



# The Tri Club Tribune

The Tri Club Woman's Club, 8102 Ridge Road, Richmond, Virginia 23229  
web address: <http://triclubonline.org>



**President: Mariett Eggleston**

**Volume 44, Edition 7**

**April 2011**

## CALENDAR

- April 1-3: Bizarre Bazaar
- April 7: Tri Club Meeting
- April 9: Autism Family Picnic
- April 21: Tri Club Board Meeting
- April 23: GFWCVA Arts & Crafts Show
- April 24: Easter
- April 28-May 1: GFWCVA Convention
- April 28: Plant sale, Lewis Ginter Gardens
- May 1: Hansel & Gretel Opera
- May 5: Annual Banquet
- May 11: McGuire Bingo

## REMEMBER

- Wear blue for Autism Awareness Month
- Bring a guest
- Read your copy of Budget
- Bring 2011-12 program suggestions
- Buy Hansel & Gretel Opera tickets (page 3)
- Bring snacks, cookies, cash, volunteer -Bingo
- Bring a screwdriver
- Sign up for luncheon committees
- Bring \$20 check for May Luncheon
- Donate money for Camperships (page 2)
- Bring pull tabs
- Bring food for Lamb's Basket



Tri Club Meeting

April 7, 2011

10:30 AM

**Day Chairman: Johanna Gilbert**

**Luncheon Co-Chairs: Adele Van Divender/Gene Joyner**

**Devotions: Parker Hatz Smith**

## April Speaker

# TOM KAZAS

## DOMINION VIRGINIA POWER



**PRESIDENT:**  
**MARIETT EGGLESTON**

Spring is beginning to peak through on trees and early flowers, and are we ready! Tri Club has also bloomed this month! The district **Art Show** was impressive with many Tri Club winners, congratulations to **Iris Will** and her helpers for that. The **Lee District Spring meeting**, led by **Delores Apsley**, was fun and informative. We had a table of Tri Club members in attendance, with **Mary-Meade Lee** as a page, **Page Peyser** as the official photographer and **Anne Hunnicutt** reporting for the District Unity Project that she and **Eunice Bailey** chair. I'll share the awards we won with you at the April meeting. The **Irish Tea** was a successful fun event. The food and decorations were great and all attendees had a great time! Thanks to **Gwen, Ell** and the rest of the fundraising committee for that. We will also be represented next week at the **Richmond Area President's Council**.

Special bouquets of thanks go to **Mary-Meade Lee** for presiding at the March business meeting (I hear that she did a great job!), to those of you that brought in children's books for the District meeting (we had an impressive number of books donated.), to **Nancy Kindervater** for continuing to deal with the plumbing problems at the WECC and to all of you for your continuing generous support of our philanthropic projects.

I'm looking forward to seeing you at the April meeting (Remember to read over the budget copy from the March meeting and be ready to vote!) and our May banquet. I also hope many of you are planning to attend the GFWC Virginia Convention being held here in the west end, April 28 - May 1.

**1ST VICE PRESIDENT:**  
**MARY-MEADE LEE**

Our speaker for April will give us suggestions about saving money and the environment. His name is Tom Kazas who is a writer and editor at Dominion Virginia Power's speaker's bureau. He has had a lifelong interest in energy conservation and created today's presentation specifically for people who want to save money and energy in their homes.

This is our last program for this year and I want to thank our committee again for the outstanding job they did. Thanks to **Jean Ray, Martha Vermilya and Iris Will**.

There will be a form on the table at the annual luncheon where you can make suggestions for next year. I will also have them at the April Meeting. I would love to have your ideas.

**DELORIS APSLEY:**  
**DISTRICT PRESIDENT**

Dear Tri Club Friends,

**Jonnie Smith** is at Westport Health Care Center on Forest Avenue. She is recovering from a bout of high blood pressure, which apparently did some damage to her heart. She will be there for several weeks and is having therapy each day. She would appreciate cards and they should be addressed to:

Lois Smith  
Westport Health Care Center  
Room 206  
7300 Forest Avenue  
Richmond VA 23226

As many of you know, Jonnie is the Parliamentarian for Lee District and of course, our own Tri Club Parliamentarian. Please keep her in your thoughts and prayers.

**2ND VICE PRESIDENT:**  
**NANCY KINDERVATER**

*"I love spring anywhere, but if I could choose I would always greet it in a garden."*

~Ruth Stout

Let's extend a hand of friendship with a smile and invite guests to our April meeting.

**UNITY PROJECT**  
**ANNE HUNNICUTT**  
**EUNICE BAILEY**

Those members attending the March meeting are aware that the new Unity Project for the Lee District. **Eunice Bailey** and I are co-chairmen. We wanted all members of Tri Club to be informed that the new project is helping the Autism Society of Central Virginia.

The number of children diagnosed with Autism is increasing each year. All clubs will be collecting money at each monthly meeting for Camperships for Autistic Children.

Also, we will be helping the Autism Society with a family picnic that will be held on April 9 at the Roslyn Center. We are pleased that enough money has been donated from clubs in the Lee District to pay for all the lunches and drinks.

We still need a couple of volunteers to help with the picnic. Call Eunice or Anne Hunnicutt if you would be available.



**ARTS: IRIS WILL**

My thanks to **Lea Lightner, Deloris Apsley, Page Peyser, Shirley Spangler & Doris Glisson** for their help in setting up and taking down the Lee District Art Show. Your help was greatly appreciated.

GFWC Virginia Arts & Crafts Show will be held on April 23rd at The Westin Richmond@ 7731 W. Broad Street. Entries will be received Friday, April 22nd—your chairman will see that they are entered on time. Take time to visit the show when you attend the GFWC Virginia meeting. We hope that we will have some winners to announce at our May meeting.

***Join Us For VCU Opera Theatre: Hansel and Gretel***

Sunday, May 1, 2011

7:30 pm - 9:00 pm—Senior \$10  
Singleton Center for the Performing Arts

Sonia Vlahcevic Concert Hall  
Monroe Park Campus

VCU Opera, the VCU Symphony, and The Greater Richmond Children's Choir (directed by Hope Armstrong Erb) present Englebert Humperdinck's beloved classic fairy-tale opera HANSEL & GRETEL. This full-scale production based on the Grimm Brothers tale is co-directed by Melanie Kohn Day and Kenneth Wood and is conducted by Daniel Myssyk

Sign up and give your \$10 to **Iris** at the April meeting; then all you have to do is get your carpools together and show up in time for the show. Directions and parking options will be available at the April meeting.



**Blue Ribbon Winners**  
**At**  
**District Show**

- Barbara Bolton**
- Carol Decker**
- Johanna Gilbert**
- Gwen Glasser**
- Mary-Meade Lee**
- Page Peyser**
- Dot Robelen**
- Iris Will**

**HOME LIFE:**  
**ANNE HUNNICUTT**  
**EUNICE BAILEY**

This is the last month until September that we will be collecting pull tabs and food for Lamb's Basket.

April is Autism Awareness Month. We are asking each member to wear blue to the April meeting and we will have Autism ribbons for you to wear.

Also, will be collecting money for camperships for:

***Autistic children  
Koins for the Kids.***



**AUTISM SPEAKS™**  
It's time to listen.

**PUBLIC ISSUES:**  
**NANCY GOLDEN**

**BINGO**

**McGuire Veterans  
Administration (VA)  
Hospital**

**Wednesday, May 11**

**MARK YOUR CALENDARS**

PLEASE SIGN UP AT THE  
APRIL MEETING TO JOIN IN  
THE FUN.

Spouses and friends are more than welcome.

Please bring **small snacks** to be distributed to the veterans. These should be individually wrapped items such as snack cakes, cookies, pretzels and crackers. Please sign up too at the April meeting if you are willing to contribute your **specialty cookies**, brownie or other single portion goodie.

We will also be asking for a **cash donation** to fund purchases of soda and the veterans' specialty favorite, fresh fruit.



**Education:**

**Evelyn Kerschbaumer, Gretchen Bradley,  
Jane Hostetler, Karlyn Gleason**

**Ridge and Crestview Schools:**

Gretchen Bradley delivered 300 labels each to Ridge and Crestview schools. Many thanks to all who have been participating in our BoxTops4education campaign.

During National Library Week in April, we will send fifty dollars each to Ridge and Crestview for purchase of children's books.

**Book Swap:**

April will be the last month for our book swap until the September. Please take your own books home if you wish to have them over the summer. Otherwise, we will store them in our book bins.

**Tricycle Gardens:** We are excited about our new joint project with the Conservation Committee. The project is called **Tricycle Gardens** and combines our education and conservation emphases. We are especially interested in helping children of Richmond learn to plant and grow gardens of vegetables and herbs. There is a special children's summer program which lasts ten weeks. We are looking into sponsoring one child for this program.

Coming up on Tricycle Gardens programs is the plant sale on April 28th at Lewis Ginter Gardens, where Tricycle Gardens volunteers will be selling organic herbs which have been grown in the community gardens.

**Books Galore:** Our April meeting will be the last one where you can share your book list. We'll continue the list in September. Meantime, check out our current list below.

Books Galore TriClub continues to read  
February-March 2011

<b>Title</b>	<b>Author</b>
44 Cranbury Point	Debbie Macomber
A Single Rose	Barbara Delinski
A Venetian Reckoning	Donna Leon
Alex Cross	James Patterson
Aloha Quilt	Jennifer Chiaverini
Blackwork	Monica Ferris
Damage	John Lescroart
déjà vu	Fern Michaels
Deliver Us From Evil	James Baldacci
Dewey	Vicki Myron / Brett Witter
Great Expectations	Charles Dickens
Hell's Corner	David Baldacci
Hotel on Corner of Bitter and Sweet	Jamie Ford
House Rules	Jodi Picoult
Island Beneath The Sea	Isabel Allende
Moonlight Road	Robyn Carr
Mr. Pip	Lloyd Jones
Room	Emma Donoghue
The Cat Who Plays Post Office	Lillian Braun
The Cat Who Talks	Lillian Braun
The Confession	John Grisham
The Father's House	Belva Plain
The Mountain Between Us	Charles Martin
The Outer Banks House	Diann Ducharme
The Simple Truth	David Baldacci
The Three Weissmanns of Westport	Cathleen Schine
There Goes the Bride	M. C. Beaton
Twenty Wishes	Debbie Macomber

**BOOK REVIEW****ROOM**

**By Emma Donoghue**

**Courtesy of Gretchen Bradley**

To five year -old Jack, Room is the world.

It's where he was born, it's where he and his Ma eat and sleep and play and learn. There are endless wonders that let loose Jack's imagination- the snake under Bed that he constructs out of eggshells, the imaginary world projected through the TV, the coziness of Wardrobe below Ma's clothes, where she tucks him in safely at night in case Old Nick comes.

Room is home to Jack, but to Ma it's the prison where she has been held since she was nineteen for seven years. Through her fierce love for her son, she has created a life for him in that eleven-by-eleven foot space. But Jack's curiosity is building alongside her own desperation - and she knows that Room cannot contain either much longer.

Told in the poignant and funny voice of Jack, *Room* is a story of unconquerable love in harrowing circumstances, and the diamond hard bond between a mother and her child. It is a shocking, exhilarating, and riveting novel - but always deeply human and always moving. *Room* is a place you will never forget.

**LEGISLATION: GRACIE TINGLE**

Henrico County School Board approved a Uniform Policy giving individual schools the option to implement mandatory uniforms for school children beginning the next academic year if they have the support of 85% of the school staff and of the family.

**HIGHLIGHTS:****General Assembly Session 2011**

**\*H.B. 1419:** Human papillomavirus vaccination. Eliminated required vaccination for female children.

**\*Immigration Bills.** On party line votes, a House subcommittee endorsed a legislation package that Republications said would curb illegal immigrants but opponents said they may unfairly punish undocumented residents and promote discrimination. The Virginia Senate's Courts of Justice Committee then refused to hear the bills.

**\*The proposal** to privatize the state's retail liquor stores was not taken up for consideration. A compromise for the state to keep some control over alcohol advertising on billboards was reached by the Legislators this session.

**\*Talking** on cell phones while driving died in committee.

**\*Passed,** a constitutional amendment that would provide that private property can be taken or damaged only for a public use with "just compensation" to the owner and not for economic development. (A state constitutional amendment must pass two (2) assembly sessions with an election in between, and then goes on the ballot for a vote.)

**\*On physical education,** a bill passed that required 150 minutes, on average, per week for kindergarten-grade 8. (HB 1644, House Amendments, D.,# 14.) Delegate O. Ware, allowed: "A fit body means a fit mind," as he recalled his mother always made him go outside and play.

**\*Legislators** approved changes to the state's protective-order laws. The change gives people in dating relationships or anyone

else who fears harm to seek protection. The protective order enlarged type of conduct and expanded class of people eligible to obtain a protective order. Protective orders are based on conduct, regardless of the relationship of the parties involved. Bill also makes several amendments to make protective orders and family abuse protection orders more consistent. Also makes penalties for violating a protective order consistent with the penalties for violating a family abuse protective order. (HB 2063 or SB 2063)

**\*Passed,** victims of child sexual assault would have up to twenty (20) years to file civil suits. Up from the current two (2) years. There is no time limit for filing criminal charges against predators.

**\*Lawmakers** passed a bill that would require clinics performing abortions to be licensed and regulated by the Board of Health.

**\*Health insurance** mandated coverage for autism spectrum disorder. (HB 2467) This bill requires health care insurers, health care subscription plans, and to provide coverage for the diagnosis and treatment of ASD in individuals from age two to six, subject to an annual maximum benefit of \$35,000 of coverage for applied behavior analysis.

**\*Senate Bill 1367,** sponsor Richard Saslaw, D-Fairfax Co., enlarges the market for the car-title lenders who make high-cost, instant loans at triple-digit rates. These loans prey on the poor.

**Urge Gov. McDonnell to veto this bill. (804-786-2211)**

The above bills that didn't die in the committees will go to Gov. McDonnell for approval or veto and will be finalized on April 6, when the General Assembly reconvenes.

**Meanwhile in DC:**

The Republicans continue to accuse the White House/Democrats of not being serious about reaching a budget agreement.

Health care reform law waivers are now over 1000, issued mostly to unions or union connected.

With three (3) democratic seats in the Senate being vacated and two (2) incumbents vulnerable, Tester, D. Mont. and Nelson, D. Neb., the buzz is that the Republicans are in good shape to take over the Senate in 2012 election.

Locally:

Reports say Webb is stepping out before being voted out and Allen and Radtke are vying to step in.

"We will always remember, we will always be proud, we will always be prepared, so we will always be free."

Ronald Reagan

**HEALTH****JEAN MARTIN****MARTHA VERMILYA**

Our sense of balance is coordinated by three things:

- \*our proprioception (which is our brain telling us when we are in space),
- \*our vision
- \*our hearing.

As we age, our ability to integrate the signals from these three systems declines. But it takes only a few minutes a day to fine tune it:

**One leg balance**

Standing by a chair, lift one leg; see how long you can stand without lowering your foot. Next, do the exercise with your eyes closed. Switch legs.

**Daily Checklist for Good Health!**

1. Walk 30 minutes - stave off Alzheimers
2. Brush and floss your teeth
3. Drink two cups of green tea - lowers cholesterol
4. Take 400 mg of DHA omega-3s, 1,000 IU Vitamin D and 1000 mg calcium
5. Sleep 7-8 hours a night
6. Meditate for 5 minutes - yoga, prayer or meditation

**GFWCVA STATE PROJECT**  
**SIBYL TELIFAN - PAT THIEL**

Thank you, Thank you--181 children's books from Tri Club were taken to the Lee District spring meeting!!!

April is PREVENT CHILD ABUSE MONTH. Tri Club will be "planting" a pinwheel garden out front of the West End Community Center following the April club meeting. Be sure and bring a screwdriver to help with the planting.



**INTERNATIONAL:**  
**POLLY LANTZ**  
**BARBARA BALDERSON**

THE FINAL COUNT:  
Pennies for Peace **\$250**

Christmas Shoe Boxes: See the newspaper pictures of children in Haiti receiving these boxes. (the newspaper will be passed around at the April meeting)



TRAGEDY IN JAPAN  
HOW CAN WE HELP?

Contributions may be made through Tri Club

**HOSPITALITY:**  
**JEAN RAY/MARGARET VACHET**

The sign up chart for the 2011-2012 luncheon committees will be available at the April and May meetings. Please choose a month to serve for next year's luncheons that best suits you and remember that you will be plugged in somewhere if you don't sign up. (Sample of sign up sheet on page 8)

Serving on a luncheon committee is a requirement for club membership.

**ANNUAL MAY LUNCHEON**

Where: Richmond Country Club  
Date: May 5, 2011  
Time: 10:30 am  
Meeting: 10:30 - 11:30  
Cocktails: 11:30- 12 noon  
Lunch: 12 noon

There will be 2 choices for the meal:  
Quiche-Broccoli Cheddar, with fresh seasonal fruit.  
OR  
Orange Rosemary Chicken, pan seared, with a Grand Marnier Glaze, seasonal vegetables and wild rice pilaf.

Both will be served with a salad, baked rolls, coffee, tea, and a dessert of Cheesecake with Strawberry topping.

The cost will be \$20; gratuity and tax are included.

There will be a cash bar before lunch at \$5/drink or sodas at \$2 apiece.

Please make your checks payable to Tri Club. The deadline for reservations is April 28. Please indicate in the memo of the check your choice for the lunch, either the quiche or the chicken. Bring the checks to the April meeting or mail to:

Margaret Vachet  
9117 Donora Dr.  
Richmond, VA 23229

**APRIL LUNCHEON COMMITTEE**

- \*Adele Van Divender
- \*\*Gene Joyner
- Karlyn Gleson
- Joan Hanna
- Eunice BAiley
- Dot Robelen
- Mary Noble
- Betty Riley
- Dottie Williams
- Barbara Rice

**APRIL BIRTHDAYS**

Mary Jame McIntosh	11
Wilma Lorch	13
Libby Dawes	16
Lou Jackson	22
Shirley Spangler	26
Barbara Bolton	30
Paula Butz	30
Deane Wright	30

April Birthstone - Diamond

April Birth Flower - Sweet pea or Daisy

This year we will experience 4 unusual dates.....  
1/1/11, 1/11/11, 11/1/11 and 11/11/11.....

**NOW** go figure this out.....take the last 2 digits of the year you were born plus the age you will be this year and it **WILL EQUAL TO 111**.

This won't ever happen again in your life time!

**IRISH TEA & SILENT AUCTION**

We made **\$690 an hour** at our Tea and Auction for a grand total of **\$1380**.

Thanks to all who organized, worked, attended and invested in unique auction items.

**TRI CLUB IS #1**

**Webmaster: Page Peyser**  
<http://TriClubOnline.org/>

To make our online experiences a little more discreet and secure for the members of the Executive Board, their personal email addresses will be replaced on the Tri Club website by an email address that reflects the person's title. For example, Mariett's email address on the Home Page and Board Page will be:

President@TriClubOnline.org.

All emails sent to her using this email address will be forwarded to her personal email address. When these email accounts are active for the Executive Board members, their personal email addresses will be replaced on the website by the titular email addresses. You can use these new email addresses everywhere you want. This is set up in our Bravenet account in western Canada, where we have our website, but it is not located in the website part of the hosting services. The email account and forwarding instructions are in their own separate sections. Here are the titular email addresses:

Mariett Eggleston  
President@TriClubOnline.org

Mary-Meade Lee  
1stVP@TriClubOnline.org

Nancy Kindervater  
2ndVP@TriClubOnline.org

Joan Hanna  
RecordingSecretary@TriClubOnline.org

Carol Decker  
CorrSecretary@TriClubOnline.org

Jane Hostetler  
Treasurer@TriClubOnline.org

Jonnie Smith  
Parliamentarian@TriClubOnline.org

**Dissolution of Westwood Junior Woman's Club Impacts the WECC Nominating Committee**

The assignment and membership of the WECC Nominating Committee has been modified by the dissolution of the Westwood Junior Woman's Club.

On Thursday, March 17, members of the Westwood Junior Woman's Club voted to dissolve the club completely. As Cheryl Duff (Westwood member and Treasurer of the WECC) said, "I wanted to let you know that Westwood Junior Woman's Club had a very emotional meeting this evening - but in the end we voted to dissolve our club. It is very sad as our club is almost 60 years old - but we were declining in membership to the point where having the club did not make sense. I wanted to pass this information on to you so that the nominating committee can continue its work in a timely manner. Obviously, I will not be eligible to continue as treasurer and no member of Westwood will be a part of the WECC." ... This decision was unanimous by our club. It was time but no one wanted to be the one to pull the plug. " Cheryl

=====

This dissolution leaves us with 2 clubs. All four officers of WECC will be from either Tri Club or Thomas Jefferson JWC.

The Nominating Committee has advanced in its search for nominees. Several possibilities are being considered. We would prefer to have 2 representatives from both Tri Club and Thomas Jefferson JWC.

The job descriptions of all four officers were published on page 7 of the March Tri Club Tribune. The newsletter is posted on the Forms & Publications page of our website:

<http://TriClubOnline.org/>

**AWARD WINNING TRI CLUB TRIBUNE REPORTERS**

- Mariett Eggleston
- Mary-Meade Lee
- Nancy Kindervater
- Joan Hanna
- Carol Decker
- Jane Hostetler
- Jonnie Smith
- Iris Will
- Lee Childress
- Evelyn Kerschbaumer
- Gretchen Bradley
- Ell Gordon
- Martha Vermilya
- Jean Martin
- Eunice Bailey
- Anne Hunnicutt
- Polly Lantz
- Gracie Tingle
- Pat Thiel
- Sibyl Telfian
- Margaret Vachet
- Jean Ray
- Page Peyser
- Beverly Lee
- Lucy Vick
- Barbara Bolton
- Betty Riley

Editor: Gwen Glasser

Circulation Editor:  
Adele Van Divender



## SAMPLE OF SIGN UP SHEETS FOR LUNCHEONS 2011-2012

***Every Club Member working a Luncheon is still responsible for food items***

**Chair:** \_\_\_\_\_

**Co-Chair:** \_\_\_\_\_

**AM Setup**                    1. \_\_\_\_\_  
(kitchen help)                2. \_\_\_\_\_  
    3. \_\_\_\_\_

**Table Setup**                1. \_\_\_\_\_  
**&**                                    2. \_\_\_\_\_  
**Decorations**                3. \_\_\_\_\_  
    4. \_\_\_\_\_

**Cleanup**                    1. \_\_\_\_\_  
(includes taking                2. \_\_\_\_\_  
tablecloths to clean)        3. \_\_\_\_\_

***It can be up to the discretion of the Chair and Co-Chair to make any menu adjustments***

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