

**GFWC**

ideas, information, insight, and inspiration

# CLUBWOMAN

MAGAZINE

Women to Watch

2023 GFWC  
Annual Convention

GFWC Awards



## REFLECTING BACK

## REACHING FORWARD



General Federation  
of Women's Clubs

spring 2023 | volume 101 | issue 2



GFWC

CLUBWOMAN

MAGAZINE

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The magazine of the General Federation of Women's Clubs, whose members are dedicated to community improvement by enhancing the lives of others through volunteer service.

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## FROM THE INTERNATIONAL PRESIDENT



Dear Fellow Members,

Hello March! Seeing you reminds me that spring is not too far away. Spring is one of my favorite times of the year as it signifies rebirth and new beginnings. I always feel as though we all are waking up from a deep slumber, recognizing new energies as we tackle projects with a renewed sense of purpose and excitement.

Spring also means getting ready for the **2023 GFWC Annual Convention**, June 10–12. Please note the important Convention information inside this issue, which includes key details you need to plan your trip. Be there to “*Celebrate. Collaborate. Communicate.*” with your GFWC sisters in beautiful Louisville, Kentucky.

The theme of this *Clubwoman Magazine* issue is “*Reflecting Back, Reaching Forward.*” I am humbled to be featured on the cover of the newly redesigned magazine, along with our 2022–2024 Director of Junior Clubs Katie Moydell, and ninth GFWC International Past President Alice Ames Winter, who served two administrations, 1920–1922 and 1922–1924. (Read page 4 to learn more about her).

The year’s theme complements the topic for our 2023 Women’s History Month celebration, March 8, at GFWC Headquarters in Washington, DC. **Dr. Mindy Farmer**, historian, of the Smithsonian National Portrait Gallery will discuss “Portraying Women’s Strength” in portraiture. The day celebrates “*Women: Past, Present, and Future*” by recognizing their achievements and the progress made toward women’s rights and spotlights the ongoing struggles of today’s women championing equality worldwide.

By the end of March, the cherry blossoms will be in full bloom around the Tidal Basin in Washington, DC. What a sight! If you’re in town, check out the National Cherry Blossom Festival, March 20 to April 16. It is truly spectacular and a bucket list item for many!

In April, GFWC celebrates Alice and our founding sisters on Federation Day, April 24. To commemorate this year’s anniversary, I invite your club to throw a Friendsgiving event and introduce the ladies of your community to GFWC on its big day.

As those who have come before you, and those yet to become members will, know YOU are absolutely making a difference in your communities, your states, your regions, and throughout the world. Thank you all for your continued dedication to GFWC.

I look forward to “**Celebrating, Collaborating, and Communicating**” with you in Louisville this June. Please register early and don’t miss the many opportunities at the 2023 GFWC Annual Convention!

*Keep Living the Volunteer Spirit!*

**DEBRA STRAHANOSKI**  
GFWC International President

## FROM THE DIRECTOR OF JUNIOR CLUBS



Dear Federation Family,

“According to legend, an International President had to pack her dress in a casket to get it to Convention because it was so big...” When you spend time at our Headquarters in DC and listen to stories of those who came before us, you can’t help but feel the history around you. From the boundaries they pushed, to the challenges they faced and the fashion they donned, their legacy is all around. As I pass the countless pictures that hang on the walls, I can’t help but wonder what future clubwomen will say about us.

The 2023 Women’s History Month theme is “*Reflecting Back, Reaching Forward.*” This theme is perfect for our organization as many of you have just finished telling the stories of your club year and the work you’ve done through reporting. For over a hundred years we have owned our beautiful home on N Street and preserved the stories of our Federation, both internationally and at the state level.

I encourage you all to consider what stories will be told about you, your club and state federation. Will that story be the legacy you want told? If so, what more can be done to make that tale stronger? If not, what steps can be taken now to change the outcome? As we near the end of our club year, what can you do to ensure your sparkle is showing brightly?

When I think of the legacy that GFWC has left on my life, one word comes to mind—leadership. The skills that I, unknowingly, started learning in my club prepared me for the next position, then the one after, and have transcended into all facets of my life. I am not unique in this as many of you have echoed the same sentiments. For this reason, I’m excited to share that the Juniors are working on a new *leadership initiative* to be introduced at the 2023 GFWC Annual Convention. I look forward to sharing the details with you there. And while the legacy that I will leave on GFWC is still unwritten, I can make one promise... my convention dresses will arrive in Kentucky, in a suitcase that weighs 50 pounds or less!

In Junior Love,

**KATIE MOYDELL**  
Director of Junior Clubs

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# REFLECTING BACK, REACHING FORWARD



by **DEBRA STRAHANOSKI,**  
GFWC INTERNATIONAL PRESIDENT

**IT**

has been nine months since my installation as GFWC International President. It amazes me how quickly time flies when you are engrossed in work that motivates, inspires, and challenges you to keep raising the bar of expectations of the International President.

This month, the General Federation of Women's Clubs (GFWC) celebrates Women's History Month with a special event to spotlight 39 years of work conducted by our Women's History and Resource Center (WHRC). On March 8, Dr. Mindy Farmer, National Women's History Museum historian, will be here

to discuss “Portraying Women’s Strength.” GFWC clubwomen, local clubs, and notable Washington, DC, leaders are invited to participate. As we pay tribute to women of the past, present, and future for their roles in advancing key domestic policies, raising public awareness on community issues, and championing the plight of those underserved through volunteer service. Including special projects that provide resources, such as food, clothing, shelter, transportation, emotional support/medical treatment, and much more.

However, as I am “*Reflecting Back*” on GFWC’s history, there is one notable woman, in particular, who fascinates me and I greatly admire—GFWC International Past President Alice Ames Winter (1920–22 and 1922–24). Thanks to Alice’s good fortune of being in the right place at the right time and foresight, GFWC’s headquarters came to fruition in 1922. By procuring GFWC a workspace to convene meetings, work at the national level on key legislative policies impacting women and children; placed us at the heart of where everything happens, Alice ensured the enduring tradition and legacy of “Unity in Diversity.”

For my history loving GFWC sisters, I invite you to read *REACHING OUT: A Story of the General Federation of Women’s Clubs* by Mary Jean Houde, a member of GFWC Illinois. The story about how Alice cleverly procured our headquarters is nothing short of a miracle but also a demonstration of what GFWC women have the capacity to achieve when we work as a team and champion one another’s causes. Houde documents Alice’s story in the book.

During the convention of 1892, while GFWC was in its infancy, members discussed plans to establish a building for headquarters. The natural assumption was that it would be located in Washington, DC, since

it specified the city within the act of Congress that granted the GFWC charter. Twenty-five years later, in 1917, the GFWC Service Office, formerly the Bureau of Information located in New Hampshire, opened in the nation’s capital.

As the story goes, in a bold move Mrs. Winter took an option on the building from Mr. John Jay White for the purchase of a “five-story mansion at 1734 N Street NW, Washington, DC, for GFWC in 1922” with no money to back the purchase. Mrs. Winter, however, had friends

with deep pockets and received from five clubwomen \$1,000 each to present to the GFWC Board in January 1922 as a show of good faith. Subsequently, the board agreed to the \$20,000 down payment, which comprised of advance loans in the sum of \$13,500 and the remaining from the GFWC general fund.

Having overcome the second hurdle of procuring funds for the down payment, GFWC moved to 1734 N Street NW in April 1922. Mrs. Winter now faced solving the problem of a three-year mortgage of \$50,000. She sought the support of the delegates at the 1922 Convention. In a passage from *Reaching Out*, Mrs. Winter is quoted as saying, “*I went (to the Chautauqua Convention) without knowing how it was going to be met.*” But within three-quarters of an

hour, after details were presented to delegates, \$105,000 was pledged from the floor of the Convention, making it possible not only to complete the purchase contract but to begin the remodeling and decorating process of turning parts of the residence into staff offices where important work at the highest level could be conducted on behalf of the Federation.



**ALICE AMES WINTER (MRS. THOMAS GERALD)**

served as GFWC International President from 1920 to 1924. A native of Albany, New York, she graduated from Wellesley College in Massachusetts. After her marriage, she resided in Minneapolis, Minnesota, where she was a founder and president of the Minneapolis Women’s Club.

*Continued on the next page*

# **THIS GOES WITHOUT SAYING, but if there is a woman that serves as a role model to you or that you admire, show your appreciation during the month of March by expressing your gratitude in words and actions.**

*Continued from previous page*

Mrs. Winter's story is fascinating to me because she boldly and decisively secured a permanent headquarters for GFWC that endures to this day, 101 years later on April 1. Now, that is a legacy and quality of a woman I aspire to embody. To hold a vision close to one's heart so that when opportunity and chance collide, fate takes the reins and all the hopes of our founding clubwomen materialize.

In my capacity as GFWC International President, 133 years since its founding, I proudly carry the emblematic banner forward with enthusiasm, passion, and a vision for the future. The GFWC National Staff strives daily to advance the good work of our federations in the states and local communities. This Administration is focused on: 1) Increasing membership, 2) Raising public awareness of the issues and GFWC advocacy programs, and 3) Rebranding our organization to ensure it reflects the present and endures for generations to come.

The 2022–2024 GFWC Executive Committee is comprised of women that share my passion and vision. Each brings to the table a wealth of knowledge, experience, wisdom, and dedication on par with all that paved the way. Each one of us serving on the board is dedicated to upholding GFWC's traditions and legacy, as well as shepherding it into the future.

Now as GFWC begins "*Reaching Forward*," I look to young women like Katie Moydell, GFWC Director

of Junior Clubs, to continue *Living the Volunteer Spirit* and leading by example. These qualities were instilled in Katie by her mother, also a GFWC club president in South Carolina. In early February, I traveled to Nashville with Katie and a contingency of nearly 40 members for the GFWC Juniors Sparkle Soiree. To see the love, friendship, and goodwill of all members, I got a glimpse of GFWC's future. Let me tell you, with the energy, spirit, and motivation these women possess, GFWC will continue to grow and become more vital than ever.

I want you to consider mentoring the young women in your community to become more civically active. Recruit prospective members by inviting them to a meeting to participate in one of the many Community Service Projects (CSP) currently underway. Most importantly, explain how their involvement with GFWC positively impacts everyone around them and the general population. I encourage you to "*Reach Forward*" to foster GFWC's future generations.

This goes without saying; if there is a woman that serves as a role model to you or that you admire, show your appreciation during the month of March by expressing your gratitude in words and actions. I'm sure the person will be delighted to be seen for all she does and be gratified in knowing her work in the community matters and is appreciated. To all the GFWC club members, past, present, and future, I salute you, thank you, and welcome you to our GFWC sisterhood. 🍷



GFWC Director of Junior Clubs Katie Moydell at the South Carolina State House.



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**THE FUTURE OF  
WOMEN'S HISTORY:**

# WOMEN to WATCH

## **We love Women's History Month**

here at the Women's History and Resource Center. Having an officially designated month gives us the space to celebrate, reflect, and look for ways to view women's history from fresh perspectives. Our 2023 celebration looks at women's stories through the lens of portraiture.

**JANE "JENNIE JUNE"  
CUNNINGHAM CROLY,**  
circa 1880. *WHRC collections*

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by **JOANNA CHURCH**  
WHRC LIBRARIAN



### JANE “JENNIE JUNE” CUNNINGHAM CROLY

(The Miriam and Ira D. Wallach Division of Art, Prints and Photographs: Print Collection, The New York Public Library. “Mrs. Croly (Jennie June).” The New York Public Library Digital Collections. <https://digitalcollections.nypl.org/items/510d47df-31f4-a3d9-e040-e00a18064a99>)

Let’s flip the notion of “history” on its head, and think about the modern leaders that may one day be studied by historians of the future? Using some of our **programmatic themes** as a guide, we’ve identified five women of today (as well as one of our favorite women from history) to share with you.

First, let’s start in the past with **Jane “Jennie June” Cunningham Croly** (1829–1901), celebrated by clubwomen as the founder of Sorosis, the Woman’s Press Club of New York City, and GFWC itself. She was also a groundbreaking journalist: one of the first women to be hired by a New York daily newspaper and assigned hard news rather than ‘women’s interest’ stories (though she wrote those as well). She helped pioneer the concept of syndication; she served as editor on a large number of magazines; and she founded *The Woman’s Cycle*, the first iteration of the very magazine you’re reading right now. Her influential reporting reached thousands of Americans during the latter part of the 19th century.

## LET’S FLIP THE NOTION OF “HISTORY” ON ITS HEAD, and think about the modern leaders that may one day be studied by historians of the future?



### HEATHER COX RICHARDSON, 2016.

(Peter Stevens, CC BY 2.0 <https://creativecommons.org/licenses/by/2.0>, via Wikimedia Commons)

A parallel in today’s **communication and public relations** field can be found in **Heather Cox Richardson**, professor of history at Boston College. Through a variety of outreach efforts—including podcasts, videos, interviews, and her daily Letters from an American, one of the most read online newsletters in the United States—Richardson provides a thoughtful, measured analysis of current events, and puts them in the context of history. She may not yet be quite the household name that “Jennie June” was, but recent accolades, including being chosen as one of *USA Today’s Women of the Year* (2022), mean her work is enjoyed by more people every day.

*Continued on the next page*

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In May 2022, the Los Angeles County Commission for Women named **Dr. Lourdes I. Ramos-Rivas**, president and CEO of the Museum of Latin American Art (MOLAA), as one of their *Women of the Year* thanks to her work celebrating women artists and women's history. The first Latina to head MOLAA, Dr. Ramos-Rivas is a strong leader in the **arts and culture** field, with an innovative vision for her institution.

**Senator Shelley Moore Capito** (R-WV), the first woman elected to the U.S. Senate representing West Virginia, has made empowering girls and young women one of the cornerstones of her **public policy**. With Senator Jacky Rosen (D-NV), she introduced the Senate's *Women in STEM Caucus* in 2021. In her home state, Capito launched *West Virginia Girls Rise Up*; she has stayed personally involved in the project, traveling to schools to give presentations along with other women leaders.

**THIS IS IN NO WAY A  
COMPREHENSIVE LIST  
OF CURRENT GROUND-  
BREAKING WOMEN.**

**However, they are leaders in  
their respective fields that  
we should keep on our radar.**

In the field of **health and wellness**, the work of viral immunologist **Dr. Kizzmekia S. Corbett** has been incredibly important in recent years. She serves as the scientific lead of the Coronavirus Vaccines & Immunopathogenesis Team at National Institutes of Health (NIH), which was responsible for many key discoveries behind the development of COVID-19 vaccines. In addition to her research, Dr. Corbett works to advocate for vaccine awareness and STEM education. She was named in *Time Magazine's TIME100 Next* list in 2021.

This is in no way a comprehensive list of current ground-breaking women. However, they are leaders in their respective fields that we should keep on our radar. Let us know your thoughts. Email us at [whrc@gfwc.org](mailto:whrc@gfwc.org). 🍷



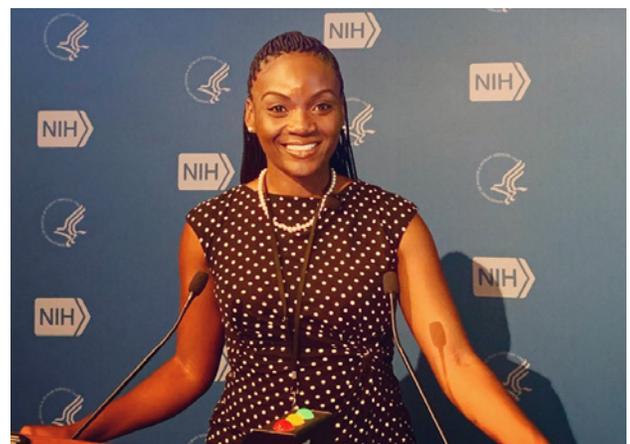
**PRESIDENT & CEO OF MOLAA, LOURDES I. RAMOS-RIVAS, PH.D.**, speaking at MOLAA's Annual Gala, 2019.

(Photo by Justin Galligher, via <https://molaa.org/molaa-gala-2019-press-release>)



**SENATOR CAPITO** participates in a West Virginia Girls Rise Up event at Richwood (WV) Middle and High School, January 2022.

(Press photo from <https://www.capito.senate.gov/news/press-releases/photos-capito-hosts-first-girls-rise-up-event-of-2022>)



**DR. CORBETT** speaking at an NIH event 2019.

(Kizzmekia Corbett, CC BY-SA 4.0 <https://creativecommons.org/licenses/by-sa/4.0>, via Wikimedia Commons)

## IN MEMORIAM

# Ernestine “Ernie” Shriner

INTERNATIONAL PAST PRESIDENT

JUNE 24, 1936 – DECEMBER 2, 2022

**E**rnestine “Ernie” Shriner served as GFWC International President from 2004–2006. She was a humble and driven woman who approached life with passion and a positive attitude. Ernie passed away on December 2, 2022, but GFWC will not soon forget the inspirational energy and unwavering dedication she brought to the Federation. When Ernie first joined the Town and Country League Club in Cheyenne, Wyoming, she did so for the fellowship and opportunity to make a difference in her community. Many years later she would serve as the first GFWC International President from Wyoming in the 100 years that the state had belonged to the Federation. In her Inaugural Address to the membership, she wrote:

*“...While one person can make a difference, a team, working together, can make miracles happen ... Too often we underestimate the power of a smile, a kind word, a listening ear, or an honest compliment, all of which have the potential to turn a life around. ...We are one team working toward common goals. And, together, we will fly our kite to new horizons with GFWC.”*

Ernie’s special project was *Literacy: Tutoring from the Heart*, which aimed to train 7,500 new tutors and tutor 10,000 students by the end of her Administration. Clubs nationwide participated in this project to raise awareness about the literacy crisis in communities. She also helped form the Women’s Community Service Task Force on Literacy in Washington, DC, to increase the number of people engaged in literacy tutoring.

One of Ernie’s favorite activities occurred in March 2005, when she spent time reading to students at the



Cleveland Elementary School in Washington, DC, for Dr. Seuss’ Birthday. The kindergarten students received donated books and the school library was given more than 125 additional books.

*“On that cold and windy day in our nation’s capital, I did what GFWC members do around the world each and every day—I delivered love and laughter to an amazing group of young children....”*

Individual clubs and State Federations participated in Ernie’s special project by collaborating with local schools and libraries and participating in various events.

*"I am constantly in awe of the work our clubwomen do in the name of GFWC. It is particularly pleasing to see the efforts made in the area of literacy, the President's Special Project. ...There is no doubt about it —clubs are keeping the literacy ball rolling."*

By June 2006, clubwomen had exceeded the goal of reaching 10,000 students by 1,281 individuals, based on club reports received.

Another highlight of Ernie's Administration includes the work within GFWC's health programs. In partnership with the National Heart, Lung, and Blood Institute and the National Osteoporosis Foundation, clubs made strides in educating their communities about heart disease and osteoporosis. Ernie also attended the Heart Truth Campaign red dress fashion show in New York City to highlight the importance of educating women about heart disease.

She also traveled and represented GFWC internationally on many occasions, including attending the 70th Anniversary Celebration of the Woman's Club of Aruba, the annual Service Club Leaders Conference in Geneva, Switzerland, and the Convention of the Confederation of Women's Clubs of Brazil.

*"It's so impressive to see firsthand the great work of our international clubs. And it is equally important to meet these wonderful members on their own turf."*

In 2005, the lives and communities of many clubwomen in Louisiana, Mississippi, Alabama, and Florida were devastated by Hurricane Katrina. Ernie quickly rallied the Federation to provide help and relief where they could.

In her final address to the membership as GFWC International President, Ernie expressed her gratitude for all the support members offered to her and their fellow clubwomen.

*"I can safely say that these two years have been among the most terrific of my life. For encouraging me, and not complaining about my long absences, I give special thanks to my dear family. To members of our Headquarters staff, who were always ready to help and to participate in all the preparations for events in Washington, as well as at conventions and Region meetings, I offer my deepest gratitude. And last, but not least, I want all GFWC members to know that you have my boundless appreciation for everything that you do. There is no doubt in my mind that our kite has risen to the highest heights!"* ♥



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# GFWC JUNIORS' SPARKLE SOIRÉE HELD IN NASHVILLE

**G**FWC Director of Junior Clubs Katie Moydell invited members to join her in Nashville, February 2-5, for the GFWC Juniors' Sparkle Soiree. Approximately 40 members and guests braved the unusually cool weather for fun and fellowship in the Music City. While no official business was held, donations were collected for Monroe Harding, whose purpose is to provide a foundation of strength to foster care youth and homeless teens through various services. The group collected more than \$700 in cash or gift cards and had multiple items shipped directly via Amazon. A boot scootin' good time was had by all! 🍷

## RIGHT

GFWC Sparkle Soiree attendees outside the Grand Ole Opry.

## BELOW LEFT

Members of the GFWC Junior Executive Committee enjoyed themselves at the Denim and Diamonds Party!

## BELOW RIGHT

Madam President travelled directly from the airport to join the Juniors at the Welcome Social hosted by Diania Pimenta.



Continued from previous page



**LEFT**

GFWC International President Debra Strahanoski and GFWC Director of Junior Clubs Katie Moydell traveling to the Grand Ole Opry. These officers joined members across the nation in wearing red to help raise awareness for women's heart health.

**ABOVE**

GFWC members and guests were treated to a Trolley Tour Saturday where they were able to explore famous Nashville spots like Frankie Pierce Park which honors Nashville native Juno Frankie Pierce. She was one of the trailblazing suffragists dedicated to securing women's right to vote with the passage of the 19th Amendment.



## 2023 GFWC CELEBRATION OF WOMEN'S HISTORY MONTH

**“Portraying Women’s Strength”**

GUEST SPEAKER

**Dr. Mindy Farmer**

*Historian, Smithsonian National Portrait Gallery*

WEDNESDAY, MARCH 8 • 2-4 PM • 1734 N STREET, NW, WASHINGTON, DC

Register today at [www.eventsquid.com/EVENT/19433](http://www.eventsquid.com/EVENT/19433)

CELEBRATE. COLLABORATE. COMMUNICATE.

# LOUISVILLE

**2023 GFWC ANNUAL CONVENTION**  
**LOUISVILLE MARRIOTT DOWNTOWN**

**JUNE 10-12**

**CONVENTION WEBSITE**

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CELEBRATE. COLLABORATE. COMMUNICATE.



2023 GFWC ANNUAL CONVENTION  LOUISVILLE



**MUST-ATTEND EVENT**

# 2023 GFWC ANNUAL CONVENTION



**JUNE 10-12, IN LOUISVILLE**

**T**o all who Dream Big, Sparkle More, and indeed Shine Bright, the 2023 GFWC Annual Convention is upon us! Please join GFWC as we “Celebrate. Collaborate. Communicate.” At the Louisville Marriott Downtown in Kentucky, June 10-12, 2023.

Churchill Downs will be the site for our Pre-Convention tours, Go Baby Go! Race Day experience. Thursday, June 8, you’ll enjoy “Twilight Races,” and Friday, June 9, you have a “Day at the Races.”

The bright and shining stars of GFWC Kentucky will be serving as our Convention hostesses, and they are excited to show off the Bluegrass State. “GFWC Kentucky State Night” on Friday, June 9, kicks off our celebratory weekend, so be sure to include this in your registration.

In addition, GFWC will celebrate another class of members attending the LEADS, and the informational workshops led by the 2022-2024 Sparkle Squad Chairmen and Committees. Attendees will hear from incredible speakers and participate in the dazzling GFWC Race to the Finish fundraiser.



GFWC has planned a number of fun activities for you, and informative business sessions. Be sure to review the Bylaws and Resolutions available on the [GFWC Convention website](#). It is important that you vote to make a difference.

After attending this year’s event, GFWC hopes you walk away inspired and motivated to fulfill a dream of a world banded together in volunteerism, united in diversity, and held together with love and friendship. GFWC needs its members to continue to strengthen the many facets of leadership by working together. 🍷



**To register, visit**  
[2023 GFWC Annual Convention \(eventsquid.com\)](https://www.eventsquid.com)

## MUST-ATTEND EVENT

### IMPORTANT DETAILS TO HELP YOU PREPARE FOR THE GFWC ANNUAL CONVENTION

In early February, GFWC distributed the official “Call to Convention” via email, Facebook, and website. The following are a few details to help you get registered:

1. GFWC created a “Registration: How-to Guide,” which provides step-by-step instructions.
2. The event hotel is the Louisville Marriott Downtown, approximately six miles from the Muhammad Ali International Airport (SDF), within walking distance to the historic Louisville Slugger Museum & Factory, the Muhammad Ali Center, shopping, restaurants, and too many distillery tours to count. Reserve your room through GFWC’s room block at [www.GFWC.org](http://www.GFWC.org).
3. Tour options include two opportunities to experience **Churchill Downs—Home of the Kentucky Derby**: Thursday evening, June 8, for the Twilight Races or Friday, June 9, for daytime races. A walking tour of the **Kentucky Derby Museum**, a buffet meal with non-alcoholic beverages, and multiple horse races with viewing from a balcony above the Finish Line are included. Our private room will have a cash bar and a wagering window for those wishing to bet on the ponies.
4. GFWC is currently accepting ads for the “Convention Program.” If you would like to place an ad, please complete the form and send it back to Nishu Raina at [NRaina@GFWC.org](mailto:NRaina@GFWC.org). *The deadline to submit your ad is **March 30**.*
5. The GFWC Fundraising Committee is collecting donations for the **“Race to the Finish”** fundraiser. Please sign up to donate. The deadline for submission is **Monday, May 1**.

Please note all this information is available on the GFWC website at [www.GFWC.org](http://www.GFWC.org), under the “What We Do” navigation across the top, then select “Annual Convention” on the drop-down menu.

See you in Louisville! 🍷

## OFFICIAL GFWC CONVENTION T-SHIRTS

Order yours today!

**\$14 each**

Please submit order during online registration checkout.



## GFWC SERVICE PROJECT NO-SEW FLEECE BEDS

SUNDAY, JUNE 11 • 4:30 P.M. TO 5:30 P.M.

Thank you for your continued support of Canine Companions through volunteerism, advocacy, and donations. This project is one that benefits our amazing volunteer puppy raisers and GFWC.

**Cost: \$25**

You can sign up for project during online registration checkout.

# THE ROAD TO



# SECRETARIAT

I had recently completed a bronze monument honoring Sergeant Reckless, a little mare that served with the U.S. Marines in the Korean War. I told my friend Robin Hutton (who wrote the book on Reckless and commissioned the monument) that I sure would like to get a life-size commission of a racehorse.

by **JOCELYN RUSSELL**,  
GFWC ARTS AND CULTURE HONORARY CHAIRMAN

**I** imagine my shock to receive the call a few short months later: How about Secretariat at life + ½? Really!?

SECRETARIAT! Not just A racehorse, he's THE racehorse of all time! I was elated, terrified, and briefly immobilized, until my senses kicked in and I immediately went to work researching everything about Secretariat. Is the owner still alive? Is the jockey still alive? Who do I call? Who do I visit? Where do I start?

I began booking flights. I needed to present myself, my credentials, and my determination to my new clients, the Triangle Foundation in Lexington, Kentucky. Then a visit to the jockey, Ron Turcotte in New Brunswick, Canada, and Claiborne Farm in Kentucky where Secretariat was retired and is buried. Every book, photo, and story went into my arsenal; I was honored with creating a tribute to the one and only Big Red. It was mind-blowing.

The committee and I settled on a full stride pose, crossing the finish line in the Kentucky Derby. The maquette (small sculpture) was completed for approvals, and we were all literally "off to the races." My timeframe was tight but doable. Every buckle, strap, checker, and stripe had to be historically accurate, not to mention a perfect portrait of the perfect horse and jockey. Everyone was watching the progress. I got excellent pointers from fans (quickly topping 6,000 on Facebook) and racing experts alike; all suggestions were considered to capture the likeness of an iconic team that brought such hope and joy to the country in a time of political darkness. Secretariat and Ronnie broke all three track records for the Triple Crown in 1973 and the track records STILL stand 50 years later. Weigh the odds, this horse was a phenom. His heart (upon necropsy) was twice the size of a normal racehorse's heart. It was not medical, it was scientific; his engine was twice as big as his rivals. Bigger engine, more oxygen, more fuel.

Back to the sculpture; The maquette was scanned three-dimensionally, and the information was plugged into a Computerized Numerical Control program for enlargement. Huge chunks of polyurethane foam were milled to the exact contours of the maquette, except this sculpture was going to measure 21-feet long!



I temporarily moved to my foundry in Norman, Oklahoma, where the foam pieces were assembled, and the huge horse was lifted to height in their workspace. I began by tooling and refining the softened edges of the foam, cutting in details lost during the enlargement process. Imagine taking a 10-inch photo and blowing it up to 10 feet! Many details are lost, and fuzzy. The foam refinement took several weeks but taking the extra time at this phase paid off.

The next step was to brush on a few layers of hot clay. This sealed the foam and gave me a beautiful clay surface to tool in even more details, including eyelashes. This process took several more weeks, with foundry visits by clients and a myriad of Secretariat fans following the project. The

*Continued on the next page*

**SECRETARIAT! NOT JUST A RACEHORSE, HE'S THE RACEHORSE OF ALL TIME! I was elated, terrified, and briefly immobilized, until my senses kicked in and I immediately went to work researching everything about Secretariat.**

Continued from previous page



pressure was intense, but finally, I reached a point where I was at a loss for improvements, so I put down my tools and turned it over to my foundry. The casting process is long, laborious, and too complicated to explain (although there are many videos online to help demonstrate). Let's just say, that I went home, and the foundry family took over, working their magic to transform my intricate clay surface into timeless bronze, go figure. I can't do it...the foundry can, and they are paid well to stay in business. That said...I will never own a foundry. A foundryman once told me that his associate was filing for divorce and as punishment, the wife was making sure he got the foundry in the settlement... What?



We intend to trailer the second casting in the edition to all three Triple Crown races this year in honor of the 50th Anniversary of the amazing wins in 1973.

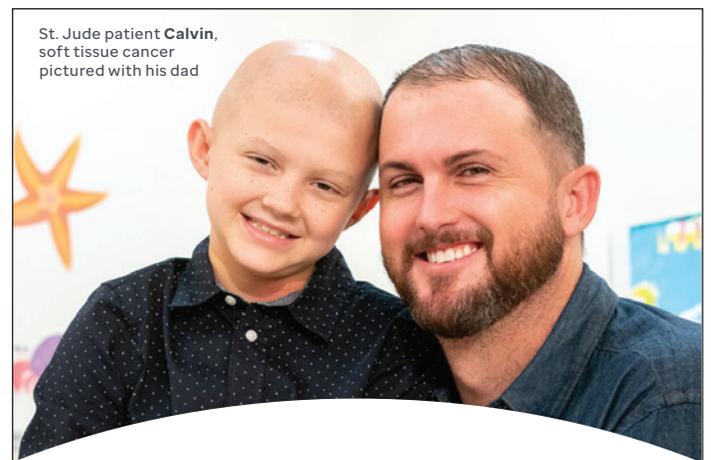
Whew, after all the drama, the monumental Secretariat was cast and ready for finals, transport, and delivery. I'll never forget the media coverage and fanfare as we transported Secretariat upright across nearly 900 miles by open trailer on the interstate to his destination. People were honking and parting the waters. The traffic circle at Alexandria and Old Frankfort Pike in Lexington, Kentucky is a fitting resting spot. The endeavor was to beautify the Old Frankfort Pike corridor, home to many Thoroughbred farms and legacies in Kentucky.

I am more than proud to be the chosen artist for this special commission.

On a side note, the clothing company Ariat helped sponsor the monument transportation in a fitting way, they donated two pairs of Ariat boots that I wore during the unveiling and dedication.

Do you know where Ariat derived its brand name? Secret-Ariat.

And now you know the rest of the story. 🍷



St. Jude patient Calvin, soft tissue cancer pictured with his dad

## Help kids like Calvin get the best care

When Calvin was diagnosed with soft tissue cancer, his parents knew that St. Jude was the best place for him to be. When you donate to St. Jude, you're supporting the research hospital that has helped push the overall childhood cancer survival rate from 20% to more than 80%. We won't stop until no child dies from cancer.

Learn more at [stjude.org](http://stjude.org)



©2023 ALSAC/St. Jude Children's Research Hospital (MCC-6643)

# EMPOWERING WOMEN'S CONFERENCE

by **KAY JAMES,**  
GFWC NEVIS WOMAN'S CLUB OF MINNESOTA MEMBER

## For more than a century, the

GFWC Nevis Women's Club has served this northern Minnesota community of 400 through innovative volunteer service.

Recently, the environment has become a focal point. The development of a pollinator garden in the heart of the village was initiated, scholarships are now being awarded, and the club donates to local programs.

But the club's recent "Empowering Women to Lead" conference, drawing an audience of 300 from a 75-mile radius, may prove to become its hallmark.

Discussion began two years ago, when the club met to review its strategic plan and identify new objectives. Area organizations provide crisis intervention, food support, and additional needed resources, but the club questioned what could be offered to provide a positive impact for women living in small rural communities.

### BELOW

(l to r): Kay James, Linda Blue (GFWC of MN president), and Kathy Carney.

### BOTTOM LEFT

Conference attendees.

### BOTTOM RIGHT

Ann Bancroft, key note speaker (polar explorer, educator).



Traditionally, these communities' jobs offer a low wage. Many rural women do not pursue a post-secondary education. Females in the 45- to 54-year-old age group are more likely to be single; 9.4 percent of females live in poverty. "The road to success is limited."

"There is lack of research focused on the percentage of abused women living in rural communities compared to urban areas, but what we do know is that intimate partner violence is aggravated by fewer resources in rural communities," the club determined.

So, the planning—and pursuing of funds—began. Banks, foundations, energy cooperatives, and other organizations stepped forward with donations.

"The Nevis Women's Club is all about support, empowerment, inspiration, encouragement, and providing resources that uplift women to a level where one can reach their desired individual success," organizers explain. The event was designed to provide women with personal and professional growth opportunities that may boost a career, encourage some to return to school, or engage in leadership opportunities within the community.

The keynote speaker at the conference, noted Polar explorer Ann Bancroft, led a rapt audience "to the far regions of the globe," sharing adventures she experienced as the first woman to traverse the ice to reach both the North and South Poles. "I've dreamed of faraway places since I was 8," said Bancroft.

"What happens on an expedition also happens in life," she said of the laughter and struggles experienced on the journeys across the ice.

Bancroft was joined by speakers offering insights on "plugging into nature," adapting perseverance, and "never stop dreaming."

Fundraising for the project, the organizers point out, could not have been accomplished without the GFWC's 501c3 status.

Evaluations of the subsequent questionnaires from the attendees, who range in age from 16 to 80-plus, are underway. Focus groups, including those from area Ojibwe reservations and communities, will form. "An analysis is in progress." ▀

# THE POWER OF GFWC'S LEGISLATIVE ACTION CENTER

by JULIET M. CASPER,

GFWC LEGISLATION/ PUBLIC POLICY COMMITTEE CHAIRMAN

## In 2002 the game of baseball

was changed forever by something that was right under the noses of every manager and scout in the game. Baseball has always been a sport of statistics—hits, runs batted in, stolen bases, and on-base percentage—are just a few of the many numbers in baseball. But these numbers were not used to evaluate the players to sign to a team's roster or the players to play on any given day. Billy Beane, then general manager of the Oakland Athletics, changed all that by employing an Ivy League economics graduate to take the stats and turn them into analytics. His story is the focus of the book and the movie *Moneyball*. Much like baseball, the GFWC Legislative Action Center (LAC) has features available to every member that can forever change our advocacy for those in need on the federal and state levels. The features are right there waiting for you to discover and utilize.

Did you know that you can research state and federal bills by a keyword search on the LAC? Did you know that you can email your governor via the LAC? Did you know that you can find out when your state senator was first elected

and where she/he went to college via the LAC? Did you know that in addition to taking action on a GFWC alert, you can call or tweet your members of Congress via the LAC? Did you know that there is a scorecard on the LAC that shows you how the members of Congress voted on a bill GFWC supports? Did you know that you can see the list of sponsors for GFWC's key legislation and the status of the legislation via LAC?

Darrell Jones, GFWC Programs Manager, demonstrated the powerful features of the LAC in the second session of the *Power of You: A GFWC Advocacy Webinar*. His presentation, "LAC is for Me", along with the other five sessions, can be viewed on the GFWC website at [www.GFWC.org](http://www.GFWC.org). Building upon this successful webinar series, the Legislation/Public Policy Committee presents "*The Power of Us: Club Advocacy*" at the 2023 GFWC Annual Convention in Louisville, Kentucky, in June. Together clubs can make positive changes in the laws impacting their grassroots communities. The baseball trailblazer and Hall of Famer Jackie Robinson said it best, "A life is not important, except in the impact it has on other lives." 🍌



**MOVE IN MAY:  
CELEBRATING NATIONAL PHYSICAL FITNESS MONTH**

# **THE POWER OF PURPOSEFUL PHYSICAL ACTIVITY**

by **NAGI B KUMAR, PH.D.**, GFWC HEALTH & WELLNESS CSP HONORARY CHAIRMAN



## **Physical activity is defined**

as any movement that uses skeletal muscles and requires energy expenditure. Physical activity can include walking, running, dancing, biking, swimming, performing household chores, exercising with a purpose, and engaging in sports activities. Physical inactivity or sedentary behavior is any behavior while awake, characterized by sitting, reclining, or lying down. Examples of sedentary behaviors include most office work, driving a car or vehicle, and sitting while watching television. Over the past decade, research has established that there are several health benefits to purposeful physical activity and avoiding sedentary behavior. Engaging in physical activity has many **biological effects** on the body, some of which have been proposed to explain associations to the

prevention of heart disease, diabetes, ageing, and specific cancers. Research studies have shown that physical activity can: reduce elevation in steroid hormones and growth factors; reduce inflammation, body fat, blood lipids, and insulin; and improve immune system function.

Based on these biologic effects, recent research has shown that being **physically active** can:

- ◆ Lower the risk of cardiovascular disease (including heart disease and stroke), hypertension, and dying from cardiovascular disease;
- ◆ Improve blood lipid profile;
- ◆ Slow or reduce weight gain and obesity;



- ◆ Lower the risk of cancers of the bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach;
- ◆ Lower the risk of type 2 diabetes;
- ◆ Improve cognition, including in children;
- ◆ Reduce the risk of dementia;
- ◆ Improve quality of life and improve sleep;
- ◆ Improve bone health;
- ◆ Improve muscle strength and physical function; and
- ◆ Lower the risk of falls due to frailty and fall-related injuries (older adults).

Globally, 1 in 4 adults do not meet the recommended levels of physical activity. More than 80% of the world's adolescent population is insufficiently physically active.

Research on the adverse effects of **physical inactivity** or sedentary behavior has continued to evolve. Sitting, reclining, or lying down for extended periods of time (other than sleeping)—is a risk factor for developing many chronic conditions, obesity, cardiovascular disease, cancer, and premature death.

### Physical Activity Recommendation

It is recommended that **adults** engage in 150–300 minutes of moderate-intensity aerobic activity (brisk walking, swimming, tennis, biking, pickle ball) **and** 75–100 minutes of vigorous aerobic activity per week (hiking, running, swimming laps, aerobic dancing, heavy yardwork, tennis, cycling 10 miles per hour or faster, jumping rope) spread throughout the week. For maximum benefits, include both moderate- and vigorous-intensity activity in your routine along with strengthening and stretching exercises.

Adults who are pregnant, disabled, have a chronic illness, or a disability should check with their doctor prior to engaging in the specific type of physical activity. Most doctors can recommend a physical therapist or an exercise

physiologist who can guide you through your best/safe physical activity regimen.

- ◆ Determine the best time and an exercise that you can sustain over time—a physical activity that suits your lifestyle and is realistic.
- ◆ Getting started does not cost anything. You can just start walking briskly.
- ◆ Try to not be overambitious. Give yourself a week to 10 days to reach the recommended goal.
- ◆ Make sure you have your favorite music/podcast on, sunglasses, comfortable shoes, a large hat, sun block, or just enjoy your environment.
- ◆ Wearing an activity tracker (Fitbit or a smart watch) that can track your activity can help you stay motivated to exercise and see your progress!
- ◆ There are 24 hours in a day! You can set aside 40 minutes a day for just YOURSELF!
- ◆ Within a week, these activities will become a habit that will be hard to break! ♥



MARCH FOR CHANGE

JOIN US TO DEMAND  
#BLANKETCHANGE  
FROM YOUR STATE  
LAWMAKERS



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DANGEROUS  
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Question? Contact Patty Gentry, GFWC Liaison, at  
[pgentry@marchofdimes.org](mailto:pgentry@marchofdimes.org)

# THE ART OF THE WRITTEN WORD

by **ROBIN YOCUM,**

AUTHOR AND GFWC EDUCATION AND LIBRARIES/JUNIORETTES HONORARY CHAIRMAN

## There are times when I feel

wholly inadequate to be writing about writing. I was never one of those kids who aspired to be a writer or always had a book in his hands. A ball glove, yes, but not a book. I wanted to be a ballplayer, not a writer. That wasn't even on my radar screen. As a senior in high school, I remember sitting in a dugout with my baseball teammates, a plaster cast up to my knee after having shattered an ankle with an ill-timed slide into second base and thinking: *Maybe I should have a backup plan in case this whole baseball thing doesn't work out.*

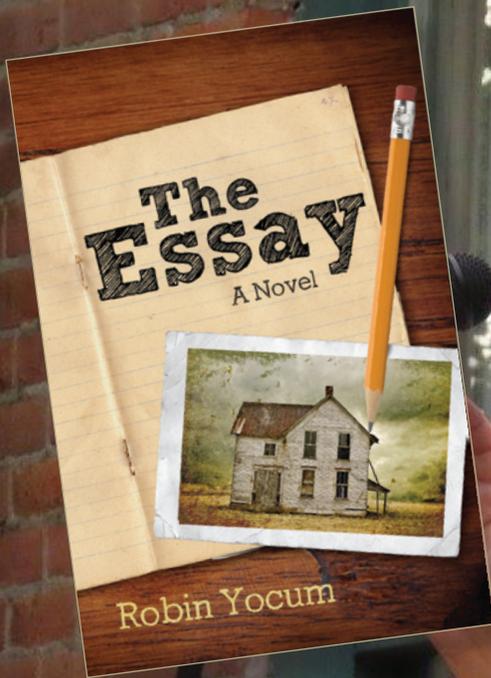
I had taken a journalism class my junior year and felt like I had some potential in this area. There was something liberating about creating a story, as opposed to the rigid confines of writing a book report or a term paper on Norway. (I couldn't tell you where my car keys are right now but, somehow, I remember writing that paper in fourth grade.) Since the math teacher at my school had once

declared me to be one of the two worst math students ever to graduate—for the record, he said many were worse, but they never graduated—I decided that accounting wasn't in my future. Perhaps I could carve out a career as a journalist.

I liked that idea but wasn't quite sure how to get there. My father was a no-nonsense West Virginia steelworker. Every man I knew, including my father, grandfathers, and great-grandfathers, went to work with a tin lunch pail in one hand and a hard hat in the other. How did one migrate from the steel mills to the typewriter?

The transformation from a blue-collar kid growing up in the industrial Ohio River Valley to novelist wasn't always easy. After having success as a newspaper reporter, my early efforts to become a novelist were anything but stellar. Perhaps that is why I sometimes balk at writing about writing. I still have a vivid memory of what seemed like a continual string of rejection letters for my early work.





Dear Author:

*Thank you for your submission. Unfortunately...*

I could wallpaper rooms of my house with those rejection letters.

That was two nonfiction books and six novels ago. The key to getting there was as simple as the advice my father gave me as a young boy: If you want something bad enough, work hard to get there.

Writing is like any other skill—shooting a basketball, playing the saxophone, painting a landscape. The more you work at it, the better you get. Some of my first attempts at writing a novel are in a box somewhere in the basement. When I find them, I'm going to burn them. They're awful. However, by reading more and staying at the keyboard for hours on end, I have been able to write novels that have been very well received.

The single factor that resulted in my becoming a published novelist was a simple change in my style. When I sat down to write what would become "The Essay," I decided to write in the first person. Instead of telling a story from the sidelines, I put my protagonist, Jimmy Lee Hickam, in the driver's seat and let him tell it as he saw it. I sat down to write, and these words leapt from my fingertips to my computer screen:

*It was never easy being the class dirty neck, the derisive term used for those of us unfortunate enough to have grown up along Red Dog Road, a dead-end strip of gravel and mud buried deep in the bowels of Appalachian Ohio.*

After I wrote those words, Jimmy Lee took up residence in my head and would not stop talking. There were times when I didn't feel like I was writing as much as I was taking dictation. For several months, he told me his story.

It was the turning point in my writing career. I had written other novels that never got off the ground, but that single sentence provided me with the inspiration, and confidence, that really ignited my writing career.

Writing in the first person and setting my stories in my beloved Ohio River Valley have become the hallmarks of my novels. As the adage goes, "Write what you know."

I'm grateful for the work ethic that was passed down by the men on both sides of my family. The blue-collar approach to writing has served me well. Is it difficult to be a writer? Sometimes. But it's not as difficult as toiling next to a blast furnace in a steel mill. I think about that sometimes when I don't feel like writing. Yes, it can be a chore. On the other hand, there is very little chance that a ladle of molten steel is going to drop on my head. ♥

# AWARDS AND CONTESTS

2023 CROLY AWARD  
2024 JENNIE AWARD

NEWSLETTER, WEBSITE,  
WRITING AND PHOTOGRAPHY  
CONTESTS

The General Federation of Women's Clubs (GFWC) is proud to be sponsoring seven contests that provide the opportunity for clubs nationwide to nominate the "Best of the Best" in their state to be recognized. All the contests are described by the chairs for each. Please note the deadlines for submitting nominations vary based on contest type. Good luck to all! GFWC appreciates all each of you do in your respective communities to uphold our legacy of "*Living The Volunteer Spirit.*"

## 2023 CROLY AWARD!

Encourage all journalists you know who have helped advance the rights of women to apply by April 30, 2023. An application form is available on the [GFWC Member Portal \(www.GFWC.org\)](http://www.GFWC.org), and consider sharing on Facebook. All journalists who contribute to newspapers, broadcast news programs (radio, television, and digital), magazines, or online publications, either on staff or in a freelance capacity, are welcome to apply. A deserving journalist could be working right next door!

## GFWC NEWSLETTER & WEBSITE CONTESTS

by **JEN NOWAK**,  
COMMUNICATIONS AND PUBLIC RELATIONS  
COMMITTEE CHAIRMAN

Many clubs have fabulous websites and compile wonderful newsletters. They are used as communication tools for their members and for letting the community know about their good work. If your club is proud of their website and/or newsletter, then consider entering the **Communication and Public Relations Contests**. Each club can submit entries for both contests.

*Continued on the next page*



# AWARDS AND CONTESTS

Continued from previous page

## The Newsletter Contest

Submit your favorite newsletter copy that was dated and published between January 1 to December 31, 2022. Mail a hard copy of the newsletter with a cover letter containing: Club president's name, contact information, name and contact details of individual submitting the entry, number of club members, approximate circulation, and a short essay no more than 250 words describing the club's approach to utilizing its newsletter.

## The Website Contest

Contest application must be submitted via email. Your private club "members only" section (if applicable) will not be part of the judging process. In the body of the email include club name, website address, president's name and contact information, name and contact details of individual submitting the entry, number of club members, and a short essay no more than 250 words describing why your website is a valuable resource to members and potential members.



**TOGETHER WE CAN  
ACHIEVE THE SDG'S**

As the first new commitment to support the Joint Investment Mechanism (JIM), GFWC is committing flexible funding ensuring UNICEF remains focused on results for children, by integrating the fund's existing investments to accelerate them towards the SDGs.

Your investment in JIM will generate deeper impact for more children.

To learn more, contact Kelly Procida at [kprocida@unicefusa.org](mailto:kprocida@unicefusa.org) or visit [unicefusa.org/GFWC](http://unicefusa.org/GFWC).

 **DONATE NOW**

 for every child

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For more information about the Newsletter and/or Website contests and for judging criteria, contest rules, submission address, and the specific details of each contest, visit the "Club Manual" subfolder of the "C" Resources folder, Awards and Contests in the [Member Portal Resource Library at www.GFWC.org](#). **The deadline is March 15, 2023.**

States can also enter the "GFWC Website and Newsletter Contests." The CPR committee members look forward to reading and seeing what individual clubs use for their communication tools.

Continued on the next page

## 2023 AWARENESS DAYS MARCH THROUGH JUNE

<b>March</b>	Women's History Month	<b>May</b>	National Physical Fitness Month
<b>April</b>	National Child Abuse Prevention Month	<b>May</b>	Maternal Health Month
<b>April 7</b>	World Health Day	<b>June</b>	Alzheimer's Awareness Month
<b>April 23-29</b>	GFWC Volunteers In Action Week	<b>June 10-12</b>	GFWC 2023 Annual Convention, Louisville, Kentucky
<b>April 24</b>	GFWC Federation Day		

# AWARDS AND CONTESTS

Continued from previous page

## GFWC SHORT STORIES & POETRY CONTESTS

by **DONNA SHIBLEY**,  
WRITING CONTESTS CHAIRMAN

### Member Contest

Authors must be dues-paying members of an active per capita club. One entry per member per category.

### Youth Contest

Authors must be amateurs; earnings from writing may not exceed \$500 annually. The Six Traits of Writing will be used in the judging of the Youth Writing Contest.

### Youth Grade Levels

**Category 1:** Grades K, 1, and 2

**Category 2:** Grades 3, 4, and 5

**Category 3:** Grades 6, 7, and 8

**Category 4:** Grades 9, 10, 11, and 12

### Both Contests

Entries must be written during the contest year January 1–December 31, 2022. Entries may not have been published prior to the competition and must be original works by the author. One winning state entry per writing contest, per category, must be sent to the national GFWC Writing Contest Chairman, **postmarked no later than April 1, 2023.**

**GFWC Creative Arts Waiver** must be included with each submission. One entry per person per category. Short stories are limited to 2,000 words. Poetry entries can be any style, with a minimum length of eight lines and a maximum of 50 lines.

For more information about the Writing Contests and for judging criteria, contest rules, submission address, and the specific details of each contest, visit the “Club Manual” subfolder of the “C” Resources folder, Awards and Contests in the [Member Portal Digital Library](#). ▀

## Tips to know when entering the GFWC Writing Contest

Use these **TIPS** to successfully enter the GFWC Writing Contest.

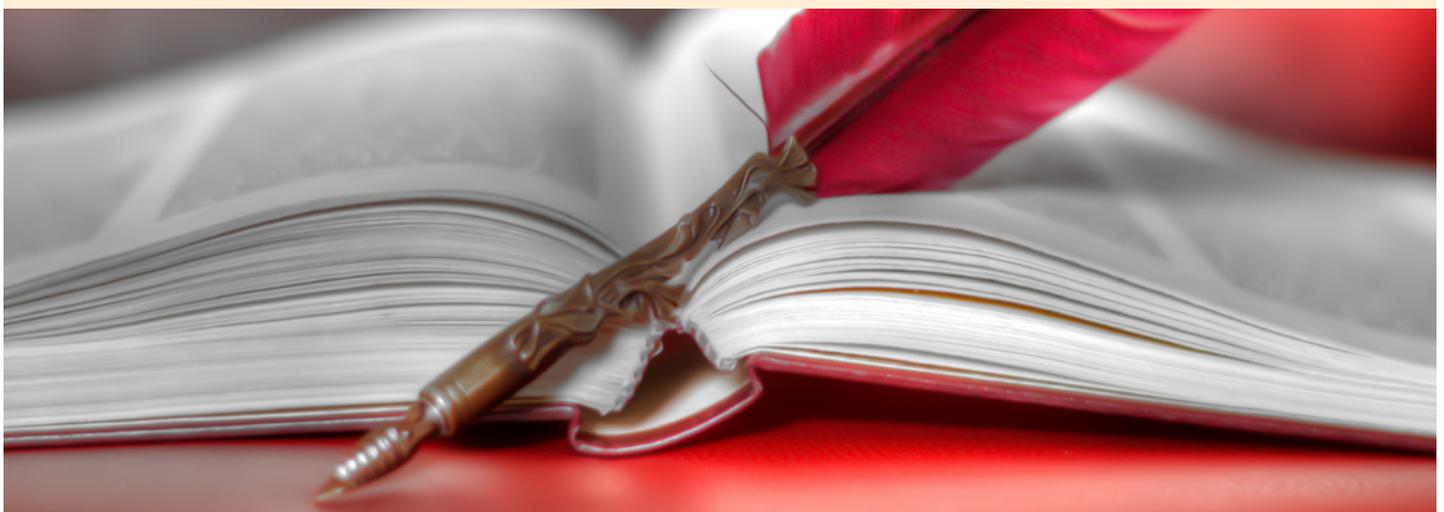
These **I**mportant **P**rocedures (will help you) **S**hine.

**T:** Take time to read the contest rules carefully.

**I:** Individual entries should have required information included before submitting.

**P:** Please reach out to this Chairman with any questions.

**S:** Send entries to State Writing Contest Chairman first and then the state chairman will submit the State award winners to the National Chairman.



# AWARDS AND CONTESTS

Continued from previous page

## WHEN IS A PICTURE WORTH 1,000 WORDS?

by **KAREN KALER,**  
PHOTOGRAPHY CONTEST CHAIRMAN

When is a picture worth 1,000 words? When the photo makes a statement, gains attention, or gives insight into a shared experience, that's when.

The *GFWC Photography Contest* encourages members' artistic expression and visual storytelling. You don't need an expensive camera to take great pictures! Today's cell phones offer a way to take creative pictures that are contest worthy. Photos must have been taken between January 1 to December 31, 2022. All photography entries must be submitted to the state competition for judging. Clubs should not send to GFWC Headquarters.

### The World In Pictures Contest

These photographs showcase the people, places, and things at home and around the world that impact our lives in a meaningful way, as expressed in these three categories:

- ◆ **Our World Up Close**—create a visual that offers a novel viewpoint or a macro image that takes the viewer into a whole, new, tiny world. Macro photography creates photos of small items that are larger than life. Some common examples are bugs or parts of flowers.
- ◆ **Natural Wonders**—Use wide angles, panoramas, or changeable landscape images to showcase mountains, meadows, sandhills, rivers, waterfalls, oceans, deserts, or any other magnificent vista.
- ◆ **Reflections**—Feature a setting, situation, or landmark that brings back poignant memories or captures a fleeting image reflected in the glass, water, or other mirrored surface.

### GFWC Living The Volunteer Spirit Contest

These photographs capture the special moments in the lives of GFWC clubwomen as they meet, plan, advocate, volunteer, or celebrate in groups or one on one.

For contest rules and waiver forms, please consult the "*GFWC Club Manual*" located under "C" directory within the GFWC Resource Library. **The cutoff date for all entries is May 15, 2023.** You can contact Chairman Karen Kaler at 952-237-6020 or at [Karenkaler0505@gmail.com](mailto:Karenkaler0505@gmail.com). ▀

## 2022–2024 JENNIE AWARD— HONORING PERSONAL EXCELLENCE!

by **THERESA RUDDER,**  
JENNIE AWARD CHAIRMAN



The Jennie Award is the only national honor recognizing individual club members for personal excellence. Club members are nominated by their clubs to compete at state, regional, and national levels for the Federation's highest honor.

Now is the time for our clubs to nominate that extraordinary club woman who exemplifies the spirit of our founding mother, Jane Cunningham Croly, better known as Jennie June.

Every club has a potential Jennie Award winner, and every Jennie Award winner has impacted her club and her community. We look forward to receiving your nominations for this prestigious award. All the information and nomination form, including the judging criteria, is found in the GFWC Club Manual under Awards, Contests, and Grants. Follow the award rules carefully while completing the nomination form and gather all the supportive information recognizing the excellence of this remarkable club woman.

Once the information is complete, send the packet to your state's Jennie Award Chairman, who will review the nominations and present it to your State President, **postmarked by June 1, 2023.** The State President and/or State Chairman appoint a panel of judges who select the state winner.

The State President will submit ONE State Jennie Award winner's information to the Region Jennie Award Chairman/President, **postmarked by August 1, 2023.** The Region President and/or Region Chairman will appoint a panel of judges to select two candidates, the final stage of the relay!

In the final award process, the Region Chairman passes the material of those two candidates to GFWC Headquarters, **postmarked by December 1, 2023.** One winner from each region will be chosen. The Jennie Award winners will be announced and "sparkle and shine" during the Gala at the 2024 GFWC Annual Convention in Chicago. ▀

# EPSILON SIGMA OMICRON (ESO) CELEBRATES 95 YEARS

by **SANDY HAUENSTEIN**, GFWC EDUCATION AND LIBRARIES CHAIRMAN

## ESO celebrates 95 Years!

Epsilon Sigma Omicron is an honorary educational society open to all per-capita dues paying GFWC federated clubs. It was established by the Indiana Federation of Clubs incorporated as a national sorority, and since then 46 states have followed the lead by establishing their own state ESO chapters. The purpose of ESO is to provide clubwomen with a structural reading program, which is educational and stimulates a desire for self-improvement. The goals of the ESO are to:

- ◆ **Encourage** clubwomen's pursuits of higher education;
- ◆ **Create** an additional means to unite women in volunteerism;
- ◆ **Develop** a support network for women returning to school;
- ◆ **Improve** current and develop new study skills;
- ◆ **Stimulate** systematic home reading, and study with minimum supervision;
- ◆ **Encourage** the establishment of home libraries; and
- ◆ **Encourage** the formation of reading/study/discussion groups.

You can become a member by submitting the Pledge Application found at [GFWC \(membersuite.com\)](https://www.gfwc.org/membersuite.com) in the Club Manual under ESO to your state chairman.



The following GFWC members are published authors and have been highlighted in the *GFWC Education & Libraries* newsletter.

- ◆ **Joni Click**, GFWC/Iowa Peterson Tuesday Club wrote a children's educational book entitled "*Grandma's Garden*."
- ◆ **Linda MacRitchie Graf**, Delmar Progress Club, Delmar New York, and her book, "*Treasure in the Trunk*," is a wordless picture book to be enjoyed by all.
- ◆ **Paula Czech Lesmerises**, GFWC-CCC in Concord, New Hampshire; her memoir "*The Black Leather Satchel*" was written to educate the public and facilitate the safety of children.
- ◆ **Christina Holbrook**, Coconut Grove Past President, Florida, is a freelance travel writer based in Breckenridge, Colorado. Her book, "*All the Flowers of the Mountain*," is set in a small town in the White Mountains of New Hampshire.
- ◆ **Mary Ann Trail** is a member of the Women's Club of Absecon, New Jersey. Her books include: "*Their Chilling Fall: A Historical Mystery of 1804*"; "*Their Winter Burn: A Historical Mystery of Boston 1805*"; "*Facing Enemies: A Historical Romance of 1803*"; "*Masking Enemies: A Historical Romance of 1803*"; "*Uniting Enemies: A Historical Romance of 1801*"; and "*Their Winter Burn*."
- ◆ **Mattie Carrol Mullens** is a member of The Monday Club of Johnson City, GFWC Tennessee. Her books include "*Preachers' Wives Tell All: Lively Tales & Tasty Treats*" and "*Judy: The Murder of My Daughter: The Healing of My Family*."

Other member authors are **Diana Pishner Walker**, Fairmont Women's Club, West Virginia; **Diane Jones Skelton**, GFWC Santa Rosa, Florida; **Sandra Bayhi**, GFWC California; and **Sherry Baldwin**, North Myrtle Beach Woman's Club, North Carolina. ♥

# HONORING THE LEGACY AND INSPIRING THE FUTURE

## GIVE FOR THE FUTURE

by MARY JO THOMAS, GFWC ANNUAL GIVING PROGRAM COMMITTEE MEMBER

### The GFWC Annual Giving

Program Committee would like to thank members who are already “all in”. Thank you for your support and monetary contributions to GFWC. For those of you who have not done so yet, the entire committee urges you to donate now. It is not too late, as we are in the third quarter for this year and will not wrap up the yearly numbers until June 30, 2023. So, come on and join us as the giving is easy and the needs are many. The future of GFWC, both headquarters and programs, is in your hands. If GFWC is to continue its success, it is up to you and me!

**GFWC WAS HERE  
YESTERDAY, IS HERE  
TODAY, AND WILL BE HERE  
TOMORROW IF YOU “GIVE  
FOR THE FUTURE”!! You are  
both needed and appreciated.**

One donation form makes the giving easy. Cumulative levels of giving are tracked so be sure to use the Annual Giving Donation form to designate where your money goes. Each quarter, a small token of appreciation is given to the first 100 donors who give \$100 or more. During the first quarter, a beautiful key/bottle opener was given. After all, you are the “key.” In the second quarter, it was a lovely plant-able ornament because you “sow the seeds” of giving. For the third quarter, it is GFWC emblematic sticky notes to help you better organize your giving. The fourth quarter begins April 1 and will help those first \$100 donors contain their cords with a taco cord organizer.

Philanthropy is a habit and one the Annual Giving Program hopes you will acquire or continue if you are already an active donor to various parts of GFWC. Imagine for a moment what a disaster it would be without the generosity of our members...no beautiful headquarters, no Woman’s History and Research Center, no programs through which millions have been served, etc. That cannot and will not happen thanks to our collective generosity! Please utilize the Annual Giving Donation form so that your individual donations can be properly tracked.

GFWC was here yesterday, is here today, and will be here tomorrow if you “Give for the Future”! You are both needed and appreciated. Thank you for “Honoring the Legacy and Inspiring the Future” of GFWC! ♥



# GFWC LEARNING GATEWAY WEBINAR SERIES

by JOLIE FRANKFURTH, GFWC EXECUTIVE COMMITTEE, SECOND VICE PRESIDENT

## When Jane Cunningham Croly

was denied entrance to hear Charles Dickens speak in New York City, she formed the first women's club, Sorosis—meaning a “centre of unity” that had neither a charitable nor socio-economic purpose but sought what she termed the “collective elevation and advancement of women.” As women's clubs began forming across the country, they became a center of educational encouragement and a sort of college for women who wanted to learn.

To celebrate Women's History Month, GFWC members are encouraged to participate in the *GFWC Learning Gateway*

webinar series to learn directly from the 2022–2024 GFWC Honorary Chairmen. The first three webinars include Signature Program Honorary Chairman Monika Johnson Hostler, president of the National Alliance to End Sexual Violence; Juniors' Special Program Chairman Stephenie Foster, speaker, author, women's advocate, and co-founder of Smash Strategies; Health and Wellness Chairman Nagi Kumar, Ph.D., director of Cancer Chemoprevention at Moffitt Cancer Center.

For registration, visit the [GFWC Member Portal](#). Select the “Helpful Links” tab, in dropdown choose “Webinars,” and click on the date(s) you want to participate. ▀

## THE GFWC LEARNING GATEWAY SERIES

FOR THE ENCOURAGEMENT AND ADVANCEMENT OF WOMEN: GFWC MEMBERS ARE ENCOURAGED TO PARTICIPATE IN THE *GFWC LEARNING GATEWAY* WEBINAR SERIES TO LEARN DIRECTLY FROM THE 2022-2024 GFWC HONORARY CHAIRMEN.

**MARCH 22 @ 7 P.M. – *Advocacy Challenges: Overcoming Roadblocks and Building Coalition Support*** by Stephenie Foster, Founding Partner of Smash Strategies, Honorary Chairman for GFWC Juniors' Special Program

**APRIL 18 @ 7 P.M. – *The Power of Personal Behaviors in Health and Wellness*** by Nagi Kumar, Ph.D., Cancer Chemoprevention and Initiatives Moffitt Cancer Center, Honorary Chairman for Health & Wellness Community Service Program

**APRIL 25 @ 7 P.M. – *Drawing Connections: Prevention Demands Equity*** by Monika Johnson Hostler, President of the National Alliance to End Sexual Violence, Honorary Chairman for GFWC Signature Program



GENERAL FEDERATION  
of WOMEN'S CLUBS

# MEMBERSHIP CONNECTION: AN INTRODUCTION TO GFWC CLUB WORK

by ALISA ESTRADA, GFWC MEMBERSHIP COMMITTEE MEMBER

**Imagine if you belonged to** an organization or club and only had a vague idea of the responsibilities of membership, its programs, and history. Would you feel a sense of belonging? Would you be motivated to come to meetings and participate in projects and fundraisers? When membership relates to GFWC, it gives a sense of belonging, comradery, purpose, and direction. It's like the Golden Gate Bridge or the Brooklyn Bridge, connecting two communities together with a two-way street. It is important to provide a foundation for members by helping them to understand the "big picture" of GFWC. When GFWC members are connected and engaged, they become stronger, resulting in a more meaningful impact in the communities they serve, and an opportunity to inspire, grow, and retain our members.

GFWC offers numerous ways to connect with club membership. The best way to start is with the GFWC website, [www.GFWC.org](http://www.GFWC.org), our main source of communication, which provides information on GFWC history, programs, meetings and upcoming events, and public policy issues. Included on this site is the sign-up for the GFWC Member Portal, containing resources for clubs such as membership recruitment and retention, successful club programs, projects, and fundraising models, leadership tips, and just a wealth of information touching every area of GFWC.

From here, follow the link to the quarterly electronic *GFWC Clubwoman Magazine* (Member Portal>Resources C>Clubwoman Magazine), featuring messages from our GFWC Executive Committee, Community Service

Programs, and Advancements Committees, along with articles from the various affiliate organizations sharing tips and program ideas to enhance clubs' community improvement efforts. Also, club members can subscribe to *GFWC News & Notes*, a weekly e-newsletter providing timely information and articles directly to your inbox, with highlights of various programs, member and club news, and a link to the "News & Notes Blog."

GFWC's Facebook page opened a world of opportunities to engage with membership. Here you will find updates on historic commemorations and current events. Join the conversations and connect with fellow members. Does your state and club have its own Facebook page? What a wonderful way to see the amazing work that is done in communities across the world by GFWC club members.

One of the greatest tools that was introduced during the last administration for keeping members connected and engaged is the private GFWC Advancements and Programs Forum on Facebook. Relevant posts are made daily by the GFWC Leadership, GFWC Membership, and GFWC Communications and Public Relations Committees, including tips, tools, strategies to strengthen and grow your clubs, and an opportunity to share club successes. Monthly Teach it Tuesdays and Thumbs up Thursdays provide fun and encouraging informational videos on the various GFWC focus areas. Consider showing one of these videos at a meeting to spark creative ideas for your club.

There is a big GFWC world out there and educating our membership beyond our clubs will inspire our membership to grow and prosper. ♥

# MEMBERSHIP RECRUITMENT LIST

# RUBY SHARE YOUR PASSION

100 CLUBS WITH THREE RECRUITS OR MORE!

**GFWC Palos Park  
Woman's Club — 74**  
Palos Park, IL

**GFWC Randolph County High  
School Juniores — 38**  
Wedowee, AL

**GFWC Clarksville  
Women's Club — 30**  
Clarksville, TN

**GFWC Chapin Junior  
Woman's Club — 29**  
Chapin, SC

**GFWC LaFayette  
Juniorette Club — 29**  
LaFayette, GA

**GFWC Woman's Club of  
Tarpon Springs — 24**  
Tarpon Springs, FL

**GFWC Fuquay-Varina  
Woman's Club — 23**  
Fuquay-Varina, NC

**GFWC Woman's Club  
of Safford — 23**  
Safford, AZ

**GFWC Outer Banks  
Woman's Club — 19**  
Kill Devil Hills, NC

**GFWC Woman's Club  
of Cypress — 19**  
Cypress, CA

**GFWC Murray Woman's Club — 18**  
Murray, KY

**GFWC Salem Area  
Women's Club — 18**  
Salem, NH

**GFWC Rhinelander  
Woman's Club — 17**  
Rhinelander, NY

**GFWC St. Petersburg  
Woman's Club — 17**  
St. Petersburg, FL

**GFWC Women's Club  
of Brielle — 16**  
Brielle, NJ

**GFWC Woman's Club  
of Raleigh — 16**  
Raleigh, NC

**GFWC Progress Club of  
Las Cruces — 15**  
Las Cruces, NM

**GFWC Roxbury  
Woman's Club — 15**  
Succasunna, NJ

**GFWC San Buenaventura  
Women's Club — 15**  
Ventura, CA

**GFWC Viera Woman's  
Club, Inc. — 15**  
Viera, FL

**GFWC Lake Placid  
Woman's Club — 14**  
Lake Placid, FL

**GFWC North Carolina Sorosis — 14**  
Wilmington, NC

**GFWC Woman's League of  
the Lowcountry — 14**  
Bluffton, SC

**GFWC Lutz-Land O'Lakes  
Woman's Club, Inc. — 13**  
Lutz, FL

**GFWC Poplarville  
Woman's Club — 13**  
Poplarville, MS

**GFWC Hudson Women's Club — 12**  
Hudson, NH

**GFWC Lexington  
Woman's Club — 12**  
Lexington, SC

**GFWC Tampa Woman's Club — 12**  
Tampa, FL

**GFWC Carrollton Civic  
Woman's Club — 11**  
Carrollton, GA

**GFWC Gulf Shores  
Woman's Club — 11**  
Gulf Shores, AL

**GFWC Woman's Society of  
Batesburg-Leesville — 11**  
Batesburg-Leesville, SC

**GFWC Charlotte  
Woman's Club — 10**  
Charlotte, NC

**GFWC Exeter Area — 10**  
Exeter, NH

**GFWC North Pinellas  
Woman's Club — 10**  
Safety Harbor, FL

**GFWC Ohio Austintown Junior  
Women's League — 10**  
Austintown, OH

**GFWC Bitterroot  
Woman's Club — 9**  
Bitterroot Valley, MT

**GFWC Bloomington Federated  
Woman's Club — 9**  
Bloomington, MN

**GFWC Marianna  
Woman's Club — 9**  
Marianna, FL

**GFWC Portsmouth  
Women's Club — 9**  
Portsmouth, NH

*Continued on the next page*

As one of the world's largest volunteer-based international medical nonprofit organizations, Operation Smile has provided hundreds of thousands of surgeries for those born with cleft lip, cleft palate and other facial conditions. As it has over the past 30 years, **GFWC Clubwomen's volunteer spirit** continues to bring **hope, healing and brighter futures** to children in places of need around the world.

Operation  Smile

operationsmile.org | 1-888-OPSMILE  
gfwc@operationsmile.org



Faustina, 17

# MEMBERSHIP RECRUITMENT LIST

Continued from previous page

**GFWC Rotonda West  
Woman's Club — 9**

Rotonda West, FL

**GFWC Woman's Club of  
New Tampa — 9**

Tampa, FL

**GFWC Camden Woman's Club — 8**

Camden, NC

**GFWC Woman's Club  
of Charleston — 8**

Charleston, SC

**GFWC Amherst Woman's  
Club, Inc. — 7**

Amherst, VA

**GFWC Glendale  
Woman's Club — 7**

Glendale, AZ

**GFWC Lake Mary  
Women's Club — 7**

Lake Mary, FL

**GFWC St. Andrews  
Woman's Club — 7**

Columbia, SC

**GFWC Dover Area  
Woman's Club — 6**

Dover, NH

**GFWC Gun Lake Area, Inc. — 6**

Shelbyville, MI

**GFWC Howell Women's Club — 6**

Howell, NJ

**GFWC Nashaway  
Woman's Club — 6**

Nashua, NH

**GFWC Westborough  
Women's Club — 6**

Westborough, MA

**GFWC Woman's Civic Club  
of Hammonton — 6**

Hammonton, NJ

**GFWC Woman's Club  
of Laurel — 6**

Laurel, MD

**GFWC Woman's Club of  
St. Matthews — 6**

Louisville, KY

**GFWC Woman's Club of  
Ste Genevieve — 6**

Ste Genevieve, MO

**GFWC Belvedere  
Woman's Club — 5**

Belvedere, SC

**GFWC Fort Pierce  
Woman's Club — 5**

Fort Pierce, FL

**GFWC Fort Walton Beach  
Woman's Club, Inc. — 5**

Fort Walton Beach, FL

**GFWC High Springs New Century  
Woman's Club — 5**

High Springs, FL

**GFWC Holly Club — 5**

Wrentham, MA

**GFWC Mission Valley  
Woman's Club — 5**

Ronan, MT

**GFWC Pembroke  
Women's Club — 5**

Pembroke, NH

**GFWC Pikeville Woman's Club — 5**

Pikeville, KY

**GFWC Sparta Woman's Club — 5**

Sparta, NJ

**GFWC Stone Mountain  
Women's Club — 5**

Stone Mountain, GA

**GFWC Clermont  
Woman's Club — 4**

Clermont, FL

**GFWC Cochran Woman's Club — 4**

Cochran, GA

**GFWC Jackson Woman's Club — 4**

Jackson, KY

**GFWC Mount Dora  
Woman's Club — 4**

Mount Dora, FL

**GFWC Ousemequin Club — 4**

Bridgewater, MA

**GFWC Platte City Study Club — 4**

Platte City, MO

**GFWC Ruskin Woman's Club — 4**

Ruskin, FL

**GFWC Sand River  
Woman's Club — 4**

Aiken, SC

**GFWC Woman's Club of  
Colorado Springs — 4**

Colorado Springs, CO

**GFWC Woman's Club  
of Tallahassee — 4**

Tallahassee, FL

**GFWC Atlanta Woman's Club — 3**

Atlanta, GA

**GFWC Augusta Junior  
Woman's Club — 3**

Augusta, GA

**GFWC Blackduck Tri Sigma — 3**

Hines, MN

**GFWC Brandon Junior  
Woman's Club — 3**

Valrico/Brandon, FL

**GFWC Calhoun Woman's Club — 3**

Calhoun, GA

**GFWC Covington  
Woman's Club — 3**

Covington, VA

**GFWC Dennis-Yarmouth  
Women's Club — 3**

East Dennis, MA

**GFWC Girls in Action — 3**

Exeter, NH

**GFWC Jacksonville Beaches  
Woman's Club — 3**

Jacksonville Beach, FL

**GFWC Locust Grove  
Woman's Club — 3**

Locust Grove, GA

**GFWC Millen Woman's Club — 3**

Millen, GA

**GFWC of Holden Beach — 3**

Holden Beach, NC

**GFWC Palm Beach Gardens  
Woman's Club, Inc. — 3**

Palm Beach Gardens, FL

**GFWC Paradise Valley  
Woman's Club — 3**

Phoenix, AZ

**GFWC Santa Rosa  
Woman's Club — 3**

Gulf Breeze, FL

**GFWC West Georgia  
Woman's Club — 3**

Bremen, GA

**GFWC Woman's  
Century Club — 3**

Nampa, ID

**GFWC Woman's Club  
of Inverness — 3**

Inverness, FL

**GFWC Woman's Club  
of Merchantville — 3**

Merchantville, NJ

**GFWC Woman's Club of  
Newton Highlands — 3**

Newton, MA

**GFWC Woman's Club  
of Ramsey — 3**

Ramsey, NJ

**GFWC Woman's Club of  
Sarasota, Inc. — 3**

Sarasota, FL

**GFWC Woman's League of  
Mount Holly — 3**

Mount Holly, NJ

**GFWC Woman's Study Club  
of Wedowee — 3**

Wedowee, AL

# EFFECTIVE COMMUNICATING STARTS WITH YOU!

by JEN NOWAK, GFWC COMMUNICATIONS AND PUBLIC RELATIONS CHAIRMAN

## Working hard to research the

facts, taking time to craft compelling content, and creating stunning slides is what club women do. However, all that work will be wasted if you cannot effectively communicate your message with your audience. Effective communication is making sure your message is clearly and successfully delivered, received, and understood.

Becoming a good communicator takes time and practice. Knowing your facts and your audience is key to success. Whether you are speaking to an individual or a large group, consider these qualities when communicating: verbal and non-verbal body language; listening skills; and written/visual communication.

First impressions are the almost-instant impressions that are made when meeting someone for the first time. Opinions are based: 55% on your appearance; 35% on your voice; and only 7% on your message (according to Dr. Albert Mehrabian, Professor of Psychology). It is important to be aware of these effective communication skills in your everyday life.

To make the best first impression, start with how you present yourself. Be confident, knowledgeable, and have a positive attitude when given the opportunity to communicate about GFWC. Dress appropriately for the occasion and when possible, wear the GFWC brand.

Facial expressions, eye contact, touch, hand gestures, and interpersonal space are all non-verbal communications. Be aware that you could be judged without even saying a word. Emotions like surprise, happiness, fear, sadness, or disgust can be clearly apparent. Making eye contact shows you are engaged. Be considerate of touching others and respecting personal space, both of which are imperative in today's world. Keeping your body language positive will help your audience feel at ease.

When speaking in-person, consider how you say things. Speaking too fast indicates anxiety or being rushed for

time; plan by practicing your presentation, and making sure enough time is allotted to effectively communicate. Be mindful of common speaking nuances, like using "um" or "err" throughout your conversation. Avoid these by practicing your message. The pitch of your voice, intentional pauses, and emotional voice changes can keep the audience engaged.

In small group communications, active listening is vital for all parties involved. You must give your undivided attention and listen to what is being said. Don't plan your next response; make good eye contact, use open and relaxed posture, and demonstrate you are listening by a small nod of the head or simple responses (e.g., yes, really, aha). When you genuinely pay attention, people realize you care about what they are saying, and are truly listening.

Using written words to convey a message is commonly used with email messages. Make sure to write a clear and concise message using words that are easily read and understood. Read your message over a few times before sending. Other written communications that need the same attention to detail are manuals, yearbooks, social media posts, and websites. Make sure to add the GFWC brand to all written communications by including GFWC website, Facebook, and/or club information.

Adding visual enrichment to presentations is extremely effective. PowerPoints add a visual impact to boost your statement, share vital information, and increase the retention of the viewers during your presentation. Keep in mind you want the audience to listen to the message of your presentation, and only use the slides for enhancement by using graphics instead of many words.

Lifelong learning gives you new perspectives, ideas, and widens your knowledge and your perspective. Applying good communication skills to everyday conversations can help you learn to be an effective speaker and connect with your audiences. ♥

# CREATING A LEADERSHIP ACTION PLAN

by **CANDI AUBIN**, GFWC LEADERSHIP COMMITTEE MEMBER

## A Leadership Action Plan

should have several components. Your club should begin by identifying a committee to develop the action plan. The committee's first step is to conduct an evaluation to determine the strengths of your volunteers. This could be done through surveys or through small group meetings.

Next, provide training for all club members, focusing on those in leadership roles. Equip them with procedure books for Community Service Program (CSP) and Advancement Area chairmen, an annual calendar of important dates, including club meetings and fundraisers, and due dates for newsletter articles. Added resources could include details on how to track and record important information for year-end reporting.

Encourage club leaders to attend all board and general meetings. Consider assigning mentors to provide guidance for new leaders. Encourage all members to attend GFWC webinars for continued growth and knowledge. CSP and Advancement Area chairmen should plan to schedule regular committee meetings to plan projects and activities.

The last and most important step of a Leadership Action Plan is to evaluate each club project at the completion of the work. Ask members, community partners, and recipients of your support if the project successfully met the established goals. Seek their advice for continued improvement.



**“It takes the same time and energy to wish and to plan, choose wisely what you do.”**

**ELEANOR ROOSEVELT**

A leadership planning meeting should be an annual event in your club. Establishing a Leadership Action Plan will help develop and strengthen club leaders.

Remember that the GFWC Leadership Committee member in your region is an excellent resource, and she is happy to help answer any questions you may have. ♥



## WOMEN SUPPORTING WOMEN

When your club supports Heifer International, you support women around the world, giving them the resources, education and opportunity needed to thrive.

**LEARN MORE AT [HEIFER.ORG/GFWC](https://www.heifer.org/gfwc) OR CALL 888.548.6437.**





## HELP US GIVE CHILDREN A HEALTHIER SHOT AT LIFE



Advocate for global access to childhood immunizations with Shot@Life, a grassroots campaign that champions vaccines as one of the most effective ways to save children's lives around the world.



Join us in our advocacy push this spring during *Advocate to Vaccinate* (March 20 - April 30).

**LEARN MORE:**  
[SHOTATLIFE.ORG/GFWC](https://shotatlife.org/gfwc)

**SCAN THE CODE OR SIGN:**  
[SHOTATLIFE.ORG/PETITION](https://shotatlife.org/petition)

