

# GRW Newsletter

*Goochland Republican Women      November 2013*

*Join the Goochland Republican Women  
Friday November 1, 2013*

*Manakin Fire Station  
180 River Road West  
Manakin Sabot, Va. 23103*

*Dr. Madge Zacharias, our speaker, is  
co-founder Zacharias Ganey Health Institute , a center dedicated  
to helping individuals regain health and a healthy weight through  
education, nutrition, training and support*



RSVP Joan Wilkins 804-784-5015 or [jwilkins738@me.com](mailto:jwilkins738@me.com) if you wish to have lunch at Richmond Country Club following the meeting

Contact GRW at [goochlandrepublicanwoman.org](http://goochlandrepublicanwoman.org) or Goochland Republican Women, P.O. Box 34, Manakin Sabot, Va. 23103

# Dr. Zacharias

Dr. Madge Zacharias is a co-founder of Zacharias Ganey Health institute, a center dedicated to helping individuals regain health and a healthy weight through education, nutrition, training and support. Dr. Zacharias, completed her medical training and Residency at VCU started her medical career as a Board Certified Pediatrician in a busy private practice in Richmond Virginia. Foreseeing the need for nutritionally based weight management for children and teens, Dr. Zacharias left her pediatric medical practice in 2001 to develop a comprehensive program for weight management. The Program quickly expanded to include and focus on adults and today is known as the ZG KEY Program. Dr. Zacharias is a member of the American Society of Bariatric Physicians and has successfully completed the Society's Examination for Board Certification as a Bariatric Physician.

## **Goochland Republican Women Executive Board**

President - Lucinda Slabaugh  
1st Vice President (Programs) – Kay Gates  
2nd Vice President (Membership) – Kathy Crockett  
Recording Secretary – Mary Martin  
Corresponding Secretary – Joan Wilkins  
Treasurer - Carolyn Moore  
Immediate Past President - Alison Ervin

## **Goochland Republican Women Leadership Team**

By Laws - Courtney Hyers  
Campaign Activities - Carol Pipes  
Finance - Patricia Turner/Linda Smith  
Historian - Patricia Pratt  
Legislation/Public Policy - Susan Lascolette  
Public Relations/Publicity – Debra Arnold  
Caring For America - Nancy Plageman/Patricia Turner  
Fundraising – Kay Gates  
Hospitality – Carolyn Moore  
Literacy/Barbara Bush - Becki Stokes  
Parliamentarian - Verna Seidensticker  
Sunshine - Rachel Parker  
Support For Our Troops - Roberta Scruggs  
Newsletter – Rita Brighton



### **The President's Letter November 2013**

As President of the Goochland Republican Women for the last two years I have had the opportunity to be involved in not only a Presidential election, but a gubernatorial election as well. I have been astounded by the number of people, whom I have spoken to over the last two years, who made the decision **NOT TO VOTE!**

The Fifteenth Amendment to the United State Constitution was confirmed on February 3, 1870 declaring that no citizen can be denied the right to vote. Congress passed the 19<sup>th</sup> Amendment, called the Susan B. Anthony Amendment, on June 4, 1919 and ratified on August 18, 1920. After years of fighting for equality, women were guaranteed the right to vote. Women's suffrage is the right of women to vote and to stand for office. Achieving this right took decades of struggle and protest. Many of the early supporters of this right never lived to see the final victory in 1920.

I am so proud of the Goochland Republican Women and the Goochland Republican Committee for their hard work and dedication to the Republican Party. The many hours of volunteer work, telephoning and campaigning door to door to continue due process for the betterment of our state. The Virginia Republican Party has done an excellent job informing the public, in the upcoming election, of the republican candidates and their agendas for Virginia. With the upcoming gubernatorial election, as well as the elections for Attorney General and the House of Delegates, please not only put forth the effort to support your candidates, but please go to the polls and VOTE.

You have the right and the privilege to vote. Spread the word...VOTE ON NOVEMBER 4, 2013.

Lucinda Slabaugh  
President  
Goochland Republican Women

**KEN CUCINELLI NEEDS THE HELP OF THE GOOCHLAND REPUBLICAN WOMEN!!**

## **Voting Information**

**October 15, 2013** Last Day to register to vote.

**October 29, 2013** Deadline to apply for absentee ballot (by mail)

**November 2, 2013** Deadline to apply for absentee ballot (in person)

On February 5, 2013 legislation was passed requiring Photo Identification for voting. Individuals need to present a valid form of identification prior to voting. The following forms of photo identification to be used prior to voting:

A valid U.S. passport;

A valid student identification card issued by a Virginia institution of higher learning containing a photograph of the voter;

A valid employee identification card containing a photograph of the voter or any other form of photo identification issued by Virginia or the United States Election Office.

If you have any questions, please contact the local election office in Goochland at 804.556.5803 Monday-Friday 8:30-4:30 for more detailed information. The Goochland election office is located at 1800 Sandy Hook Road, Goochland, Virginia 23063

## *Save the Date*

**October 16, 7:00 pm** Goochland Supervisor's District 3 Town Hall Meeting, Company 5, Firehouse

**October 17, 7:00 pm** Goochland Supervisor's District 4 Town Hall Meeting, Grace Chinese Baptist Church

**October 24, 7:00 pm** Goochland Supervisor's District 5 Town Hall Meeting Compny 1 Firehouse

**October 28, 7:00 pm** Goochland Supervisor's District 1 Town Hall Meeting, Byrd Elementary School

**October 29, 12:00 noon** Goochland Republican Committee Meeting at Richmond Country Club

**October 30, 7:00 pm** Goochland Supervisor's District 2 Town Hall Meeting J. Sargeant Reynolds Goochland Campus

**November 1, 10:00 am** GRW Woman's Health Meeting with speaker, Dr. Madge Zacharias, Company 1 Manakin Firehouse and GRW election of officers

**December 6-8** 30<sup>th</sup> Annual Don Huffman Advance at the Omni Homestead Resort, Hot Springs, Va. For more information see <http://rpv.org/2013> Advance

**December 13, 11:00 am** GRW Holiday Brunch at the home of Joan Wilkins and installation of officers

**January 3, 2014 10:00 am** GRW Meeting Manakin Firehouse



