

NEWSLETTER

MARY BALL WOMAN'S CLUB



President's Message

Greetings Ladies,

This month we will be making our Survival Bags for the faculty and staff of Spotswood Elementary. We will need to complete these bags at our October meeting on Wednesday October 28 th at 6:00pm at the Evergreens on Cowan Blvd. The bags will be given out during National Education Week in November.

Also on Wednesday October 14th from 2:30-3:30 pm we will be celebrating a 100th birthday for one of our Woodmont Birthday Party Seniors! We hope to have more MBWC woman at this event. Please let me know if you plan to attend

and chat with the residents while they enjoy cake and ice cream!

The Northern District meeting on Saturday Sept. 19th was inspiring. It motivated me again live the Volunteer Spirit. With the help of Pauline Stewart, and Amanda Miller we were able to make \$ 211.00 selling JJ's famous " Boozie Cake" raffle tickets.

Special thanks to JJ and her husband Vince, who collected everything for the raffle bags. Please mark your December Calendar now for our Christmas dinner at The Bavarian Chef. It will be held on Thursday Dec. 17th at 6:30pm. We will have finished our Greens Sale and the decorating of Snowden House. This is always a great time of celebration for a job well done.

I hope to see you all at our October Meeting! Bring a friend! Many hands make light work!

Mary Ball Blessings
Marty Monts
President



October is Breast Cancer Awareness Month

Remember to schedule your annual Mammograms! Do your monthly self-checks and remind the women in your life to do the same!

Home Life

DONNA ELLIOTT - CHAIR AND CLUB SECRETARY

I have relatives in South Carolina where there has been significant flooding due to the huge amount of rain they received over the last week. My son Jacob lives in Murrells Inlet (15 miles south of Myrtle Beach), and my Uncle Jeff lives about 35 miles northwest of Columbia (which has terrible flooding). Thank God both of them are okay and so far no issues for their homes. Over 500 roads in SC are now closed due to flooding - some of which will require months to fix. With all of the flooding problems that have been occurring, I decided to look for some safety tips - because such weather tragedy COULD happen here in Virginia. Here's some info I found on the Internet. Just thought I'd share it with you ladies.

Here are some safety tips to prepare for rising water—and what to do once a flood has begun.

Safety Tips

Before a Flood

- Avoid building in a floodplain.
- Construct barriers (levees, beams, floodwalls) to stop floodwater from entering your home.
- Seal walls in basements with waterproofing compounds to avoid seepage.
- If a flood is likely in your area, listen to the radio or television for information.
- Know the difference between a flood watch and a flood warning. A watch means flooding is possible. A warning means flooding is occurring or will occur soon.

When a Flood is Imminent

- Be prepared! Pack a bag with important items in case you need to evacuate. Don't forget to include needed medications.
- If advised to evacuate your home, do so immediately.
- If there is any possibility of a flash flood, move immediately to higher ground.
- If possible, bring in outdoor furniture and move essential items to an upper floor.
- Turn off utilities at the main switches or valves if instructed to do so. Disconnect electrical appliances.

During a Flood

- Do not walk through moving water. As little as 6 inches (15 centimeters) of moving water can make you fall.
- If you have to walk in water, wherever possible, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.
- Do not drive into flooded areas. If floodwaters rise around your car, abandon the car and move to higher ground if you can do so safely.
- Do not touch electrical equipment if you are wet or standing in water.

After a Flood

- Listen for news reports to learn whether the community's water supply is safe to drink.
- Avoid floodwaters; water may be contaminated by oil, gasoline, or raw sewage. Water





may also be electrically charged from underground or downed power lines.

- Avoid moving water.
- Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.
- Stay away from downed power lines, and report them to the power company.
- Return home only when authorities indicate it is safe.
- Stay out of any building if it is surrounded by floodwaters.
- Service damaged septic tanks, cesspools, pits, and leaching systems as soon as possible. Damaged sewage systems are serious health hazards.
- Clean and disinfect everything that got wet. Mud left from floodwater can contain sewage and chemicals.

Source: U.S. Federal Emergency Management Agency

~Donna

Women's History and Resource Center

MADALIN BICKEL - CHAIR

I want to thank those who participated in the Mary Ball Washington House tour. It was a delightful tour and we learned a great deal more about Mary Ball. As for the Hope House Christmas tree project, we had one workshop on October 1. The tree is looking good. Suzie will be purchasing a gift certificate to accompany the tree. There will be a basket of Christmas books beneath the tree. We could use more books. So far I have purchased three paperback books: "Christmas Stories and Legends" compiled by Phebe A. Curtis, "Saint Nicholas - the Real Story of the Christmas Legend" by Julie Stiegemeier, and "The Legend of the Poinsettia" by Tomie dePaola (a well known author of children's books). I also have two beautiful hardback picture books: "The Legend of the Candy Cane" by Lorie Walburg and "The Legend of the Christmas Stocking" by Rick Osborne. Please feel free to bring additional books to our October meeting. Someone suggested "The Polar Express" and "Elf on a Shelf." There are many beautiful Christmas picture books available so pick one up if you get a chance. A book about Christmas angels or the Nativity would be nice, too. I will deliver the tree on the first Sunday in November. In the meantime, look for photos on my Facebook page and Mary Ball Womans Club FB page.

~Madalin Bickel
WHRC Chair

Communications

AMANDA MILLER - CHAIR

We are still doing great with the newsletter! Keep it up ladies. I have received feedback from several of you regarding our Facebook page. Many of you would really like to see it converted to an open group. A few have had reservations about doing so. The issue is still under debate so stay tuned. In the meantime, I will be looking for someone to step in and assist me in keeping the Facebook page current. Anyone who is Facebook Savvy and would like to take on the challenge, please contact me and I will see about making

you an Admin so the page can maintain a more regular presence. Please be sure to place on your personal calendars the 25th day of each month as the Newsletter Deadline. That way we can ensure the newsletter going forward is out in time. All articles are due to me by the 25th of each month for the following month's publication.

~Amanda

NEW MEMBERS!

Thanks to everyone who came to our first meeting last month! We were able to induct our new members! We are so proud to welcome them to our club!
Welcome: Diane Adlhoch-Greenberg, Michele Harlow, Elizabeth Louis-Ferdinand, and Deborah Rodriguez!



REMEMBER!

Just a reminder to keep working on your Arts & Crafts for 2015-2016. Also keep saving those medicine bottles. Please wash them and make sure they are clean and dry. Thank you.

- Shirley Main

Greens Pre-Order NOW AVAILABLE!!

Please see the pre-order form at the end of the newsletter for details! Form is also available on our website! And will be posted on our Facebook page too! How exciting is that?! This is a fantastic opportunity for our club to pre-sell our greens and be able to keep 100% of the profits! So talk to your friends, neighbors, church members and pre-sell those greens ladies!

TRIVIA QUESTION:

Some of GFWC's first resolutions pertained to?

- a. Establishing Schools
- b. Child Labor Laws
- c. Garden Conservatory



Mark Your Calendars!

CALENDAR

- Oct 25** *Articles due for November Newsletter!*
- Oct 28 Monthly Meeting at The Evergreens
At 6pm
- Nov 18 Monthly Meeting at The Evergreens
At 6pm
- Nov 25** *Articles due for December Newsletter!*
- Dec 4 Cutting Greens
From various places from 12pm-3pm
- Dec 5 Set up Greens Workshop
At Mary Washington Thrift Shop. We need lots of help with this. So please plan on attending!
- Dec 6 Greens Cutting
With Jan and Marty from 1-5pm. Lots of help is needed! Please volunteer to help!!
- Dec 7-
Dec 11 Greens Week - Workshop is Open!
8:30am-6pm most days. We can use all the help we can get! Please plan on spending a day or two helping out during the week for at least a couple of hours!
- Dec 11 Greens Workshop Clean up.
Usually finished by noon.
- Dec 13-
Dec 18 Decorating Snowden House
- Dec 17 Christmas Dinner
At Bavarian Chef in the old Train station. This dinner will be in lieu of a monthly meeting.
- Dec 27** *Articles due for January Newsletter!*

OCTOBER HIGHLIGHTS

- Our Meeting is Oct 28th at Evergreens 6pm
- Bring Your Recycling Totals
- Bring Your Medicine Bottles
- Be Prepared to Make Teacher Bags this meeting



HAPPY BIRTHDAY TO:

Marty Monts - Oct 12

Janis Snider - Oct 15

Pat Rowe - Oct 21

Amanda Miller - Oct 24

If we have forgotten your birthday please let us know so we can update our records!

What is the month of Oct?

Alzheimer's Awareness Month

Breastfeeding Awareness Month

Down syndrome Awareness Month

LGBTQ History Month

Lupus Awareness Month

National Breast Cancer Awareness Month

National Bullying Prevention Month

National Domestic Violence Awareness Month

National Energy Awareness Month

National Fire Prevention Month

National Infant Loss and Miscarriage Awareness Month

National Information Literacy Awareness Month

National Italian American Heritage Month

Polish American Heritage Month

Final Reminders:

Do not forget to save your medicine bottles. Clean and dry them and save them for Shirley Main!

Welcome our new members. Send a card or an email. Just say hi and welcome. Let them know how happy we are to have them as part of our club!

Keep track of your recycling!

Support our local heritage by visiting and/or donating to our wonderful local museums and estates!

Please bring your box tops for education to the meeting and give them to Rebecca Simmons. She will keep a total amount for us so we will know how much we give to Spotswood Elementary each year.

Community Bulletin Board

- This is the place for all club members to make personal announcements, if you have announcements, events, prayer requests, items for sale, in search of items, or just some community FYI please send it in to Amanda Miller at amandamiller74@hotmail.com and put in the header Community Bulletin Board!

Trivia Question Answer: The answer is b. Child Labor Laws and other work-related practices.

Mary Ball Woman's Club

How to reach us:

Email: maryballwomansclub@outlook.com

Website: <http://maryballwomansclub.wix.com/maryball>

Facebook: <https://www.facebook.com/maryballwomansclub>

GFWC Website: <http://www.gfwc.org/>

Helpful Hint! Cut out this bubble and post it somewhere you can refer to easily! Or share with a friend!

Mary Ball Woman's Club Annual Charity

Holiday Greens Sale Pre-Order Form



Mary Ball Woman's Club is taking pre-orders for our Holiday Greens Arrangements. All proceeds go to fund charitable projects such as HOBY, School Dressing Days, student scholarships, Domestic Violence shelters, and more. Arrangements last well into January. Please help us help others! Arrangements will be made between Dec 7-15. Questions? Call Marty at 540-374-1723

To Pre-order please fill out the form below and mail to:
Marty Monts: 20 Fox Run Ln, Fredericksburg, VA, 22405
Cash and Checks only Please. Make Checks payable to:
Mary Ball Woman's Club

Name: _____

Address: _____

Phone: _____

Choose Arrangement Size:

\$25 \$40 \$50 \$60 \$70 \$80

Choose Container Style:

Mug Basket Metal Glass

Choose Color Scheme (You can pick more than one!):

Red Green Gold Silver Blue Other _____

Theme Requests:

Snowflakes Santas Gingerbread Doves Snowmen

Presents Angels Other _____

Any Other Comments: _____



Thank You!

a proud member of the GFWC (General Federation of Womens clubs) For more information visit www.GFWC.org

Facebook: <https://www.facebook.com/maryballwomansclub>

Website: <http://maryballwomansclub.wix.com/maryball>

Email: maryballwomansclub@outlook.com

Mary Ball Womans Club



Mary Ball Womans Club
C/O Marty Monts -President
20 Fox Run Ln
Fredericksburg VA 22405

Please Deliver To:
