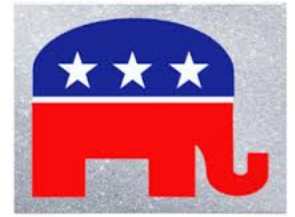


# Goochland Republican Women

## September

### NEWSLETTER 2017



#### THANK YOU!

Thank you to Carolyn Moore who donated the GRW Basket and Susan Lascolette for donating two bottles of Trump wine for the VFRW 2017 Silent Auction.

The VFRW Convention was held in Roanoke, VA, April 28th-30th. Kay Gates, Rita Brighton, Alison Ervin, Karen Ogando, Bobbe Scruggs and Millie Spevak were in attendance.

#### OUR NEXT MEETING:

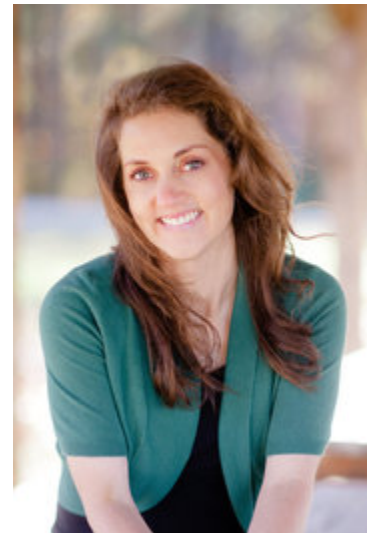
Please join us for our next GRW monthly meeting on **September 8th** at the Manakin Firehouse, located at 180 River Road West, Manakin Sabot, VA 23103.

10:00 a.m. Coffee and Conversation  
10:30 a.m. Meeting & Program

#### OUR SPEAKER: Dr. Sina McCullough

Dr. Sina McCullough, a HSFC member, is the speaker for the Goochland Republican Women's Friday, September 8, 10:00 a.m. meeting at the Manakin Fire House, 180 River Road West.

The Manakin-Sabot resident earned a Ph.D. in Nutritional Science and a B.S. in Neurobiology, Physiology and Behavior from the University of



California at Davis. She taught Biochemistry and Bioenergetics at UC Davis before becoming the Director of Research and Development for a supplement company. She currently home schools her two children and writes when inspired. Her articles have been featured on Dr. Axe, Natural News, and Neapolitan Family Magazine.

Despite her knowledge, she developed an autoimmune disease from eating food. Her disease prompted her to launch a near 5-year investigation into our food supply. What she learned saved her life - She was able to reverse her disease. She recently published her findings in the book *Hands Off My Food!: How Government and Industry Have Corrupted Our Food and Easy Ways to Fight Back*. - [www.handsoffmyfood.com](http://www.handsoffmyfood.com)

#### Dr. McCullough will be joining us to share the truth about:

- How she reversed her disease, including the role God played in her healing.
- How food can lead to inflammatory diseases like ADHD, Autism, cancer, diabetes, and Alzheimer's, and how you can reverse it.
- What the FDA and the food industry are *really* doing to your food.
- How we can protect our long-term health and reclaim the freedoms we have lost by taking back our consent.

- Ideas on how to make healthy food more affordable and how to include your children in your healing journey.

### ALL ATTENDEES WILL RECEIVE

A **free companion guide** (electronic) to *Hands Off My Food!* that provides easy tips on how to "feed the good and starve the bad" whether you are at a grocery store, restaurant, or cooking at home.

A **free cookbook** (electronic) containing 14 grain-free dessert recipes, product comparisons, and ingredient sources. Dr. McCullough created this cookbook with her son after learning about the hidden chemicals in our food supply.

Signed copies of *Hands Off My Food!* will be available for a discounted price of \$10 (also available through amazon for \$14.99).

The GRW meeting is free and open to the public. The meeting begins with coffee and conversation at 10:00 a.m. followed by the speaker at 10:30 a.m. For more information, call 784-4386.

### SAVE THE DATE:

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|--|---|
| <b>August, Saturday 19<sup>th</sup></b>        | Americans for Prosperity – Defending the American Dream Summit<br><a href="https://americansforprosperity.org/events/defending-american-dream-summit-2017/">https://americansforprosperity.org/events/defending-american-dream-summit-2017/</a>                   |
| <b>August, Monday 21<sup>st</sup></b>          | Goochland County Public Schools start and Great Eclipse at 2:30 p.m.  |
| <b>Friday, September 8<sup>th</sup></b>        | <b>GRW monthly meeting</b> at the Manakin Firehouse<br>180 River Road West, Manakin-Sabot, VA 23103   |
| <b>September, Saturday 23<sup>rd</sup></b>     | Goochland GOP – Rally in the Park BBQ from Noon to 3:00 PM at Hidden Rock Park in Goochland. \$25/person, children under 12 free. Tickets are available from John Myers, Pam Johnson and Frank Wentzel. <a href="http://goochland.gop/">http://goochland.gop/</a> |
| <b>Thursday, October 5<sup>th</sup></b>        | <b>Pot Luck held at Joan Wilkins home at 6:30p.m.</b>   |
| <b>Friday, November 3<sup>rd</sup></b><br>a.m. | <b>GRW monthly meeting</b> at Manakin Fire Station at 10  |
| <b>November, Tuesday 7<sup>th</sup></b>        | Election Day - poll workers needed – Please contact Susan Lascolette at <a href="mailto:susanL@reagan.com">susanL@reagan.com</a>  |
| <b>December TBA</b>                            | Holiday Brunch & Installation of Officers for 2018<br>(If you are interested in hosting this event, please contact Pam Venitz at <a href="mailto:venitz94@comcast.net">venitz94@comcast.net</a> )   |



## VFRW 2017 CONVENTION, HOTEL ROANOKE, ROANOKE, VA



Millie Spevak, Alison Ervin, Karen Ogando, Rita Brighton and Kay Gates at VFRW



Bryce Reeves, Bobbe Scruggs, Kay Gates and Alison Ervin



Rita Brighton, Congressman Bob Goodlatte-6<sup>th</sup> District and Millie Spevak



Alison Ervin, Carrie Almond - NFRW President and Rita Brighton



Carly Fiorina at VFRW

Our 7<sup>th</sup> District was well represented at this year's conference!

## **COMMITTEE REPORTS & REQUESTS:**

**ALISON ERVIN**, Sunshine Chairman, welcomes any news or needs regarding our members to be shared with our group. Her contacts are: [1HONDO@comcast.net](mailto:1HONDO@comcast.net) or (804)784-4614.

**CAROL PIPES**, Literacy Program Chairman is collecting gently used books with emphasis on Children's books.

**PATRICIA TURNER**, Campaign Activities Chairman, will be collecting your volunteer campaign hours at our monthly meetings.

### **GRW Executive Board**

President: Kay Gates  
President Emeritus: Susan Lascolette  
1<sup>st</sup> Vice-President (Programs): Mary Martin  
2<sup>nd</sup> VP (Membership): Rita Brighton  
Recording Secretary: Karen Ogando  
Corresponding Secretary: Pam Venitz  
Treasurer: Carolyn Moore

### **GRW Standing Committees**

By-Laws: Susan Lascolette  
Campaign Activities: Patricia Turner  
Finance: Linda Smith, Mary Webb  
Historian: Lucinda Slabaugh  
Legislative: Susan Lascolette and  
Charlotte Whitmire  
Public Relations: Debra Arnold

### **GRW Special Committees**

Fundraising: Kay Gates (chairman), Tyler Scott, Nancy Plageman, Joan Wilkins, Karen Ogando, Sylvia Dierson and Patricia Turner  
Hospitality: Carolyn Moore, Irma Topper  
Literacy: Carol Pipes  
Newsletter: Pam Venitz  
Parliamentarian: Pam Johnson  
Sunshine: Allison Ervin  
Support the Troops: Bobbe Scruggs  
Webmaster: Karen Ogando  
Yearbook: Carolyn Moore  
Nominating Committee: Carol Pipes, Carolyn Moore, Bobbe Scruggs and Pam Venitz