March 2020 Calendar
Monday 2: 11:30am The WCA Business Meeting. Program: TBD
Hosts: Cathy Moreno & ????
Thursday 5: 2-4 pm, Women’s History Month “Amending America”, HQ GFWC
Thursday 5: 7pm The WCA Evening Meeting. Monday Morning Meeting Update and Crafts
Monday 9: 10 am, Prayer Breakfast; Speaker: Gloria Sauck, Missionary/Nurse to Kenya
Monday 16th: Board Meeting.
Sat. March 21: Northern District GFWC Spring Meeting, Herndon, VA (see Pres. Report)
Monday 23: Busy Bees 9-1

Upcoming Events:
March, Monday 02: GFWC Special Awards Deadline.
March, Thursday 05: 7pm The WCA Evening Meeting. Monday Morning Meeting Update and Crafts
March, Monday 16: 1pm The WCA Board Meeting and final plans for bike rodeo.
April 01/May 01: The WCA Annual Membership due date(s)
April, Saturday 25: 10am-Noon Bicycle Rodeo. Lead: Angela Morici
June, Tuesday 23- Friday 26: GFWC Annual Convention at the Sheraton Hotel in Atlanta, GA

Upcoming Birthdays
March 7: Nacha Klopf
March 14: Pat White
March 14: Annette Pigott

MARCH 8: Daylight Savings Time Begins! Spring Forward! Set clocks one hour forward!
What to Bring to Our Next Meeting

**Arlington Food Assistance Center (AFAC) Monthly Items:** Pasta, spaghetti sauce (no glass containers), low-salt soups, low or sugar free canned goods, tuna. Cereal is most needed! The food banks are running low on food due to holiday seasons and federal furloughs. Please also bring healthy pet food, treats, collars and leashes for animals.

**Arlington Street People's Assistance Network, Inc. (A-SPAN): Adult:** Aspirin/Tylenol, sinus pills; *New* Men’s or women’s underwear, socks and light jackets.

**Box-Tops for Education:** for Randolph School.

**Clean Used or New Plastic Grocery or Department Store Bags:** To make “Plarn” which is then crocheted into sturdy carry-all bags or woven into mats for the homeless.

**Fleece, Polly Fiber Fill and 100% Cotton Fabric:** For making stuffed heart pillows for the Little Mended Hearts Program with the Pediatric Cardiology with Inova Children’s Hospital and for the Chapter Heart Pillow Program with the Mended Hearts Chapter 200 of Northern Virginia.

**Items for USO:** Small video games (especially for XBox 1 and the WII), DVDs, CDs, candy, electronics, savory snacks, board games, postage stamps or playing cards, etc. but no books.

**Operation Smile (OS) Bag Supplies:** OS is in immediate need of child-size toothbrushes, travel-size toothpaste, smile splints (formerly known as no-no armbands), kids hospital gowns as well as thin coloring books, children’s puzzles, building blocks, connect-four and pull-along toys. If you are a sewer, please consider making no-no armbands, kids hospital gowns, blankets or quilts. Contact Pat Fisher at 703-751-3442 or 7fisherp@msn.com for more information.

**Used Postage Stamps for Veterans in Arizona:** Leave a 1/4 to 1/3 inch edge around stamp.

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**President's Report**

**Deneise Boyd**

I hope everyone had a wonderful Valentine’s Day! Our Black History program in February was a great success! 50 Students plus several teachers/chaperones from Our Savior Lutheran School attended the presentation by Sharon Tindall. Ms. Tindall is a quilt code and sewing instructor for No. VA. Community College and Morgan State Univ. The topic was Underground Railroad Quilt Codes. Sharon brought along several samples of quilts and patterns used to communicate with other slaves during the Civil War. Thank you, Sandy Newton for arranging the presentation by Sharon and many thanks to Jeanie and Jimmie Payne for getting the drinks and snacks for the students and guests. I also want to give a big THANK YOU to Nacha Klopf for doing our newsletter and getting out the electronic format in a timely manner all while living out in California. We greatly appreciated the hard work you did!! Pat Thank you so much for stepping up and doing the newsletter in the interim. The Prayer Breakfast: will be on Monday, March 9th from 10:00 am to 12:00 noon at The WCA clubhouse (lower level). Everyone is welcome! Gloria Sauck Missionary/Nurse to Kenya will speak about her experiences there. Please see the Prayer Breakfast flyer for further details. The Northern District GFWC Luncheon will be an opportunity to meet other club members in our district held at the Crowne Plaza Dulles Airport Hotel and Country Club, Herndon, Virginia on Saturday, March
21 at 8:30 am. Lunch and registration fees are $35 and must be sent to Susan Edson by March 10th. We can meet and carpool from the clubhouse. If anyone wishes to enter in the Art Show for the Northern District Meeting let me know, as soon as possible, so that the information can be relayed to the chairperson.

Community Information and WCA Support Organizations

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AFAC Food Collection: The WCA donated 20 pounds of canned goods, cereal and other food items to AFAC collected in Jan & Feb. Thanks so much for your generosity!
A-SPAN: On November 6th, Deneise and Angela delivered 59 hand-made scarves and 50 hand-knitted hats to A-SPAN. Sandwich Making: Thanks to all who help making sandwiches with Our Savior Lutheran Church at 825 S. Taylor Street, Arlington, VA 22204 this past year!
Arlington County Glass Conservation-Recycling: Per Notice as of April 25, 2019. Arlington County asks residents to place glass in your black trash cart. You can still drop off glass at the County’s two recycling drop-off centers for crushing and reuse as construction and landscaping material at:

<table>
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<tr>
<th>North Quincy Street and Washington Blvd.</th>
<th>Trades Center at 2700 South Taylor Street</th>
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Alexandria is doing the same. Here are the four drop-off points for glass-purple recycling bins:

<table>
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<tr>
<th>South Whiting Street (at the end of South Whiting intersecting at Tower Court)</th>
<th>3224 Colvin Street</th>
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<tbody>
<tr>
<td>4251 Eisenhower Avenue</td>
<td>Jones Point Park (On the left, at the end of South Royal Street heading south under the Woodrow Wilson Bridge</td>
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For details, please see https://recycling.arlingtonva.us/economics-of-recycling-right-in-aryland/ or https://www.alexandriava.gov/Recycling

Lions Club (LC) Prescription Bottles: A South Arlington Lion Club member collects empty (labels removed) prescription bottles for Doctors Without Borders. Pat Fisher takes them to her church where the collection box is located.

Operation Smile (OS): A second box was mailed to OS in December 2019. The WCA donated: 10 coloring books; 9 boxes of crayons; 3 toothbrushes; 5 toothpaste tubes; 6 small soaps, 8 sample bottles of shampoo; 1 puzzle; and 26 no-no armbands (sewn by Cathy Moreno and Pat Fisher). Total cost of mailing was $20.35. Smile splints/no-no armbands placed on the elbow of the patient to avoid bending either arm keep OS cleft palate patients from pulling at their stitches in the crucial 24 post-surgery hours. The tongue depressors inside their mouths keep the patient from touching their face or stitches.

Meals On Wheels (MOW): Nancy Bennett, President of the Board of Managers, informed us that MOW needs: (1) more volunteer drivers who can commit to one day a month (or more) from 11AM to approximately 12:30PM during the weekday. Please contact Mary Kalfatovic at 703-395-9726 or arlingtonmowvolunteers@gmail.com. (2) back-up drivers to step up immediately if one of the regular 17 drivers does not show up. Please contact Mary Sattazahn at mary035@yahoo.com. (3) Plastic grocery bags to be dropped with the dispatcher at the First Presbyterian Church. For further details, please see http://www.mealsonwheelsarlington.com/volunteer.html

White House Christmas Ornaments (WHCOs) Fundraiser: We ordered 100 ornaments at $17.95 each and $20.00 shipping charge. Ornaments sold for $22 each. All of them sold. Anticipating more people who may still want some, 25 more were ordered with no shipping charge. There are 4 left so if anyone still needs an ornament or two, please contact Pat Fisher. The WHCOs are helicopters honoring President Dwight D. Eisenhower and look pretty on a tree.
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Busy Bees’ (BBs) Corner

WCA members

Used Postage Stamps for Veterans in Arizona: The Department of Veteran Affairs (VA) Medical Center Veterans National Stamp and Coin Club # 135 S.C. in Tucson, Arizona, a non-profit group of volunteers uses the hobbies of stamp and coin collection as a therapy program to support - nationwide - medical staff of VA Medical Centers in the treatment and rehabilitation of disabled, homebound, shut-in and outpatient veteran patients.

Sole4S Souls (S4S): Thanks to Anne K! Your new and gently-worn shoes are a viable resource help people start and sustain small businesses to lift themselves out of poverty and to provide crucial necessities for their families. Please see https://soles4souls.org/get-involved/give-shoes/

Inova and Mended Hearts (MH): Mended Hearts, Inc. - Chapter 200 of Northern Virginia whose 200 members have been “visiting” cardiac patients in Northern Virginia since 1989 is dedicated to serve heart patients and their families in the Washington, D.C./Northern Virginia Area by giving help and encouragement to those who are confronted with or who have had heart surgery. The members consist of people who have had heart surgery, their spouses, relatives, medical professionals, and others who are interested in the MH’s purpose. Presently MH has active members at four area hospitals, having recently begun support for our veterans at the D.C. Veterans Administration Medical Center. As part of its mission, each patient receives a heart-shaped pillow to speed along her/his recovery. After the surgery, the patient is encouraged to hold the pillow against her/his chest and cough to clear her/his lungs, thus reducing the pain during recovery. The WCA’s Busy Bees (BBs) makes small hand-made heart-shaped pillows for pediatric patients with the Little MH Program at the Pediatric Cardiology Inova Children’s Hospital as well as big ones for adults with the Chapter Heart Pillow Program at the MH Chapter 200 of Northern Virginia http://mendedhearts200.org/pillow-program/. We have two working sewing machines at our club for those who sew. For those who do not, they can stuff the pillows and hand sew the openings or cut out patterns.

Project Linus (PL), Fairfax County Chapter: Virginia “Ginny” Jane Mayes is PL Assistant Coordinator and has a Facebook page. You can read her nice comments and pictures about our donations here: https://www.facebook.com/1576457859349786/posts/2335880520074179?sfns=mo . Angela is planning to make a delivery in December. BBs continue to make 30x30, 36x36 or larger blankets and afghans for PL https://www.projectlinus.org and encourages anyone who wants to make a knitted, crocheted, sewn, or machine quilted blanket or an afghan to do so. Thanks so much!

Columbia Pike Thrift Shop (CPTS): Monday-Saturday, 10am-4pm. CPTS, one of the major outreach programs of the Trinity Episcopal Church since 1965, needs volunteers (regular three-hour shift). Please call Jean B., Assistant Manager, at 703-521-3110 on Wed or stop by the shop located at 4101 Columbia Pike on Wed and Fri after 1pm. Thanks for being a reference, Mileva!

National Do Not Call Registry (NDNCR): If you have already registered your phone number(s), please DO NOT respond to any e-mails telling you click on a link to re-registered your number(s). The NDNCR gives you a choice about whether to receive telemarketing calls. You can register your home or mobile phone for FREE. You can verify your registration. If you receive an unwanted call after your number was on the National Registry for 31 days, report it to the Federal Trade Commission (FTC) at https://www.donotcall.gov/ . Thanks Angela!

Medicare ID Changes for 2020: Angela wants to alert us to be savvy and smart about possible scams. Between April 2020 and December 2020 all Medicare subscribers will receive in their snail mail a new ID card with a new randomly generated ID number. You DO NOT have to do ANYTHING to get this new ID card. Please be wary of anyone who calls or emails you asking for any personal information (Social Security number, bank account information, credit card account number) to “help” you get this new card! For detailed information please read “Be on high alert for Medicare scams” at https://www.aarp.org/health/medicare-insurance/info-2018/open-enrollment-scam.html https://www.medicare.gov/pubs/pdf/10050-medicare-and-you.pdf

Arlington County Residents: Please see Current AD Regulations & Proposed Changes and Accessory Dwelling Regulations Update on the single family zoning changes. County contacts:
General Federation of Women’s Clubs (GFWC): THE WCA is a member if the GFWC, an international women’s organization dedicated to community improvement by enhancing the lives of others through volunteer service. Collectively, we are Living the Volunteer Spirit. Headquarters located at 1734 N Street, NW, Washington, DC 20036-2990. For details, please visit https://www.gfwc.org/

Arlington County Civic Federation (ACCF or CIVFED) Membership: The WCA is ACCF member http://www.civfed.org/ and has 4 (four) assigned delegates who have voting rights and may speak on our behalf. ACCF, an umbrella organization of 84 civic and social organizations, contribute to the fabric of Arlington. General Membership Meetings are open to the public and generally held at 7:00 pm on the third Tuesday of the month (September-June; no meetings in July or August) at Virginia Hospital Center - Hazel Auditorium. Free parking in the Gold Parking Garage. Thanks, Mileva!

Free AARP/Arlington County Department of Human Services Tax Preparation Help: Thanks, Pat F. and Marie! It is free for any low-income individual or senior citizen. Steve Shapiro, a CPA and Encore Learning member, informed Marie that AARP volunteers receive three days of annual tax training. Each return is checked by two accountants. In 2018, Marie’s taxes were done in an hour, saving her several hundred dollars! Some appointments are available at the Central Library by calling 703-829-6192 as well as with the AARP Travel Team for persons unable to leave their homes at 571-766-6268. Please see details at https://library.arlingtonva.us/explore/financial-planning/free-tax-preparation-help/ or https://publicassistance.arlingtonva.us/tax/

WCA Annual Membership: Due no later than April 1/May 1, 2020: Fees are $40.00 (active members) $30.00 (inactive members). Please make the check payable to “The Woman’s Club of Arlington” and mail it to Juanita Jernigan at 700 South Buchanan Street, Arlington, VA 22204-1440. Thanks, Juanita!

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Arts & Sciences Corner
Miriam Miller, ON President - 703-536-7557 / mcdm1@verizon.net
Opera NOVA, P.O. Box 7057, Arlington, VA 22207

Arlington Co. Public Library (APL): In order to continue to explore amazing activities, Marie Schryver encourages everybody to visit APL calendar events here: https://library.arlingtonva.us/calendar/

Opera NOVA (ON): Give the magic of opera to every child! ON is raising money for the 46th edition of annual children’s opera. ON needs your support! We believe every child deserves a meaningful arts education. Please listen to Miriam’s message here: https://fundly.com/give-the-magic-of-opera-to-every-child. Miriam Miller, our beloved WCA member is ON President. ON was founded in 1992 as a volunteer-based, non-profit charitable organization to bring the joy of opera to residents in the Northern Virginia community. Its mission is to educate adults and children alike in its local community by producing 3 to 4 operatic productions each year. One of its most popular children’s operas is Monkey See, Monkey Do, an English opera written specifically for children. For further details, please visit https://www.operavolunteers.org/opera-directory/opera-nova/ or https://www.facebook.com/pg/OperaNOVAorg/events/?ref=page_internal

55+ Guide for Exercise, Travel, Connections and More by Arlington County Parks and Recreation: Kathleen Harrison, thanks for suggesting to explore the Travel section of this guide. Please send her your thoughts and preferences to see how we can have a fun event together! https://parks.arlingtonva.us/programs/adults-55/ or https://arlingtonva.s3.amazonaws.com/wp-content/uploads/sites/17/2019/08/ONLINE-SEPT-OCT-GUIDE-2019.pdf

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Juanita’s 2018-2020 WCA Yearbook Updates Corner: Members Information!
Juanita Jernigan at 703-300-4697

| WCA & Arlington County Civic Federation (ACCF or CIVFED) | Sandy Newton, Deneise Boyd, Juanita Jernigan are our WCA Delegates. Kathleen Harrison is an Alternate before the ACCF. Sandy Newton became the ACCF President since early summer. |
| WCA & Inter-Service Club Council | Deneise Boyd and Jacqueline Miller are our WCA Representatives before ISCC. |
Cathy Moreno's new address
8127 Cerromar Way
Gainesville, VA 20155

Mileva Hartman's new address
703-841-9287; (c) 202-641-2820 (same as before)
900 North Taylor Street, # 1117, Arlington, VA 22203

Maria Ignacia (Nacha) Klopf’s new contact information
miklopf@gmail.com
(c) 703-624-0342 (Please leave message. Thanks!)
875 La Playa Street, #471, San Francisco, CA 94121-3260

Ruth F. Duvall
Birthday: 23 Jul
2608 N. Nottingham St.
Arlington, VA 22207
703-534-6158
duvallr2001@yahoo.com

Members/past members needing our Prayers, Visits, Cards or Phone Calls
Ann Swain- Homebound; Psyche McRee Heritage Hall-Memory Care Unit, Leesburg, VA;
Queenie Sheldahl, The Kensington, Falls Church, VA; Diane Bender, recently hospitalized;
Bonnie Mangan, recovering from surgery at home; Sandy Newton-upcoming surgery.

Biography of one of our newer members: Ruth Duvall
I am an Army brat and lived in France during elementary school and Turkey during high school. I graduated from Roanoke College in 1966 and Florida State Library School in 1967. My first job was at Arlington County Public Library. I married a native Arlingtonian and in 1974 we went to South Korea for two years. We took three months to come home the long way. Two years ago, we took a cross country trip to Denver that lasted six weeks and we had a blast. I guess I have to say that we enjoy traveling. We have two children who live in the area. I enjoy reading and do a little sewing. Welcome Ruth!

POSITIONS STILL AVAILABLE AT THE WOMAN’S CLUB: Newsletter Editor, 1st Vice President, Registrar, Clubhouse Chairperson. If you can serve in any of these positions’ contact Deneise Boyd!
Hats off to the Busy Bees and the Woman’s Club!!!!! A letter of Thanks and Gratitude!

8 Jan. 2020

Dear Ladies,

My wife recently had a mitral valve repair (successful!), and in post-op she was given your broken heart pillow. Your kindness and love is with her everyday. A true “pick-me-up.” There truly are angels on earth - look in the mirror. I love you all. Please find goodness in the enclosed check. God Bless and Keep Touching Lives.

Forever Grateful,
Michael Johnson & Stephanie
(These wonderful people gave the Woman’s Club a check for $100!)

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Bike Rodeo

Angela Morici

I would like to remind all members that this year’s Bike Rodeo will be held on Saturday, April 25, from 10 to 12. I have been working with Bike Arlington and Phoenix Bikes, and we are hoping to have another good turnout this year.

In a few weeks I will email a copy of this year’s flyer to all of you and ask that you help spread the word about the event. While the two bike stores will be doing a lot of the work ahead of time and at the event, we will still need as many members as possible to be there to assist the stores with necessary paperwork and other tasks.

Thank you ahead of time for your help!

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Biography of Gloria Sauck-Speaker for Prayer Breakfast March 9th

Gloria serves with World Mission Prayer League (WMPL) in Africa, mainly Kenya, as a nurse under Vision and Mission for Kenyan Society (VMFKS). Gloria has served with WMPL since 1992 in Africa and with VMFKS since 2015. She works with local private and government teams and personnel to bring eye and/or general medical camps to the villages and towns lacking adequate services and with the words of invitation to become followers of Jesus and to give the hope of forgiveness and salvation. These teams conduct vision/medical clinics while broadly sowing the Word to all who attend. She encourages the local followers to participate as team members in these outreaches and to pray for the harvest. As the Spirit works in them, she envisions seeing local workers someday who go and share with those in Africa or beyond who have limited or no access to the words of hope. (Gloria is Pat Fisher’s Sister)
PRAYER BREAKFAST

Monday, March 9, 2020 10:00 am-Noon

Speaker: Gloria Sauck, Missionary/Nurse talking about her years of special service in Kenya

Where: The Woman’s Club of Arlington (Lower Level)
700 South Buchanan St. Arlington, VA 22204

Cost: $5-Pay at Door
Full Breakfast Served.

RSVP to 703-553-5800
or Pat Fisher at 7fisherp@msn.com
Please RSVP by March 8th.

Free Parking

Everyone welcome!