



GFWC Georgia

Connections

May is here — blooming with the full splendor of spring and radiating an uplifting energy that encourages us to relish every blossoming tree and bright, sunny day! It's a month of colorful renewal, continued growth, and the heartwarming promise of sunny days ahead. May is also the month of graduations, celebrations, recognitions, and remembrances — Kentucky Derby, Mother's Day, Military, Teacher, and Nurse Appreciations, V-E Day, Cinco de Mayo, and Memorial Day. For Georgia clubwomen, it is a time when one administration has ended, and a new one is in its infancy, as we eagerly await a new path down a familiar road. It's when many clubs slow their activities, many taking a hiatus during the summer. So, this month, embrace the outdoors, with hopefully the last of the pollen season behind us, and see Mother Nature in all her blooming glory. Plant a vegetable garden with the hope and promise of a bountiful harvest. Dream and plan for a long, relaxing summer spent with family, friends, and time for yourself. This month of May is pure magic, inspiration, and excitement. Enjoy it!

May reminders:

Every day can be the beginning of something beautiful.
 You are capable of blooming like May flowers.
 Celebrate your accomplishments, big or small.
 There are days you harvest and days you plant the seeds.
 Embrace your uniqueness and let your light shine.



May is named after the Roman goddess Maia, who oversaw the growth of plants.
Also from the Latin word maiores, "elders", who were celebrated during this month.

Stone = Emerald Flower = Lilly-of-the-Valley

Emerald is the traditional birthstone for May and it is sacred to Venus, the Goddess of love, fertility, and success. Wearing it inspires hope in the weary heart and acts like a mental tonic.

The birth flower for May is the Lily of the Valley, also known as the Mayflower. In the Language of Flowers it represents the return to happiness. It also denotes purity, joy, good fortune and modesty.

Club Events



morning with mom
provided by the Sylvester Woman's Club

Make a craft, have your picture taken, and enjoy sweet tea and lemonade with your Mom! Southern Sparks will also be on site to provide permanent jewelry services.

When: May 4, 2024 from 10am-11:30am
Where: Sylvester Train Depot (102 S. Main St.)

Tickets cost \$5 and cover one Mom and up to two children for crafts and sweet tea/lemonade. Tickets can be purchased from any SWC Member, at Sweet Caroline's, and at the Sylvester-Worth Chamber of Commerce.

*Tickets do not cover the cost of services provided by Southern Sparks Permanent Jewelry.

For more information contact Alicia at 229-854-2913

The winner of our Mother's Day Basket will also be announced at this event. Tickets for the drawing can be purchased for \$10 from any SWC Member. All proceeds made from ticket sales will go towards projects and non profit organizations in the Sylvester- Worth County area.

Saturday, May 4, 2024

Morning with Mom

GFWC Sylvester Woman's Club



YOU ARE CORDIALLY INVITED TO
The Dallas Woman's Club
Mother's Day Tea
benefiting the 1921 Project

Sunday, May 5th
2:00 p.m. - 4:00 p.m.

Dallas Civic Center
121 E Griffin St, Dallas, GA 30132

Hats are encouraged, but not mandatory. All ages welcome. Tickets: \$25 each or \$200 for a reserved table if purchased before April 15th. After April 15th tickets will be \$30. Tickets include tea, a scrumptious menu, and shopping opportunities.

Purchase tickets at www.dallasgawomansclub.org
Don't delay tickets will sell out quickly

Sunday, May 5, 2024

Mother's Day Tea

GFWC Dallas Woman's Club



Time for Tea
with the
LaFayette Woman's Club

May 14, 2024
10:30 Am
Cost: \$25.00
Juniorettes: \$15.00
At
Bank of LaFayette
Community Room
Withers street
LaFayette, GA

Pearls Optional

Hostesses: Irma Shaw,
Melanie Watson, Caroline Brooks,
Joyce Phelps, Marilyn Fulmer

RSVP: Irma Shaw
423-488-6054
By April 30, 2024

Tuesday, May 14, 2024

Time for Tea

GFWC LaFayette Woman's Club



TICKETS AVAILABLE AT:
StoneMountainWomansClub.org
and Wed. - Sun. at
Wine & Whimsies, 2344 Main St., Tucker

**SATURDAY
MAY 18, 2024
10 AM UNTIL 4 PM**

**\$30
DONATION**

Sponsored by GFWC
Stone Mountain Woman's Club

**ART OF NATURE
Garden Tour
2024**

Don't miss this opportunity to explore five gardens in the Smoke Rise/Tucker area of DeKalb County. See how graceful garden designs, carefully curated trees and shrubs, and bountiful blooms join with natural elements to enhance the art of nature.

Don't miss the Level3Jewelry sale!

Saturday, May 18, 2024

Art of Nature Garden Tour

GFWC Stone Mountain Woman's Club



**Grannies & Girls
Tea Party Brunch**
Girls ages 3 yrs. old to 5th grade

Sat., May 25

Women's Clubhouse - 1155 2nd St. SE

Pick a time to come:
10:00am - 12:00pm
or
2:00pm - 4:00pm
Includes food & activities.

\$15 per person

For tickets see
Donna Blalock (891-5271) or
Nancy Jenkins (589-0906).
Sponsored by Moultrie Federated Guild

Saturday, May 25, 2024

Grannies & Girls Tea Party Brunch

GFWC Moultrie Federated Guild

GFWC Events

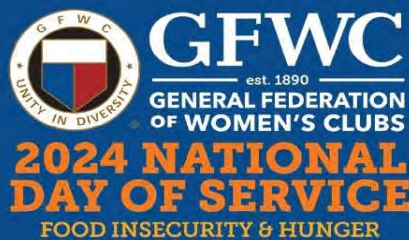
Join us to celebrate 40
years of women's history.

MAY 1, 2024

3:30–6:30 PM



**WOMEN'S HISTORY &
RESOURCE CENTER**
40th Anniversary



START PLANNING YOUR 2024 PROJECT

SATURDAY, SEPTEMBER 28, 2024

Online registration for the
2024 GFWC National Day of Service
will open in Early Summer through
the new GFWC Member Portal.

*Additional information will be posted in News &
Notes.*



The Month of May is.....

For more information about each observance, click on the underlined link.

- [National Photography Month](#)
- [Asian American/Pacific Islander Heritage Month](#)
- [Haitian Heritage Month](#)
- [Jewish American Heritage Month](#)
- [National Military Appreciation Month](#)
- [Bicycle Safety Month](#)
- [Motorcycle Safety Awareness Month](#)
- [Be Kind to Animals Month](#)
- [Gardening for Wildlife Month](#)
- [Gifts from the Garden Month](#)
- [Melanoma/Skin Cancer Awareness Month](#)
- [Mental Health Awareness Month](#)
- [National Stroke Awareness Month](#)
- [Women's Health Care Month](#)
- [Arthritis Awareness Month](#)
- [Physical Fitness & Sports Month](#)
- [Asthma & Allergy Awareness Month](#)
- [Celiac Disease Awareness Month](#)
- [National Hepatitis Awareness Month](#)
- [National Osteoporosis Month](#)
- [National Meditation Month](#)
- [Older Americans Month](#)
- [National Foster Care Month](#)
- [National Children's Mental Health Awareness Month](#)
- [National Chamber Music Month](#)
- [National Electrical Safety Month](#)
- [National Smile Month](#)
- [National Water Safety Month](#)
- [America's Wetlands Month](#)
- [Clean Air Month](#)
- [National Preservation Month](#)
- [Teen Pregnancy Prevention Month](#)
- [ALS Awareness Month](#)
- [National Speech-Language-Hearing Month](#)
- [Bladder Cancer Awareness Month](#)
- [Brain Tumor Awareness Month](#)
- [Cystic Fibrosis Awareness Month](#)
- [Healthy Vision Month](#)
- [Lupus Awareness Month](#)



#PublicHealthMaps

MAY is
SKIN CANCER
AWARENESS MONTH

SLIP

on sun protective clothing

SLOP

on SPF 30+ sunscreen & reapply every 2 hours

SLAP

on a broad-rimmed hat

SEEK

shade

SLIDE

on wrap-around sunglasses

DID YOU KNOW?

1. 70% of Americans age 21 and over have not had a skin check in the past year.
2. Skin cancer is the most common cancer diagnosis in the U.S.
3. It is one of the most preventable cancers.
4. Skin cancer does not discriminate. Anyone, regardless of skin color, may develop skin cancer.
5. Those with fair skin, freckles, light hair and eyes are at an increased risk to develop skin cancer.
6. 1 in 5 Americans will develop skin cancer by the age of 70.
7. Your risk for melanoma increases if you've had more than 5 sunburns.

May is National Stroke Awareness Month.

F

FACE

Does one side of the **face** droop?

A

ARM

Does one **arm** drift downward?

S

SPEECH

Does the **speech** sound slurred or strange?

T

TIME

If you observe any of these signs, **call 911**.

STROKE IN U.S. WOMEN BY THE NUMBERS



One in 5 women will have a stroke.
About 55,000 more women than men have a stroke each year.



#3
cause of death

Stroke is the No. 3 cause of death in women.
Stroke kills over 90,000 women a year.



Among women, Black women have the highest prevalence of stroke.

TALK TO YOUR HEALTH CARE PROFESSIONAL ABOUT HOW TO LOWER YOUR RISK
and use the American Heart Association/American Stroke Association prevention guidelines:

STROKE RISK INCREASES IN WOMEN WHO:



Are pregnant

Pregnant women are three times more likely to have a stroke as non-pregnant women of the same age.



Have preeclampsia

This dangerous condition of high blood pressure during pregnancy doubles stroke risk later in life.



Take birth control pills

These can double the risk of stroke, especially in women with high blood pressure.



Use hormone replacement therapy

It doesn't lower stroke risk if postmenopausal, as once thought.



Have migraines with aura and smoke

Strokes are more common in women who have migraines with aura and smoke, compared with other women.



Have atrial fibrillation

This quivering or irregular heartbeat can increase stroke risk fivefold.

STROKE RISK DECREASES IN WOMEN WHO:

Talk to their health care professional to **determine safest medication** if pregnant with high blood pressure.

Discuss with their health care professional **low-dose aspirin guidelines** starting in the second trimester (week 12) to lower preeclampsia risk.

Get their blood pressure checked before taking birth control pills and monitor every six months.

Review the risk and benefits of hormone replacement therapy with their health care professional and discuss if the benefit outweighs the risks. For some women, it might not.

Quit smoking. All women who experience migraines and smoke should avoid smoking, nicotine use, vaping and e-cigarettes.

Get screened for atrial fibrillation if over the age of 75 as this condition then becomes more common in women.

Learn more at **stroke.org**

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May is Healthy Vision Month

HEALTHY VISION MONTH FACT SHEET



What is Healthy Vision Month?

In 2003, the National Eye Institute established May as Healthy Vision Month. During this annual observance Americans are encouraged to make their eye health a priority and learn how to keep their eyes healthy and safe.

Why is Healthy Vision Month important?

Healthy Vision Month is important because more than 23 million Americans age 18 and older have never had an eye exam, according to a national survey conducted by NEI. The reason: Most say they don't think they have an eye problem. In fact: Many eye diseases don't have symptoms in their early stages, so without an eye exam, they can't know. And there are worrying predictions: By 2030, 11.4 million people will have diabetic retinopathy, 4.2 million will have glaucoma, and 3.7 million will have age-related macular degeneration. Healthy Vision Month encourages people to take steps to protect their sight.

What are five steps people can take to protect their vision?



Get a Comprehensive Dilated Eye Exam: It's the best way to know if your eyes are healthy and you're seeing your best. Talk to your eye care professional about how often you should have one.



Live a Healthy Lifestyle: Maintain a healthy weight and eat foods like fish and dark leafy green vegetables to lower your risk of eye disease. And don't smoke—it's as bad for your eyes as it is for the rest of your body.



Know Your Family History: Genes are a factor in eye disease, including diseases that are the leading causes of blindness. Talk to your family members about their eye health history.



Use Protective Eyewear: Safety glasses or goggles can protect your eyes at work and at play. Talk to your eye care provider about the right protective eyewear for your sport or job.



Wear Sunglasses: Protect your eyes by choosing sunglasses that block out 99 to 100% of both UVA and UVB radiation.

For more information, please visit www.nei.nih.gov/hvm.

Who should participate in Healthy Vision Month?

Any individual or organization can observe Healthy Vision Month. NEI invites public and private organizations at the local, state, federal, and national levels to participate.

How do I observe Healthy Vision Month?

- Encourage family and friends to take the five steps to protect their sight.
- Visit www.nei.nih.gov/hvm to find tools and resources to help spread the word about the importance of eye health.
- Like the National Eye Health Education Program (NEHEP) on Facebook <https://www.facebook.com/NationalEyeHealthEducationProgram>.
- Follow @NatEyeInstitute and @NEHEP on Twitter.
- Share NEI's infocards on Pinterest <https://www.pinterest.com/neinih/infocards/>.

National Smile Month

TAKING CARE OF YOUR ORAL HEALTH IS ABOUT MORE THAN YOUR MOUTH

STROKES

Gum disease, missing teeth and other signs of poor oral health, as well as poor brushing habits and lack of plaque removal, **increase stroke risk.**

LUNG CONDITIONS

There is a clear link between poor oral health and **respiratory disease.**

PREMATURE BIRTH

Women who went into **early labour** recorded gum health scores four times lower than those who had a timelier birth. They also had eight times more plaque.

ALZHEIMER'S

Studies suggest that the bacteria that causes gum disease are also associated with **developing Alzheimer's.**

HEART DISEASE

Bacteria present in gum disease can travel throughout the body, triggering **inflammation in the heart's vessels** and infection in heart valves.

DIABETES

People with diabetes have a higher chance of having periodontal (gum) disease.



FOR A HEALTHY MOUTH & BODY...

- Brush twice a day.
- Clean in between your teeth.
- Visit the dentist.



Learn more about your oral health at

WWW.SMILEMONTH.ORG #SMILEMONTH

TAKE THE MOMENT

2024
Mental Health
Awareness Month



1 in 20
U.S. adults

experience a serious
mental illness each year

and only
2/3

receive treatment.



The average delay

between onset of mental illness
symptoms and treatment is

11 years



50%

of all lifetime mental illness begins by

age 14

and

75%

by age 24



Call our Helpline

at 1-800- 950-NAMI (6264)

or text "HELPLINE" to 62640 or text

"Friend" to reach the T&YA Helpline

Open Mon-Fri

from 10 am to 10 pm ET



Self-care is essential for mental health and overall well-being. When you take care of your mental health, your physical and emotional health improves; you become more resilient, and it becomes easier to find ways to manage life stressors in a healthy and positive way.

Some suggested strategies to use to maintain positive mental health.

- **Enjoy the awesomeness of nature:** Research indicates that being immersed in nature can help with mild depression and anxiety symptoms. For example, just going for a walk or a hike in a natural setting can help you manage these depression and anxiety symptoms.
- **Connect with family or friends:** This is another excellent way to reduce stress and improve mental health. We are social beings and thrive on the connection, support, love, and belonging that friends, family, and our communities bring to us. Studies show that people who feel connected to others are less likely to feel anxiety or sadness, and often feel increased happiness.
- **Practice mindfulness:** Mindfulness techniques, such as breathing exercises or guided meditation, can help manage stress and anxiety. Making time for mindful techniques, even just a few minutes at the end, or beginning, of your day can make a big difference.
- **Extracurriculars:** Join a book club, take a hobby related class, or enjoy live music with others.
- **Spend time with your pets:** Owning a pet can help to reduce stress and boost endorphins. Pet owners may socialize and connect with other pet owners or be outside more often – both great ways to improve or maintain positive mental health.
- **Volunteer:** Helping others and participating in community organizations can also be a positive boost.
- **Sleep:** Getting enough is another critical aspect of maintaining positive mental health. Try to sleep for however long you need to feel rested and recharged during the day.

- **Join a support group:** Connect with others who can share strategies for overcoming challenging times.
- **Eat right:** Food can affect our mood. Avoid processed and sugary foods.
- **Exercise:** Spend time each day to walk, run, bike, or whatever you can do to move your body.
- **Reduce or eliminate alcohol and other substance use:** Limiting the use of substances will improve your health and mental health.
- **Practice self-gratitude:** Being grateful for yourself, what you have, and the life around you can promote positive thinking.

When it comes to mental wellness, small actions can have a big impact. During Mental Health Awareness Month, do something kind for others: hold the door open for someone, give a compliment, pay someone else's kindness forward. See how these small acts boost your mental health and have the added bonus of likely making a positive impact on others.

More importantly, check in on loved ones and ask them about how they're doing. Talk to your kids about their mental health. If you notice that your children are struggling, reach out for help. Getting help during the early stages of mental illness, or at the first signs of mild behavioral health symptoms, can help prevent those symptoms from developing into more serious conditions. In addition, getting help for yourself or your children could help them develop healthy habits that will benefit them throughout their lives.

Remember, taking care of yourself is not selfish; it is necessary for you to be able to take care of others and lead a fulfilling life. By encouraging others to seek help, helping others access help, or simply by being there for someone when they need us, we instill hope in ourselves and those around us.

So, make self-care a priority this May and beyond.

From Substance Abuse and Mental Health Services Administration

May is Older Americans Month

Celebrating Older Americans Month: Powered by Connection

Established in 1963, **Older Americans Month (OAM)** is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

"It's not just about having someone to chat with. It's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans."

How can community groups, businesses, and organizations mark OAM?

- Spread the word about the mental, physical, and emotional health benefits of social connection through professional and personal networks.
- Encourage social media followers to share their thoughts and stories of connection using hashtag #PoweredByConnection to inspire and uplift.
- Promote engaging opportunities, like cultural activities, recreational programs, and interactive virtual events.



POWERED BY CONNECTION: MAY 2024

- Connect older adults with local services, such as counseling, that can help them overcome obstacles to meaningful relationships and access to support systems.
- Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults, or youths.

What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

For more information, visit the official [OAM website](#).

From Seniors Today Newspaper

BIKE SAFETY

Safe Riding Tips



Rules of the Road



National Bicycle Safety Month is celebrated every year in May. During National Bicycle Safety Month, the U.S. Department of Transportation's National Highway Traffic Safety Administration (N.H.T.S.A.) urges bicyclists and motorists to share the roadways by obeying the traffic laws and respecting each other's rights. National Bicycle Safety Month was created to remind the public to put "safety first." Whether you are a beginner, a regular biker, a day-tripper, or an athlete, cycling is good for you. It is a healthy, low-impact exercise that people of all ages can enjoy. It is also fun, cheap, and good for the environment.

May is Bike Safety Month



May Day — May 1



May Day is the 1st of May, regardless of the day of the week. Throughout the years and decades, there have been different meanings, festivities, and representations of May Day. The meaning of seasonal change has been the most significant one among different countries. It is a purely pagan holiday going back to the Romans and the Celts.

The Romans celebrated “Floralia” (Festival of Flowers) for 6 days at the end of April and the beginning of May by gathering flowers and weaving them into wreaths or head garlands. The Celts observed a festival called “Beltane,” a spring celebration that included dancing, singing, special bonfires, and house doors and animals would be decorated with yellow May flowers and ribbons. During this time, in various communities in Ireland, people would visit special wells and the Beltane dew was believed to

bring beauty and youthfulness to those around it. Thereafter, many European communities started celebrating Spring by decorating their homes with the first-blooming flowers and selecting a Queen of the May, and then dancing around what is known today as the May Pole.

In the 19th century, May Day gained a political significance in some countries, especially socialist and communist. In 1889, Socialists decided to make the day their Labor Day, turning it into a day to honor the working man. It is celebrated with speeches and displays of their military strength. In America, Europe, and other parts of the world, it is still a day to celebrate spring.

In the 19th century, the custom of hanging small baskets of flowers became popular in the United States. The basket is hung on the person’s front door, ring the bell, and dash away before the door is opened.

Kentucky Derby — May 4



The Kentucky Derby, the most prestigious American horse race, was established in 1875 and run annually on the first Saturday in May at Churchill

Downs racetrack, Louisville, Kentucky, and is dubbed the “Greatest Two Minutes in Sports.” Together with the Preakness Stakes and the Belmont Stakes, it makes up American Thoroughbred racing’s coveted Triple Crown. The Derby field is limited to three-year-olds, who qualify by competing in races held all over the country. Since 1975, the Derby has been limited to 20 horses. The race distance was reduced in 1896 from 1.5 miles to its present 1.25 miles. In the early 21st century, it was one of the most popular single-day spectator events in the world, attracting some 150,000 spectators to Churchill Downs annually.

The Kentucky Derby was first held in Churchill Downs in Louisville, Kentucky in 1875. Churchill Downs was established by Colonel Meriwether Lewis Clark, Jr., the grandson of the famed explorer, William Clark. Not only has the location of the race remained the same over the years but also the date on which it is held. The first Saturday of May is reserved for the races, and this year’s 150th Derby will

be take place on May 4. The week before the main races start is designated for preparing the horses, players, and the crowds, and it is called the Kentucky Derby Week.

Kentucky Derby Traditions:

The backdrop: The Twin Spires atop the Churchill Downs grandstand have greeted attendees and have been passed by every Derby winner since 1895.

The song: The Kentucky Derby field walks onto the track and parades in front of the stands with a chorus of thousands singing 'My Old Kentucky Home.' Stephen Foster's 19th century ballad has been a mainstay at the Derby since at least 1930, and is the official state song for the Commonwealth of Kentucky.

The garland: The Kentucky Derby was long ago dubbed 'The Run for the Roses.' More than 400 of the red flowers are sewn on a green satin blanket and draped around the neck of the victorious horse in the winner's circle.

The drink: This concoction of bourbon, sugar, and mint is now world-renowned due to its association with the Kentucky Derby. It's popular, too, with more than 120,000 of them served on Derby Days.

Gambling: Betting on the horses is legal at the Kentucky Derby. It is parimutuel betting, which means that all bets are placed in a pool. Out of the pool, the house takes its share and taxes, and all winners divide what's left.

Cinco de Mayo — May 5

Everyone knows that May 5, or **Cinco De Mayo**, is symbolized in the United States with tacos, margaritas, fun, and fiesta. But do you know how this celebration came to be?

Cinco de Mayo is not the Mexican Independence Day as many think. But that does not mean it's less important or notable than it actually is, for the history behind it dawns on the importance of the landscape of North America as a whole.

An economically struggling Mexico was intervened by the French for the second time, who hoped to gain control of the Latin American country under the rule of Napoleon III. The French General, Charles de Lorencez, directed his army towards the capital of Mexico City, with the intent to overthrow the president of Mexico, Benito Juárez.

But things didn't go as planned, as they encountered heavy resistance, culminating at the Battle of Puebla on May 5, 1862. With their forces half the numbers of their opponents, the Mexican Army, led by Ignacio Zaragoza, managed successfully overpowered the French army at Puebla, a city just 70 miles from Mexico City. Four days later, on May 9, Juárez declared Cinco de Mayo a national holiday.



While the battle in itself was not a major strategic win, and the French took control of Mexico in 1864, it served to lift the spirits of resistance forces and helped them gain an alliance with the Americans to successfully make Napoleon's forces withdraw.

In Mexico, the majority of the Cinco de Mayo celebrations occur in Puebla, where the battle had taken place. People dress up either as French and Mexican soldiers or in colorful outfits to participate in large parades. Patriotic clothing is sold by vendors for people to wear, and stalls selling Mexican food are also found everywhere. Although tacos and margaritas are consumed the most on this holiday, as well as mole poblano,

which is the official dish of Cinco de Mayo. The battle is sometimes reenacted so locals and tourists can witness the Mexicans' grand victory against the French troops.

Cinco de Mayo is also observed in the United States. Costume parties are hosted for friends and family, with the colors of the Mexican flag (red, white, and green) used in decorations. Mexican folk music is played and danced to. The celebrations are also taken to the streets with large parades and special promotions on Mexican food.

Victory in Europe Day — May 8

Victory in Europe Day is observed on May 8 to commemorate when the Allies of World War II formally accepted Germany's unconditional surrender of its armed forces. Did you know that even after Germany — the architect of the war — surrendered, Japan continued to wage war against the Allied troops? World War II was the costliest war ever; over 75 million lives were lost, cities leveled, and the economy of Europe was devastated. The war began when Hitler's Germany invaded Poland and ended nearly six years later when Japan surrendered.

On April 30, 1945, the Allied forces surrounded Germany, tightening the noose around the German army. Realizing the hopelessness of his situation, Hitler killed his newly wedded wife, Eva Braun, and committed suicide in his Berlin bunker. Immediately taking the presidency, Grand Admiral Karl Donitz, Hitler's successor, began negotiating for a term of surrender with the Allied forces. Chief among his goals was saving as many Germans as possible from being captured by the Soviets.

On May 4, British Field Marshal Bernard Montgomery accepted the unconditional surrender of German forces in the Netherlands,



northwest Germany, and Denmark. On May 7, another unconditional military surrender was signed at Reims, between Supreme Allied Commander General Eisenhower. The following day, German Field Marshal William Keitel signed a slightly modified document—the definitive German Instrument of Surrender—in Karlshorst.

Following the announcement of the German surrender on radio on May 7, the news quickly spread across the western world, and jubilations erupted everywhere, especially in North America and the U.K.

From National Today

Mother's Day — May 12

Celebrations go back to ancient times when Greeks and Romans held festivals honoring the mother goddesses Rhea and Cybele. However, the early Christian festival known as “Mothering Sunday” stands as the modern precursor. This European tradition fell on the fourth Sunday in Lent. Many believed the faithful would return on this day to their “mother church”—the main church near their home—for a special service. The Mothering Sunday tradition shifted over time into a more secular holiday where children would give their mothers flowers and other gifts. This custom would blend into the American **Mother's Day** in the 1930s and 1940s.

American author and poet Julia Ward Howe, who wrote “The Battle Hymn of the Republic,” became the editor of *Woman's Journal*, a widely-read suffragist magazine, in 1872. During that time, she wrote an “Appeal to Womanhood throughout the World,” which would become known as the Mother's Day Proclamation. The document asked women to fight for world peace following the Civil War and the Franco-Prussian War. Howe then launched a failed attempt to start a “Mother's Day” celebration on June 2. Two decades later, Howe suggested a Mother's Day celebration every July 4. This also failed to take hold, but set the stage for a future attempt.



Anna Jarvis successfully initiated Mother's Day after her mother, Ann Reeves Jarvis, died in 1905. Jarvis noted that Mother's Day should contain a “singular possessive” (hence the apostrophe) so each family might honor its

mother—as opposed to all mothers.

Jarvis, who neither married nor had children, organized the first official Mother's Day celebration in May 1908.

Jarvis soon lobbied to make Mother's Day a national holiday—urging prominent Americans to join the effort. By 1912, many states, towns, and churches had adopted Mother's Day as an annual event. Jarvis also started the Mother's Day International Association. President Wilson would soon establish the second Sunday in May as Mother's Day in 1914. Hallmark began selling Mother's

Day cards in the early 1920s.

Jarvis' love affair with the holiday she worked so hard to start did not last, and she eventually grew to resent its commercial appeal. As florists and greeting card companies began to cash in, she soured on the idea of a national day—urging people to stop buying flowers, cards, and candies. Jarvis spent most of her personal wealth hiring attorneys to file lawsuits against groups using the term “Mother's Day.” She even tried to persuade the federal government to remove it from the calendar.

Endangered Species Day — May 17



Animal lovers and conservationists unite on May 17th to consider the dwindling populations of some animals and work together to help save these animals. It also a day for the average citizen to learn about endangered, vulnerable, and threatened species and learn what they can do to help. The Endangered Species Act of 1973 protects these vulnerable populations.

In Georgia, there are 76 species of amphibians, birds,

clams, conifers and cycads, ferns and allies, fishers, flowering plants, lichens, mammals, reptiles, and snail on the endangered, vulnerable, or threatened species list. Some of these are:

- Frontal Flatwoods Salamander
- Eastern Black Rail
- Piping Plover
- Whooping Crane
- Wood Stork
- Gray Bat
- West Indian Manatee
- Green Sea Turtle
- Kemp's Ridley Sea Turtle
- Leatherback Sea Turtle
- Loggerhead Sea Turtle

Armed Forces Day — May 18

When is Armed Forces Day?

Armed Forces Day is celebrated on **the third Saturday in May**, and it is the day Americans celebrate their military.

Who created Armed Forces Day?

Armed Forces Day was created on August 31, 1949, by then-Secretary of Defense Louis Johnson, to replace separate Army, Navy and Air Force Days. The event stemmed from the Armed Forces' unification under one Department of Defense by then-President Harry S. Truman when he signed the National Security Act into law on July 26, 1947.

Why was it created?

It was designed to expand public understanding of what type of job is performed and the role of the military in civilian life. It was a day for the military to show the “state-of-the-art” equipment to the civilian population they were protecting. And it was a day to honor and acknowledge the people of the Armed Forces of the United States.

Who is honored on Armed Forces Day?

Armed Forces Day is the day to honor **all who currently serve and all who have served**, both active and former, in the reserves, National Guard, or on active duty. In his February 27, 1950, proclamation announcing the establishment of the holiday, President Truman wrote:

“I invite the Governors of the States, Territories, and possessions to issue proclamations calling for the celebration of that day in such manner as to honor the Armed Forces of the United States and the millions of veterans who have returned to civilian pursuits.”



How do we celebrate Armed Forces Day?

In the same proclamation, Truman called upon fellow citizens to “**display the flag of the United States at their homes** on Armed Forces Day and to **participate in exercises expressive of our recognition** of the skill, gallantry, and uncompromising devotion to duty characteristic of the Armed Forces in the carrying out of their missions.”

Why is Armed Forces Day in May?

Armed Forces Day lands right in the heart of National Military Appreciation Month, which begins May 1 with Loyalty Day and includes Public Service Recognition Week (a week to celebrate government employees), VE (Victory in Europe) Day, Military Spouse Appreciation Day, and Armed Forces Week (the third week in May), leading up to Armed Forces Day. The month of military appreciation concludes with Memorial Day, a day to honor our fallen. When a consolidated Armed Forces Day was created in 1950, the celebrations were shifted to May. It wasn't until March 18, 1961, that President John F. Kennedy declared the third Saturday of May to be a federal holiday.

From South Florida Reporter

World Bee Day — May 20

World Bee Day is observed across the world on May 20. On this day, beekeeping events are held to educate the general public about the importance of bees and beekeeping.

Special emphasis is placed on bees' role as pollinators and their contribution to reviving forests. Because the bee population is under threat, World Bee Day informs us how to protect bees and other pollinators.

The Slovenian Beekeepers' Association took the initiative for World Bee Day. In 2017, the United Nations' Economic and Financial Committee adopted a resolution proclaiming World Bee Day. The resolution was unanimous-

ly supported by the General Assembly of the U.N., and May 20 was declared World Bee Day.



Bees, as one of the most important pollinators, contribute to food and food security, sustainable agriculture, and biodiversity. Bees also play an important role in climate change mitigation and environmental conservation. Simply put, without bees, we may never be able to solve the widespread issues of hunger and poverty. These tiny insects are critical to our survival. Scientific studies have proven that bees are becoming increasingly endangered. Every environmentalist and concerned citizen is encouraged to help protect bees and their habitats on World Bee Day.

Memorial Day — May 27

Monday, May 27, 2024



Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in service of the United States of America.

While the first commemorative Memorial Day events weren't held in the United States until the late 19th century, the practice of honoring those who have fallen in battle dates back thousands of years. The ancient Greeks and Romans held annual days of remembrance for loved ones (including soldiers) each year, festooning their graves with flowers and holding public festivals and feasts in their honor. In Athens, public funerals for fallen soldiers were held after each battle, with the remains of the dead on display for public mourning before a funeral procession took them to their internment in the Kerameikos, one of the city's most prestigious cemeteries. One of the first known public tributes to war dead was in 431 B.C., when the Athenian general and statesman Pericles delivered a funeral oration praising the sacrifice and valor of those killed in the Peloponnesian War—a speech that some have compared in tone to Abraham Lincoln's *Gettysburg Address*.

As the Civil War neared its end, thousands of Union soldiers, held as prisoners of war, were herded into a series of hastily assembled camps in Charleston, South Carolina. Conditions at one camp, a former racetrack near the city's Citadel, were so bad that more than 250 prisoners died from disease or exposure and were buried in a mass grave behind the track's grandstand.

Three weeks after the Confederate surrender, an unusual procession entered the former camp: On May 1, 1865, more than 1,000 people recently freed from enslavement, accompanied by regiments of the U.S. Colored Troops (including the Massachusetts 54th Infantry) and a handful of white Charlestonians, gathered in the camp to consecrate a new, proper burial site for the Union dead. The group sang hymns, gave readings, and distributed flowers around the cemetery, which they dedicated to the "Martyrs

of the Race Course."

In May 1868, General John A. Logan, the commander-in-chief of the Union veterans' group known as the Grand Army of the Republic, issued a decree that May 30 should become a nationwide day of commemoration for the more than 620,000 soldiers killed in the recently ended Civil War. On Decoration Day, as Logan dubbed it, Americans should lay flowers and decorate the graves of the war dead "whose bodies now lie in almost every city, village and hamlet churchyard in the land." The date of Decoration Day was chosen because it wasn't the anniversary of any particular battle. On the first Decoration Day, General James Garfield made a speech at Arlington National Cemetery, and 5,000 participants decorated the graves of the 20,000 Union and Confederate soldiers buried there.

Even before the war ended, women's groups across much of the South were gathering informally to decorate the graves of Confederate dead. In April 1886, the Ladies Memorial Association of Columbus, Georgia resolved to commemorate the fallen once a year—a decision that seems to have influenced John Logan to follow suit, according to his own wife. However, southern commemorations were rarely held on one standard day, with observations differing by state and spread out across much of the spring and early summer. It's a tradition that continues today: Nine southern states officially recognize a Confederate Memorial Day, with events held on Confederate President Jefferson Davis' birthday, the day on which General Thomas "Stonewall" Jackson was killed, or to commemorate other symbolic events.

The first state to officially recognize the holiday was New York in 1873. By 1890, it was recognized by all of the northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I (when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war).

With the passage of the National Holiday Act of 1971, Memorial Day is now observed every year on the last Monday in May. It typically marks the beginning of the summer vacation season.

Today, the celebration of Memorial Day is marked by religious services and patriotic parades. Nationally, it is celebrated by having a wreath placed on the Tomb of the Unknown soldier in Arlington Cemetery by the President, Vice President, or his designee.

On this Memorial Day, remember the fallen, honor their service and sacrifice, and rejoice in your freedom.

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May 2024

(Click on the link for more information. Dates in Black Bold are GFWC/GFWC Georgia.)

May 1	GFWC Women's History and Resource Center 40th Anniversary—3:30 to 6:30 PM—GFWC HQ—Washington, DC
May 1	May Day
May 1	Silver Star Services Banner Day
May 1	Law Day
May 1	Loyalty Day
May 2	National Day of Prayer
May 4	International Firefighters Day
May 4	National Bird Day
May 4	Kentucky Derby
May 5	Missing and Murdered Indigenous Persons Awareness Day
May 5	Cinco de Mayo
May 5	Mother's Day Tea— 2 to 4 pm—Dallas Civic Center—\$30—sponsored b the GFWC Dallas Woman's Club
May 6	National Nurses Day
May 5-11	Public Service Recognition Week
May 5-11	National Family Week
May 6-10	Teacher Appreciation Week
May 6-12	Children's Book Week
May 7	Teacher Appreciation Day
May 8	V-E Day
May 10	Military Spouse Appreciation Day
May 11	Stamp Out Hunger
May 12	Mother's Day
May 12-18	National Police Week
May 12-18	Food Allergy Awareness Week
May 12-18	National Nursing Home Week
May 12-18	National Women's Health Week
May 13	Children of Fallen Patriots Day
May 14	Time for Tea — 10:30 AM—Bank of LaFayette Community Room—\$25 for Members, \$15 for Junioresettes—GFWC LaFayette Woman's Club
May 15	Peace Officers Memorial Day
May 15	Deadline to file IRS 990-N
May 17	Endangered Species Day
May 17	National Defense Transportation Day
May 17	Early Voting in General Primary Ends
May 18	Armed Forces Day

May 2024

(Click on the link for more information. Dates in Black Bold are GFWC/GFWC Georgia,)

May 18	Art of Nature Garden Tour—10 am to 4 pm—5 gardens in the Smoke Rise/Tucker area—\$30—sponsored by the GFWC Stone Mountain Woman's Club
May 19-25	National EMS Week
May 20	Registration Closes for the 2024 GFWC Annual Convention in Chicago
May 20	World Bee Day
May 21	General Primary
May 22	National Maritime Day
May 24	Tallulah Falls School Graduation
May 25	National Missing Children's Day
May 25	Grannies & Girls Tea Party Brunch—10 am to 12 pm and 2 pm to 4 pm—Women's Club-house—sponsored by the GFWC Moultrie Federated Guild
May 27	Sunscreen Day
May 27	Memorial Day
May 31	National Smile Day

DEADLINE REMINDERS

- JUNE 1ST** GFWC Recruitment Campaign Report for March, April, and May
- Updated Materials for GFWC GA Yearbook Due to Julie Walters **JUNE 1ST**
- JUNE 1ST** Club Officer Directory Due to State Office
- Club Membership Year for GFWC and GFWC Georgia Begins **JUNE 1ST**