



VBRWC

MARCH 2018 Newsletter

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Presidents Message

by Ann Abrams

Our February meeting was a lively meeting. Collin Stolle did a wonderful job of catching us up on the Commonwealth Justice system.

We had good committee reports including updates on the Star-Spangled Ball on Friday, May 11th.

Dolly continues to bringing us great speakers this year. March, we will hear from candidates running for U.S. Representative of Virginia's 2nd congressional district: Scott Taylor and Mary Jones. We have not confirmed Mary as of this newsletter but if she can't make March Dolly will try for April.

Please consider attending our VFRW Convention in Richmond, VA in May. We will be nominating delegates to the Convention this month and if you wish to attend, you must have someone nominate you. It looks like it is going to be an exciting Convention. If you have never attended, then this is the year to attend. If you don't make the Convention think about joining many members at the Star-Spangle Ball May 11th at the Hilton at the Oceanfront. It feels good to dress up every now and then and let your hair down or up.

Important Dates

MARCH 27th- Luncheon at Princess Anne Country Club

11 am Check-In

11:30 am Business Meeting followed by lunch

12:30 pm Guest Speaker Congressman Scott Taylor

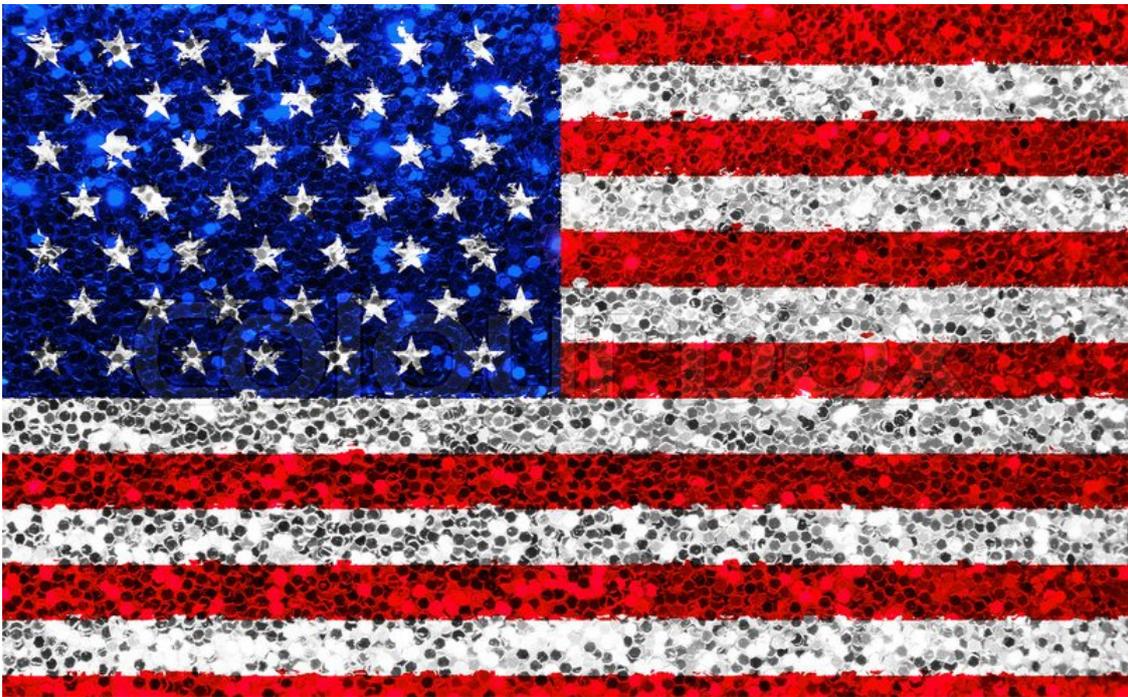
Checks for the luncheon are to be written to VBRWC for \$20 and mailed by March 20th to:

Sharon Joyner

3732 Redwood Farm Drive

Virginia Beach, Va 23452

757-463-4142



Congressman Scott Taylor

Scott was raised on the Delmarva Peninsula in a little town named Hebron in Maryland. Scott was raised by a single mother. To help make ends meet, Scott began working on a farm at 11 years old and soon thereafter was introduced to the Big Brothers/Big Sisters Program of America. His Big Brother changed Scott's life and helped set him on a path to success.

An accomplished wrestler in high school, after graduation Scott wanted to serve his country so he enlisted in the Navy in 1997. He signed up to join the most feared fighting force in the world, the Navy SEALs. After completing the six-month BUD/S training course in Coronado, California, Scott was assigned to SEAL Team 4. He served in the United States and Latin America, where he learned a fluency in Spanish.

Scott re-enlisted in the Navy after 9/11. In 2005, Scott was sent to Baghdad and Ramadi as part of Operation Iraqi Freedom. Scott served as a Navy SEAL sniper. While on a combat mission in Ramadi, Scott sustained serious injuries. After his recuperation, Scott completed his SEAL service as a marksmanship and reconnaissance instructor.

After serving in the Navy, Scott became a small-scale real estate developer in Virginia Beach, where he had lived since 1998. For 4 years, he also travelled extensively to Yemen as a security consultant for a multi-national energy company.

Scott used his GI Bill education benefits to earn a bachelor's degree in International Relations from Harvard University Extension and is pursuing his Master's degree coursework at Harvard University Extension in the same field. Scott also holds a Master's Certificate in Government Contracting from Old Dominion University.

In 2013, Scott won a hotly contested Republican primary and was elected to the Virginia House of Delegates, representing families in a part of Virginia Beach. He was re-elected in 2015. Scott's legislative accomplishments included matters dealing with renewable energy, workforce development and veterans' issues.

In 2016, Scott defeated a 16-year incumbent Republican in an open seat primary election in Virginia's Second District. Scott won the general election with 62% of the vote and in January 2017, he was sworn-in to the U.S. House of Representatives representing Virginia's 2nd District.

In January 2017, the House Republican Steering Committee appointed Scott to the House Appropriations Committee. He is the only freshman Member of Congress appointed to an 'A' committee. Scott serves on the Homeland Security, Military Construction/Veterans Affairs and Legislative Branch subcommittees. Scott is a passionate advocate for a strong national defense, free markets, VA health care improvements and regulatory reform.

Daylight Savings

Daylight savings is March 11, 2018.

Combat daylight saving time-induced sleepiness by getting in some early morning sun. One simple idea: Soak up some rays first thing in the AM by sipping your coffee on the back porch to help regulate your circadian rhythm, aka your body's internal clock.

9 Simple Ways to Survive Daylight Saving Time

Each year on the second Sunday in March, we set our clocks ahead by one hour. That means sunnier evenings—and sleepier mornings. But you can make the transition a bit easier on yourself with these tips.



Get Some Early Morning Sun

Soaking up some rays first thing in the AM—say, by sipping your coffee on the back porch—can help regulate your circadian rhythm, a.k.a. your body's internal clock.¹



Work Up a Sweat

Exercising in the morning can help give you a boost of energy. Don't have a lot of time to spare? Fit in a quick session with The Johnson & Johnson Official 7 Minute Workout® app.

Engage Your Senses

A refreshing scent—like the citrus aroma in the Clean & Clear® Morning Burst® Facial Cleanser—can help perk you up.²



Power Off Your Phone Two Hours Before Bed

The blue light waves emitted by smartphones and e-readers can suppress the production of melatonin, a hormone that helps you get to sleep.^{3,4}



Use the Right Alarm Clock

Speaking of blue light, clocks with a red, not blue, display can help bring on the Zzzs, since red light won't suppress melatonin production.⁵

Nosh on a Sleep-inducing Snack

One study found that drinking tart cherry juice increased levels of melatonin.⁶ Consider pairing it with a banana, which is high in magnesium and potassium—two minerals that help promote sleep.^{7,8}



Stick to a Consistent Slumber Schedule

Hard as it may be, aim to go to bed and wake up at your usual times on the weekends to help regulate your internal clock.



Keep Your Bedroom Cool

According to the American Academy of Sleep Medicine,⁹ setting your thermostat at around 68 degrees is optimal for sleeping comfort. High body temperatures have been associated with insomnia.¹⁰

Enlist Some Help

If you really can't fall asleep, consider trying Simply Sleep® Nighttime Sleep Aid, which is designed to help you sleep when pain isn't what's keeping you awake.

Zz



Minutes of General Meeting

February 27, 2018

The meeting was held at the Princess Anne Country Club and was called to order by the President, Ann Abrams at 11:35 a.m.

The invocation was read by Shirley Darnaure who also led us in the pledge of allegiance.

Ann welcomed our guests and new members.

The minutes of the January meeting were approved as printed in the newsletter.

Betty Noe presented the Treasurer's Report which is attached to the minutes. The club balance as of January 31, 2018 is \$18,463.79.

Officers Reports

President – Ann once again thanked Susan Moritz, Becca Perrel and Natalie Petroskey for the work in getting our website up and running. She encouraged all members to go to VBRWC.org and check out the information and links available.

Ann also expressed congratulations to Thelma Drake who was nominated by President Trump to lead the Federal Transit Administration. Thelma was once an associated member of our club and is a current member of Beach Suburban Republican Women's Club.

Second Vice President – Vivian Slezak passed out our new member directory for 2018.

Committee Reports

Community Service – Susan Moore reported that our project for 2018 will be L.Z. Grace once again. She read a wish list which was compiled by the director. Susan thought it would be nice if our club donated to the meditation and fitness trail.

Education Committee – In Pam Gordon's absence, Ann reported that the deadline for submitting scholarship applications is approaching and encouraged members who might have relatives who would be eligible to send in applications and essays.

Campaigns – Shirley Darnaure passed out petitions for members to gather signatures to put Scott Taylor on the June 12 th primary.

Minutes of General Meeting

February 27, 2018

Barbara Bush literacy – Pam Donlon asked members to bring books and magazines to the March meeting and she will deliver them to Pritchard House.

Star Spangled Ball – Carrie Vance, chairman of the ball came to our meeting to report on the progress of the committee. The ball which is the major fund raiser for the four Virginia Beach Republican Women's Clubs will be held on May 11, 2018. Tickets are available on the ball website www.SSB.org or from the club president. It will be black tie and will once again be held at the 31 st Street Hilton. The goal for our club is to fill two tables of ten.

Announcements

The VFRW Convention will be held May 5th & 6th in Richmond. April 14th is the deadline for electing delegates from our club and sending in reservation fees of \$185.00 per delegate. After that date the registration fee increases to \$200.

June 12th is the primary election for 2nd district House of Representatives, U. S. Senate, City Council, and School Board. Please circle the date on your calendar. Absentee ballots can be obtained by calling the Virginia Beach registrar at 385-8683.

The meeting was recessed for lunch and our speaker Colin Stolle.

Our next meeting is March 27, 2018.

There being no further business the meeting was adjourned.

NATIONAL FEDERATION OF REPUBLICAN WOMEN
Campaign Volunteer Award
NFRW Policy for Counting Volunteer Hours

The following details which activities **CAN** be included in your volunteer campaign hours:

1. All non-paid campaign activities benefiting our Republican Party, candidates and/or the Federation.
2. Campaign work done at home, i.e., mailings, preparing campaign posters, phone calls, computer work, etc.
3. Work at or/for a special campaign event—**BUT NOT IF YOU ATTEND AS A PAID GUEST OR IF YOU ARE COMPENSATED FOR THE EVENT.**
4. Attendance at (and travel portal to portal) State or National Federation Board of Directors Meetings if you serve on a committee.
5. Time in session at (and travel portal to portal) municipality, precinct/ward, county, District or state party conventions.
6. Time in session at (and travel portal to portal) RNC Convention.
7. Time spent as a county, state or National party committee member or as a temporary member, i.e. Rules Committee, Resolution committee, etc.
8. Campaign work at club meetings, i.e. getting petitions signed, doing mailings, etc. **DO NOT COUNT TIME SPENT IN REGULAR BUSINESS AT CLUB MEETINGS.**
9. Traveling from event to event, **BUT NOT FOR PERSONAL STOPS ENROUTE.**
10. Volunteering at any municipality county, state, or Federation headquarters.
11. Volunteering for a Republican candidate for a non-partisan office, e.g. school board elections.
12. Working a poll watcher on Election Day, **BUT NOT IF YOU WERE PAID.**
13. Involvement in a campaign Management School, i.e. training to be a faculty member, teaching and organizing a campaign school, etc.
14. Working on Election Day as an Election Judge or Election Clerk-- **-BUT ONLY IF YOU TURN THE MONEY YOU ARE PAID OVER TO YOUR COUNTY PARTY OR YOUR LOCAL FRW CLUB.**
15. Presenting campaign programs or speeches at local civic organizations.
16. Appearing on local media for the GOP cause.
17. Running for office-- -all time spent campaigning.
18. Time spent registering voters.
19. Time of Associate/Dual Members volunteering for the Federation or individual clubs, or GOP, working at the headquarters of the Party or a candidate, putting up signs, etc. These hours can only be counted in club tallies and by only one individual club.

**VIRGINIA BEACH REPUBLICAN WOMEN'S CLUB
MEMBERSHIP 2018**

Vivian Slezak 2nd Vice President, Membership 757-430-8841

Date: _____

New Member _____ \$35 Dues Check# _____ Cash _____

How did you learn about the VBRWC: Member _____ Name of member: _____

Newspaper _____ Internet _____ Other _____

Returning Member _____ \$35 Dues Check # _____ Cash _____

Associate Member _____ \$20 Dues Check# _____ Cash _____

(Must be a regular member of another VFRW club to qualify as an associate member)

Mail check payable to **VBRWC** and send **form and check to: Vivian Slezak, 2056 Bierce Dr., Virginia Beach, VA 23454**

Name: _____ Spouse's Name _____

Address: _____

City: _____ Virginia Beach _____ State: _____ VA _____ Zip: _____

Phone: _____ Cell Phone: _____
(Cell # listed in Directory Yes: _____ No: _____)

Your Email Address: _____ Are you a registered voter?

Voting Precinct#/Location: _____

Volunteer:

Club Phone Tree _____ Star Spangled Ball Committee _____
Committee Interest _____

CAMPAIGN ACTIVITIES:

Precinct Co-Captain _____ Volunteer at the Polls on Election Day _____

Host a Meet and Greet for a Republican Candidate _____

Door to Door/Lit Drops _____ Campaign Mailings _____ Phone Banks _____

IF YOU BELIEVE ...

That the free enterprise system is the most productive supplier of human needs and economic justice,

That all individuals are entitled to equal rights, justice and opportunities and should assume their

responsibilities as citizens in a free society,

That fiscal responsibility and budgetary restraints must be exercised at all levels of government,

That the Federal Government must preserve individual liberty by observing Constitutional limitations,

That peace is best preserved through a strong national defense,

That faith in God, as recognized by our Founding Fathers is essential to the moral fiber of the Nation.

... then Welcome to the Republican Party of Virginia!

Paid for and Authorized by THE REPUBLICAN PARTY of VIRGINIA

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Sign: _____

Date: _____