

Wake Forest Woman's Club News and Views

December 2020

Jo Lanni, Editor

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Notice of Meeting

Thursday: December 3, 2020

Location: Zoom Meeting

Meeting: 6:30 p.m.

Hosts: Banquet Committee – Banquet Committee: Quinn Berardinelli and Martha Loftin, co-chairmen; Diane Hawkins, Paula Johnson, Karen Pettyjohn, and Debbi Wood.

Program: Business Meeting and Opening of the Mystery Christmas Cards which will be led by Quinn, followed by Banquet Committee Announcements including the Shop-with-a Cop donation and the \$10 Ornament substitution.

Important Reminders:

 **Ring a bell** on Christmas Eve at 6 p.m. to help Santa fly his sled and unite the world in a few moments of happiness and togetherness. If you don't have a bell, the iPhone has a Bell Tower tone, or visit this website to choose the bell tone you like -

<https://soundsnap.com/search/audio/bell%20tower/score?page=1>. Type in "Bell Tower" in their search box and several different Christmas Ambiance tones will be displayed. *Submitted by Debbi Wood.*

 **Express your holiday spirit** by the outfit you choose to wear to our virtual holiday meeting - red and green or sparkles and a Santa hat, etc. Also, if you would like to send a photo of yourself in your festive attire and/or one of you with your revealed Mystery Christmas Card after the meeting, please send them to Paula via email - kpjwfwc@gmail.com - for archiving 2020 and scrapbooking. Let's enjoy the friendships we have made through service. *Submitted by Paula Johnson.*

 **Instead of spending** the \$10 on an ornament, the club would appreciate a donation to the Tri-Area Ministry and the Hope House. These donations can be dropped off at the parking lot across the street from WF Community House on December 5 between 10 and 11 a.m. *Submitted by Martha Loftin.*

- The Communications Committee is always mindful of all members and their privacy. **Name Privacy Tip:** The Communications Committee has generally followed the unwritten rule that we only post first names with last name initials in most social media settings when possible. Please follow this guideline

President's Message

Tracy Mahl, 2020-2021 club president

Wake Forest Woman's Club
P.O. Box 1614, Wake Forest, NC 27588



Dear Club Members,

I am so glad this newsletter will reach you on Thanksgiving – I have so much to be thankful for and hope I can express it in this note.

Gratitude and generosity are innate qualities we are born with. Luckily, we each find ourselves among friends who share these gifts in abundance and make the world a better place by doing what comes naturally to them– giving.

We have all come together in this club to offer our gifts of understanding, compassion and time to those in our town who need uplifting. Thanksgiving may be the time of year that Americans recognize the need for counting their blessings, but volunteers know that sharing your blessings is a year-round commitment. The Wake Forest Woman's Club is the place we all find allows us to give the best of ourselves.

So, friends, let me say that I am thankful that I am a member of your group, a friend to any of you who I work with, talk to or laugh with, and that I have the opportunity to give as a volunteer among women who know how valuable that is.

I am excited for our Christmas Celebration on December 3! We will have an evening of sharing, a time of togetherness., and a chance to say, "I am grateful for you."

I will see you soon.

Tracy

"Bringing Service to New Heights"



in your own club postings regarding public membership identification and be proactive about your own privacy, too. For example, when a *screen shot* of a Zoom meeting is taken, each member's name will appear under their photo as displayed. **Quick fix suggestion:** If you would like to ensure your name privacy in this situation, please edit your screen display name in your Zoom Profile for all club Zoom meetings with just your first name and last name initial, or as you prefer.

Submitted by Paula Johnson.

- CSP Reports are due to 1st Vice President Amy Brown by close of business December 31.

Club News

Send a Smile - A new club project gets underway.

On Friday, November 13, seven club members met at Forest Ridge Park to kick off our Send a Smile project. At the last club meeting, the club unanimously agreed to make it a project that would include the entire club. The goal is to make cards for Transitions LifeCare



Here are just a few of the beautiful handmade cards that will be delivered to Transitions LifeCare.

Center patients who are socially isolated and need a smile to brighten their day. Lots of ideas and materials were shared with club members in attendance and all cards should be handmade using cardstock cutouts, ribbon, buttons, stamps, stickers, etc. Once the cards are completed, write a few simple words of encouragement on the inside, sign the card with the club member's first name, and place each card in an unsealed envelope. Please contact Miriam at msb254@nc.rr.com and she will be happy to answer any questions or connect with anyone who needs help getting started.

Miriam will also periodically collect the completed cards and deliver them to Transitions LifeCare. Cards may be dropped off on December 5 at the parking lot across the street from The WF Community House.

Marilyn created two great scrapbook pages for the club's digital Scrapbook and for the club's Facebook page, and there are lots of pictures of the completed cards. Thank you for your support.

Submitted by Miriam Blinne.



Juniorettes will recycle T-shirts to make dog toys for the charity, *From Ewe to You.*

Wake Forest Woman's Club member Susan Goodman serves as a Juniorette co-advisor and as an informal mentor to the Juniorette VP of Projects, Alhanna. With Susan's encouragement, Alhanna has brainstormed a list of possible charitable projects; and the topic of dog toys is included on that list.



During the November 18 Juniorette General Meeting via Zoom, Alhanna and President Natalie explained the process of cutting T-shirts into strips, stacking and securing 18 or 24 strips, separating the strips into three parts, tightly braiding the parts to make a rope, tying sturdy knots on both ends and in the middle of the rope, and fluffing out the straight-cut fringes on the ends.



Alhanna, a senior at Wake Forest High School, is the 2020-2021 Juniorette VP of Projects.

The Junioresettes look forward to welcoming guest speaker Hannah Moyles to their December 16 general meeting on Zoom. Hannah will talk about her own non-profit organization, *From Ewe to You*, and she will encourage the Junioresettes to continue serving in the community as volunteers. The Junioresettes will donate the completed dog toys to Hannah, and she will deliver them to the SPCA of Wake County, located at 200 Petfinder Lane in Raleigh.

Co-advisors for the 2020-2021 Wake Forest High School Junioresettes are Marilyn Bonnett, Amy Brown, Susan Goodman, Sue Meehan, Nancy Ruffin, and LaRoyce Stringer. Helen Owens is the WFHS faculty advisor. *Submitted by Marilyn Bonnett.*

Community Service Projects Civic Engagement and Outreach CSP



Veteran's Day, November 11, was hosted by American Legion Post 187 at the Wake Forest Veteran's Memorial.

The WFC Veterans Tribute banner was on

display. A small group of WWII and Korean War veterans were honored. Mr. Milford Simmons, of Youngsville, was the solitary Army Korean veteran present and stood proudly by the memorial wreath.



Milford Simmons, a Korean War Veteran, attended this event.

Annual WFPD Turkey Drive

The Woman's Club members showed their support for the Annual Turkey Drive held by WFPD. A generous \$370 was donated. Thank you.

Free the Girls Project

This project had a big response on Club Collection day! A total of 72 new and gently used bras were donated. A special shout out to CSP member Joanne D'Errico for organizing a neighborhood drive. She and her neighbors collected almost 50 bras! If you forgot and would still like to donate, the Civic Engagement and Outreach CSP will continue to collect bras throughout the club year.

National Wreaths Across America Day

There is still time for you to sponsor a wreath at <https://www.wreathscrossamerica.org/>. Sponsoring a wreath means you have the opportunity to join a grateful nation in saying "Thank You" to our veterans. Due to Covid-19 restrictions, the event at Historic Oakwood Cemetery will be virtual starting at noon on Saturday, December 19. Look for it on Facebook (<https://www.facebook.com/historicoakwoodcemeteryraleigh>). A small group of CSP members have reservations to lay wreaths and show their respect on Friday, the day before. *Submitted by Nancy Ruffin.*

Education and Libraries CSP



A meeting is scheduled with the Volunteer Coordinator at Family Promise of Wake County to discuss donating STEM related books to their program for children ages 7 to 14. If we are successful in obtaining a Wake Electric Community

Grant, we will purchase the books.

On November 7 Marilyn Bonnett and Sandra Pearman met with other WFWC members in the parking lot of the WF Community House where we received books and school supplies that Sandra Pearman delivered to Hope House. *Submitted by LaRoyce Stringer.*

Environment CSP



The members of the CSP are sharing with club members ideas for recycling in the home and garden. See the following and make one change to do something different based on what you have read here:

- Paper egg cartons as seed sprouting containers: once the seedlings are big enough to plant, wet down the egg carton and plant directly in ground.
- Also, use egg cartons to organize and protect small Christmas ornaments, jewelry, beads, buttons, etc.
- Repurpose empty jars in place of plastic, resealable bags.

- Use coffee filters to cover bowls when reheating in the microwave, protect dishes by placing a filter between plates, use to soak out grease from cooked bacon and fries, or in place of cotton balls to remove nail polish.
- Reuse take-out food containers if not heavily stained with food residue.
- Composting: Wake County offers discounted composting bins. To receive notification when they are available, sign up at <http://www.wakegov.com/recycling/recycle/Pages/Online-Compost-Bin-Sales.aspx>.
- Please remember to Reduce, Reuse, Recycle, Repurpose.

Donate Unused Winter Coats!

If you have any unused clean winter coats in your closet, consider donating to the Wake Electric Giving Fence program. Coats may be left at their office at 100 S. Franklin Street by either placing the coat (on hanger if possible) directly on the fence or in a bin by the front door. Hats, scarves, gloves, sweaters and hoodies are also accepted. All donations are much appreciated! *Submitted by Elaine Incorvaia.*

Health and Wellness CSP



The Health and Wellness CSP thanks you for your generous donations to the Health and Wellness CSP projects. The CSP will be collecting the donations at the December 5, Woman's Club Collection Event. Items needed

include gently used clothing, small appliances, new socks and underwear, new greeting cards, plastic grocery bags, and egg cartons (no plastic or 18 count egg cartons).

Operation Santa at Murdoch Center

The featured project for the month is new gifts for Operation Santa at Murdoch Center. Suggested gifts are: socks, sweat suits, sunglasses, gloves/mittens, belts, DVD's, clip-on hair bows/headbands, board games, puzzles (4 to 5 pieces), playing cards, tote bags, fanny packs, wallets, lotion sets, slippers with non-skid bottoms, jewelry, pajamas and robes, CDs - all types, of music - baseball caps, cowboy hats, ladies wide-brim sun hats, and blanket/throws. Please do not wrap the donations. Contact Katy Green momsboyz@nc.rr.com, if you cannot drop them off at the collection event.

December is Safe Toys and Gifts Month.

Some items that can be safety hazards for young children are balloons, small balls or toys with small parts or magnets. Scooters, in-line skates, and skateboards should always be used with a helmet. See <https://child-familyservices.org/december-is-national-safe-toys-and-gifts-month> for more information. *Submitted by Dora Pearce.*

Children's Coat Giveaway

The Health and Wellness CSP is inviting you to participate in the Children's Coat Giveaway sponsored by the Olive Branch Baptist Church. Because of Covid, they are requesting new coats focusing on ages 2 to 14.



Coats can be dropped off at Liz Arnold's home - 7452 Hasentree Way, Wake Forest - by December 3 or can be dropped off at Olive Branch Baptist Church

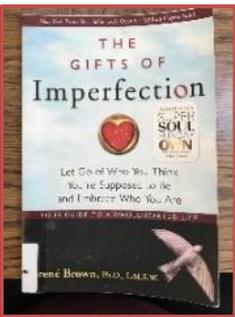
the day of the drive.

If you contribute, please email the purchase amount for the CSP Project Form to Charlotte Palko at yellowvettman2001@yahoo.com.

Submitted by Charlotte Palko.

ESO Book Club News

Susan Goodman will host a Zoom discussion of the book, *The Gifts of Imperfection*, by Brené Brown, during a noon Epsilon Sigma Omicron (ESO) Book Club meeting on Saturday, December 12. The book club is an extension of the Education and Libraries CSP. It is open to all members of the WFWC, and it benefits the club members who participate.



Currently attending Zoom meetings of ESO are club members

Tammy Baldwin, Marilyn Bonnett, Lu Chassin, Salina Gary, Susan Goodman, Diane Hawkins, Linda Johnson, Janet Lowe, and Sharon Rasmussen.

Joining in on the ESO Book Club is a great way to become better acquainted with other club members in a small group. The meetings take place on a Saturday morning every other month. Invitation for You: Join in as a Zoom guest on December 12. Contact Marilyn via phone or text at 919-345-1685. *Submitted by Marilyn Bonnett.*

MEMBER CORNER

After we all were waiting to exhale with an unforgettable/hoping to forget 2020, we the members of WFWC just wanted to have fun. Half of our membership participated and the evening included background and interlude music to set a festive tone.

The bingo caller started by setting guidelines – winners should state their first and last names plus the results would be verified by double checking the winning card. Things were going well, women were laughing, commenting about numbers on their card not being called, and all were in a celebratory mood. The ladies were having so much fun, they wanted to go

beyond the scheduled three rounds, so a consolation round was devised.

Photos of the winners with their prizes were taken so we can remember Virtual Bingo 2020.

Submitted by LaRoyce Stringer.

Mental Health Resources Taking Care of Ourselves During These Uncertain Times

Sometimes we just need a little help getting through challenging times, and 2020 has certainly been challenging. From politics, to being scared to be with friends and people you love and all that added on top of the typical things that we have anxieties about, this year has certainly been stressful. And as much as we love them, our family members are sometimes not the best folks to be confined with!

It seems like putting off something else fun and enriching after this year is more than we can bear. We wonder, "when is this crazy going to end?" Even with the hope of a vaccine in the spring, we still have another six months of difficult times. How can we support each other?

One thing we can all do for each other is to hear one another and walk with each other through processing grief and loss. But when we don't have the answers, or need a little more than a chat with a friend, it's so important to know what mental health resources you have available.

The National Alliance on Mental Health Illness (NAMI) is one such resource. Their website is <https://naminc.org> and their helpline is 1-800-451-9682. Although having a support group virtually may not be exactly what you want, they can help the most by just being there to listen to you, and to help with your adjustment to a difficult time. So many of us are grieving losses of our sense of normalcy, including jobs, relating to others and many who are going through losing family members, regardless of whether it's due to Covid 19 or something kind of expected. But you are not alone. There are many who can walk along with us, and provide solace, and encouragement through the months ahead.

Another resource for those in recovery is <https://www.rtor.org/>. Resources to Recovery is a gateway website that helps families find resources and support for loved ones with mental health concerns. They offer families guidance, support and information on the best practices and providers in recovery-oriented mental health care.

If you are in a domestic violence situation where you need help, please call the National Domestic Violence Hotline at 1-800-799-SAFE (7233). Hotline advocates provide support and assistance to anyone involved in a domestic violence situation, including those in same-sex relationships, male survivors, those with disabilities and immigrant victims of domestic violence. All calls to the National Domestic Violence Hotline are anonymous and confidential. There are people who can help you in both English and Spanish as well as Hotline advocates that have access to more than 140 different languages through interpreter services.

Finally, if you need help for things that are not listed above, you can dial 2-1-1 from anywhere in NC and a compassionate, trained NC 2-1-1 call specialist will help you find available human services resources in your community. The 2-1-1 services are hosted by the United Way.

"Even in these uncertain times, no one is powerless to make a difference. Small acts, taken together across the country, can change the course of the pandemic, bolster those facing economic challenges, and protect the most vulnerable." – United Way.

Submitted by Janet Lowe.



Club Calendar of Events

Note: All locations and dates/times are subject to change. Email eblasts and newsletter articles will provide up-to-date information.

December

- 3** General Club Meeting and Christmas Party, 6:30 p.m.
Hosts: Banquet Standing Committee, Quinn Berardinelli and Martha Loftin, co-chairmen
- 4** Arts and Culture CSP - Virtual Lighting of Wake Forest program can be watched on the Town Website and on their Facebook page. Robin Holtz and Sue Meehan, co-chairmen
- 5** WFWC Collection Event, WF Community House parking lot, 10 to 11 a.m.
- 14** 6:30 p.m. Zoom meeting for Communications Standing Committee, Paula Johnson, chairman
- 14** *News and Views* Newsletter articles for January are due to Jo Lanni, newsletter editor
- 19** Virtual Wreaths Across America, Historic Oakwood Cemetery, Civic Engagement and Outreach CSP, Nancy Ruffin, Chairman
- 31** January *WFWC News and Views* Newsletter published, Jo Lanni, newsletter editor
- 31** CSP reports are due to 1st Vice President Amy Brown.

January

- 7** General Club Meeting, 6:30 p.m., hosted by Arts and Culture CSP, Robin Holtz and Sue Meehan, co-chairmen **President to appoint three members to club Nominating Committee *Take reservations for District VI Arts Festival, if appropriate.*
- 9** WFWC Collection Event, WF Community House parking lot, 10 to 11 a.m.
- TBD** "Meet and Greet" and the scheduling of the Open House for Prospective Members, Membership Standing Committee, LaRoyce Stringer, chairman
- TBD** Environment CSP program in support of Martin Luther King Jr. Day, date and location to be determined, Elaine Incorvaia, chairman
- 18** *News and Views* Newsletter articles for February are due to Jo Lanni, newsletter editor
- 18** 6:30 p.m. Zoom meeting for Communications Standing Committee, Paula Johnson, chairman
- 28** February *WFWC News and Views* Newsletter published, Jo Lanni, newsletter editor

