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"Hello Ladies"

Living the Dash for Our Town

Whew, What a Dash it was during the Christmas season! I hope everybody had a great Christmas and is all ready to get back to club work, especially since we were able to take a break from the December meeting.

Wasn't the snow (or amount of) a nice surprise? Four snows in December!! Wonder what January and February will bring?

We will combine our December and January meetings. We'll just do an abbreviated version of what we had planned for December and will still have time to finish the lap robes for Consulate Nursing Home. This project shouldn't take too long since we only have to cut the strips around the fabric and then tie them together.

Dot and Helen delivered the Christmas tree and ornaments to the Genevieve Shelter office, and Dot and I delivered the hats, gloves and scarves for the residents at The Neighbours Place. They were very appreciative. Since there are only twelve residents it's easier to do something for each one of them. They asked if we would be interested in doing something for their birthdays. Think about it and let me know what you think. Susanna delivered the Christmas gifts for our adopted family. I understand they were overwhelmed and in tears. I think we helped make a lot of Christmases better this year.

We have a surprise for the January meeting. Thanks to everybody who responded to my email regarding the January meeting, we are going to meet at 6:30 (instead of 7:30), have a baked potato (with all the fixings) and salad dinner, then we'll have plenty of time for everything we need to do for the program. Hold onto the gift you had planned to bring. You may even come up with a better re-gift idea! We'll do that next year.

By the time we meet I hope to have the reports ready to mail. Thanks to everyone who got the information to me. It was a tremendous help.

See you on the 20th!! Bring a guest!

Mary Lee

I apologize to the hostesses for canceling the December meeting at such a late time. I was hoping the weather was going to improve enough to make it safe for everyone to drive (and walk). But in the end was afraid to take the chance. I hope that everything the hostesses had planned for us was something they could use for the holiday.

Mary Lee



The January 20th meeting will be at 6:30 p.m. and will include Dinner. It will still be at the Community House.

Greeters: Joyce Neighbours, Joyce Bracey, and I'm asking Dot Gwaltney and Helen Hill (from the December meeting) to help as well.

The Hostesses for the January meeting are: Virginia Norfleeet, Nancy Marshall, Sherry Atwood, Suzanne Woodward, and Mary Lee Willis.

Arts Corner

It is time to gather your crafts and enter them in the contest next month. You can still make something! Look over the list in the December newsletter.

There is a category for photography. All of you take pictures, so print your favorite one and enter it in the contest. We just had a foot of snow, I know you took pictures!!!

One more note on the dolls— We received a letter of thanks from the Salvation Army. There were 1,199 families that asked for assistance with 2,568 children. The Army distributed 568 dolls and 1,059 stockings. Just think, we helped with that project and made some little girls have a happy Christmas!

This month we will have another display in the Art Corner. It will be quilting. Please bring old quilts, new quilts, interesting quilts, big quilts and little quilts. You do not have to be the quilter. Also, bring your questions about quilting. There are enough quilters in the group that you should get an answer.

Thanks for your help and don't forget the Art Contest.

The Art Committee

P.S. To the members of the Art Committee: Would you please meet with me following the meeting Thursday night to plan for the Art Contest next meeting. We have paper work to do as well as arranging the items for display and judging.

Thanks

Helen

Home Life

The Christmas tree and ornaments were delivered to the Genieve Shelter in early December by Helen (Arts) and Dot (Home Life) as our participation in our state project "Domestic Violence Awareness." We received a thank you, which is printed elsewhere in the newsletter.

Mary Lee and Dot delivered the gifts of hats, gloves and scarves to the Neighbours Place the week before Christmas.

Both projects were well received.

Our gifts to the Mason family were — \$75.00 Food Lion card, \$100.00 Visa gift card for each of the boys, a turkey, chocolate and a candle for the mother. They were joyously received with tears and smiles.

We will be making lap robes at the January meeting. PLEASE bring a pair of fabric cutting scissors, so you can help prepare the fabric for tying together.

TIP OF THE MONTH Exercise for Good Bone Health

Exercise can make bones and muscles stronger and help slow down the rate of bone loss. It is also a way to stay active and mobile. Weight-bearing exercises, done three or four times a week, are best for preventing osteoporosis. Walking, jogging, playing tennis and dancing are examples of weight-bearing exercises. Strengthening and balance exercises may help you avoid falls and reduce your chances of breaking a bone.

Dot and Susanna
Co-Chairman

Reports, Reports, Reports!



If your report has not been turned in to Mary Lee, please do so as soon as possible. She is now working on the reports. It would be terrific if we had 100% of our reports ready to send in on time.



- Bring “trash” for Arts Committee
- There will be a box for your monetary donations to the Food Pantry
- Bring your clipped coupons—Public Affairs

Thank You!

A note of thanks was received from the Genieve Shelter staff and Executive Director. Thanking us for our support of their mission to provide safe refuge to victims of domestic violence.

Thanks were also expressed for the Christmas tree and ornaments for their transitional housing program.

All of our help was greatly appreciated.

Public Affairs

One of our Community Safety objectives for the year is to provide a CPR class for interested members (and family members, if space allows.) Instructors from Windsor Rescue Squad have agreed to lead the 3½ to 4 hour class at their facility on a Saturday morning - hopefully in February. There will be no testing or certification requirements—just demonstration and practice sessions. Please let me know if you are interested as soon as possible—at least by our January meeting. They can take as many as 18.



Happy New Year!

Virginia Norfleet

P.S. Please remember to continue to clip and bring coupons. Thanks. Jin

News from the Ways and Means Committee ~ January 2011

We are hosting a Scrapbook Crop on Saturday, January 22nd and are planning for 25 people. We are requesting club members help for lunch and several to help serve the lunch that day. Please see below for your assignment:

Chicken Taco Soup	Theresa Beale
Sausage Potato Soup	Peggy Wright
Soup of your choice	Nancy Foster
Pimento Cheese Sandwiches (2 dozen cut in half)	Kathy Queen
Ham Rolls (1 dozen each)	Virginia Norfleet
Ham Rolls (1 dozen each)	Berry Hardy
Ham Rolls (1 dozen each)	Joleen Neighbours
Dessert (something simple)	Verna Jones
Dessert (something simple)	Lisa Robertson
Coke, Diet Coke and Sprite (2 liter size, one of each)	Kathy Holt
Coke, Diet Coke and Sprite (2 liter size, one of each)	Jackie Blythe
1 dozen donuts	Shirley O'Briant
1 dozen donuts	Rita Stubbs
Coffee	Mary Lee Willis
Large Bag of M&M's	Courtney Roggmann
Arrive at the Community House at 11:30am to assist with making, serving and cleaning up lunch	Joyce Bracey Suzanne Woodward Cathy Funk
If you are unable to provide your food item or assist on the day of, please contact Courtney immediately at 757-942-2556 or Theresa at 757-242-6550 or by email at solutionstravel@charter.net Non-perishable items may be brought to the next club meeting and given to Courtney Roggmann for the event.	

Please remember our other upcoming events:

Atlantic City – February 27 – March 1, 2011

- Reservations will be accepted for the Atlantic City trip until Friday, January 21, 2011. We MUST have 30 passengers sign up in order for this to be a go. Please support this project, it is by far our biggest money maker of the year. We were hoping for 40 passengers however at this point will move forward with only 30.
- We will be serving the Ruritan's on Tuesday, February 15th. Duty sheets will be handed out at the next club meeting or if you are not there will be mailed or emailed to you.

Submitted by Courtney Roggmann

Hello Ladies,

We have been given some extra time to sell the Atlantic City Trip and the trip will be a go as long as we have 30 passengers to travel. It would be great if we can get more but we must have 30 confirmed for Fun Tours. Reservations and payment in full are now due on or before Friday, January 21, 2011.

Here is a list of those that I know are interested in the trip:

- Courtney and Mike Roggmann
- Roger and Nola Mumford
- Randolph and Betty Jones
- John I and Sandra Duck
- Robert and Theresa Beale
- Sue Forbes and Nancy Cisco
- Durwood and Carolyn Scott
- Tom and Peggy Wright
- Larry and Mary Lee Willis
- James and Nancy Foster
- Joyce and Ben Bracey
- Virginia Norfleet and Zada Norfleet

Total of 24 that are interested and we need a firm 30 or more to make the trip a go. We need this fundraiser to go through as it is the biggest one of the year. If you know of anyone that is interested in the trip, please encourage them to make their reservation as soon as possible. We cannot wait until the last minute and really need to move forward as soon as possible. I have attached the flyer for anyone that needs additional details. Please call or email if you have any questions.

Thanks,

Courtney Roggmann ~ Owner

Solutions Travel

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