

# North Carolina Clubwoman

Fall 2018



Dedicated to Community Service Since 1902

The Official Magazine of The General Federation of Women's Clubs of North Carolina

## OFFICERS

President- Ann Landis: 117 Clippership Dr., Holden Beach, NC 28462, 910.842.4829,

alandis@ec.rr.com

President-elect - Crystal O'Neal: PO Box 1382, Graham, NC 27253, 336.212.0649,

crystalncjuniors@gmail.com

1st VP - Helen Richie: 12446 Woodbend Drive Matthews, NC 28105, 704.577.2763,

helenrichie@gmail.com

2nd VP - Jennifer Richards: 3867 Newhall Dr., Conover, NC 28613, 828.320.1314,

richards.jenn@yahoo.com

3rd VP - LeAndra "Nikki" Ratliff: 1217 Branson Drive Graham, NC 27253, 336.684.0403,

LNRATLIFF14@gmail.com

Recording Secretary - Kim Fulcher: 6320 Winthrop Dr Raleigh, NC 27612-2148, 919.630.0553,

kefulcher@gmail.com

Corresponding Secretary - Karen Throckmorton: 1820 Smoketree Ct. SE, Bolivia, NC 28422, 910.755.2003,

karent@atmc.net

Treasurer - Betsy Grannis: 507 E Second Street, Clayton, NC 27520, 919.550.8547,

begrannis@aol.com

Parliamentarian - Beverly Lassiter: 1832 Ewing Ave Charlotte, NC 28203 704.236.5737

bevlassiter59@gmail.com

SER President - Della Gowan: 1220 Woodland Trace Maryville, TN 37803-2548, 865.310.7934,

dcg1958@aol.com

## JUNIOR OFFICERS

Director of Junior Clubs - LeAndra "Nikki" Ratliff: 1217 Branson Drive, Graham, NC 27253, 336.684.0403, LNRATLIFF14@gmail.com

Director-elect of Junior Clubs - Angela Moss: 26 Smithwood Dr., Fuquay-Varina, NC 27526, 919.567.1908, angelamoss3@aol.com

Dean of Junior CSP - Hope Hockaday: 9431 Glenwater Drive, Charlotte, NC 28262, 704.401.4364, hopelynn@gmail.com

Junior Secretary - Jill Sutphin: 1380 Afton Park Lane Apt. 1H, High Point, NC 26265, 336.260.3096, wizardofoz27@hotmail.com

Junior Editor - Jenn Smith: 326 Courtland Court, Kannapolis, NC 28081, 704.793.3513, smithjen75@gmail.com

\*The above listing of officers and chairmen shall be for the use of members of the Federation and must not be loaned or given to any individual or organization without the consent of the GFWC-NC Executive Committee. \*

President Article, pg. 3 \* Infinite Horizons, pg. 4 \*Thriving Juniors, pg. 5 \* Keeping Districts Healthy, pg. 6 \* Footprints in Action, pg. 8 \* All Aboard the MemberShip, pg. 9 \* Juniorette Jammer, pg. 10 \* \* Passport to Learning, pg. 13 \* Federation Friday, pg. 13\* Jennie June, pg. 14 \* Reporting & Award Changes, pg. 16 \* Federation FUNdraising, pg. 18 \* Junior Special Project, pg. 20 \* Domestic Violence, pg. 21 \* Conservation Community Pogram, pg. 22 \* Home Life Community Pogram, pg. 23 \* President's Speical Project, pg. 22 \* Legislation & Public Policy, pg. 26 \* Sisters of the Seas Cruise, pg. 28 \* SER Informa-tion, pg. 29 \* Celebrating Labor Day by Honoring Women in the Military, pg. 30 \* Honorariums, Memo-rials and Donations, pg. 31 \* CCWC Invitation and RSVP Card, pg. 32

# Celebrate Women

## Ann Landis, GFWC-NC President



What an exciting time. We are at the beginning of an administration with state-of-the-art programs and innovative projects! We each have a new position within GFWC. I have the honor of serving as GFWC-NC President. Are you the Club President? Have you agreed to tackle being chairman of a Community Service Project? Does your club need to find a different service project or fundraiser? So many decisions and mountains of information to read. Help! Where should we start?

Fortunately for us, we belong to GFWC – with national and state headquarters. GFWC has the Club Manual (found at [www.gfwc.org](http://www.gfwc.org)) and GFWC-NC offers the Administrative Guide (sent to every club president) - the best resources for club's efforts in enhancing the lives of others through volunteer service. Read about each of GFWC's and GFWC-NC's advancement areas, community service programs, and special programs. We can find complete rules and criteria for all GFWC and GFWC-NC awards, contests, and grants, along with the guidelines for reporting. Find easy, step-by-step ideas and contact information for organizations with the materials needed to plan and implement projects.

Another invaluable item is this newsletter. Every issue is filled with information on everything GFWC and GFWC-NC. Take a few minutes to read the articles. Our chairmen have spent time gathering the details, so our members can be informed. It is sent out via email (be included by sending your name, club name and email address to [hq@gfwcnc.org](mailto:hq@gfwcnc.org)) and is posted on the GFWC-NC Facebook page.

- The Youth Resolutions Project is specifically designed for working with teenagers and perfect for Juniors Clubs. Complete with handouts, lesson plans, PowerPoints – everything needed for successful implementation and completion. Contact GFWC-NC Chairman Sandy Jahn at [shjahn@embarqmail.com](mailto:shjahn@embarqmail.com) for details.

- GFWC Signature Program: Domestic Violence Awareness and Prevention Challenge: The Purple Purse Contest. Clubs should enter purses created with items to be donated to local shelters. Enter the state contest where the winner advances to the national contest. Contact

GFWC Committee Member Dottie Jennings at [djenning203@gmail.com](mailto:djenning203@gmail.com) for info. **P** – Purses **U** – Uniting **R** – Resources to **S** – Successfully **E** – End violence against women!!



- GFWC Juniors Program: Advocacy for Children: GFWC has declared Sunday, October 21 - Saturday, October 27, 2018 as GFWC Advocates for Children Week. All clubs are invited to plan events related to the Juniors' Special Program. Ask your Governor/Mayor to proclaim "GFWC Advocates for Children Week" for your state/city. Contact GFWC Chairman Heather Bolick at [heatherbolick73@gmail.com](mailto:heatherbolick73@gmail.com) for details.



### New through GFWC-NC

- GFWC-NC State President Project: Healthy Women - Taking Care of Ourselves.... So We Can Take Care of Others! We will focus on three basic areas - walking, wellness, and healthy eating for ourselves and for women in our local communities. Contests, projects, fun things to do – be a part of our "Celebrate Women" focus. Contact Chairman Linda Browne at [lindabrownenc@gmail.com](mailto:lindabrownenc@gmail.com) for details.



- GFWC-NC Director of Junior Clubs Project: Thriving Children! Focusing on projects that further wellness, healthy living and education. How can you enhance Advocates for Children further? Contact Chairman Bridgett Paschall at [bdease@yahoo.com](mailto:bdease@yahoo.com) for details.

- Corporate Champions for Women and Children (CCWC): Honoring North Carolina companies who significantly impact the daily lives of North Carolina women and children by working in communities, offering leadership and hands-on involvement where needed. Contact Chairman Beverly Lassiter at [bevlassiter59@gmail.com](mailto:bevlassiter59@gmail.com) for details.



**Continued, page 11**

# Infinite Horizons

## LeAndra “Nikki” Ratliff , GFWC-NC Director of Junior Clubs & Third Vice-President



Hello GFWC-NC Juniors! Summer is almost at an end and we all will jump right into our busy fall schedules. Thank you to those who were able to attend our summer meeting held in July. It was a fun and information filled day with Federation friends. During the Special Project workshop, Juniors brainstormed ways to incorporate many of their existing projects into this year's theme. I know that the Juniors are doing awesome work in the areas of education, health and the well-being of all children across the state!

On Saturday, September 29th our Federation will participate in the St. Jude's Research Hospital Run/Walk in Raleigh. This event helps raise money and awareness for childhood cancer. Last year we had 17 participants and raised \$605. Let's beat this amount this year! You can find out more information and register at [www.stjude.org/walkrun](http://www.stjude.org/walkrun).

During the upcoming season, consider some of these project ideas for Thriving Children:

### September:

- Partner with your local library and Smart Start agency to help raise awareness about the importance of reading to children.
- Help families sign up for the Dolly Parton Imagination Library- <https://imaginationlibrary.com/>
- Volunteer to tutor/read to a child
- Partner with a local agency to purchase a Little Free Library- <https://littlefreelibrary.org/>



### October:

- Advocates for Children week: 10/21/18-10/27/18  
<https://www.gfwc.org/wp-content/uploads/2018/06/2018-20-Juniors-Special-Program.pdf>
- Help your local health department in raising awareness about the importance of physical and mental health wellness screens for children.
- Host a community kickball game to encourage outdoor play.
- Help your local department of social services share information in your community about becoming a foster parent.

### November:

- Co-host a food drive for a local food pantry
- Plan a “cooking with fresh fruits and vegetables” demonstration





# Thriving Juniors

## Jenn Smith, Junior Editor



Many GFWC-NC Juniors continue to take the opportunity to gather together during the summer months to enjoy a more relaxing time of club work and bonding. On July 14th, Juniors met with each other at the GFWC of North Carolina Summer Workshop in Burlington, NC. During the Summer Meeting, Juniors participated in many activities that fit the theme, “Healthy Women and Thriving Children”. Events for the day included a blood drive, book drop, Zumba, and many interesting workshops that gave information for the new administration and rejuvenating activities to take back to local clubs and districts.



Not all club work happened during the Summer Workshop, however. In July, the Winston Salem Juniors served a wonderful meal to forty members lodging at the SECU (State Employees Credit Union) Family House. The SECU Family House provides affordable lodging for Novant Health and Wake Forest Baptist Health patients and caregivers.



The Charlotte Juniors took the summer as an opportunity to gather members and grow relationships. For their June meeting they visited the Mint Museum for the Oscar de la Renta exhibit, and in July they visited the Duke Mansion. Both venues are located in Charlotte, NC. The club plans to have a social event each month of the upcoming year so the women of the

club can become more cohesive and attract new members.



These clubs, are only two of the many, that continued wonderful GFWC-NC club work this summer. I hope each club was able to relax and enjoy each other's company while growing their club and relationships. Please share your club news and activities so we can highlight your club in an upcoming N.C. Clubwoman.

# Keeping Districts Healthy... We all need Vitamin Sea! Jennifer Richards, GFWC-NC 2nd Vice-President & Jill Sutphin, GFWC-NC Junior Secretary



*Communities and countries and ultimately the world  
are only as strong as the health of their women.*  
–Michelle Obama

It's hard to believe it is already time for the District Fall Meetings. Your District Presidents and District Chairman have been working hard to make sure all their clubs have access to all the information they need. Whether it is new partnerships and organizations for all the Community Service Programs, the State President and Junior Director's Special Project information or the new reporting and award entry instructions. Please support your District leaders and attend your Fall Meeting. Your Executive Committee and Junior Officers are looking forward to traveling and visiting with all of the District leaders and Clubwomen.

September 15th

District 6

October 6th

District 1

District 4

District 5

District 9

October 13th

District 7

October 20th

District 2

October 27th

District 3

District 8

## District 2

### **Hickory Woman's Club**

-Membership was a focus of the Hickory Woman's Club May meeting. One new member was welcomed into the club. Other members, not previously recognized, received 10, 20 or 40 year membership pins for their years of service to the Federation.

Hickory Woman's Club also met for a "make and take" art session and luncheon in July. Planned by the Arts CSP, members demonstrated their artistic talents by creating a picture or scene of their choosing using various materials provided. A salad and dessert luncheon followed.



**Hickory Junior Woman's Club** -This spring the Hickory Junior Woman's Club donated 500 pairs of shoe laces to the Charity Chase Half Marathon, worked a Christmas themed water station during the race, and handed out medals and water to runners as they crossed the finish line. Working this race we earned over \$1900 that we will be able to put back into our community!



Hickory Juniors made visits to Sipe's Orchard Home, The Children's Advocacy & Protection Center, and to the Department of Social Service this Spring to deliver much needed toiletry items we gathered for them over several weeks.

The **GFWC North Wilkesboro Woman's Club** included a conservation project during our Federation Day celebration along with a membership activity. Seed packets of flowers which attract hummingbirds and butterflies were purchased. A printed label with the club name, street address, contact person, etc. was placed on each seed packet. Clubwomen passed the seed packets out during the local Farmers Market. They encouraged women to plant the seed to help the club maintain "nectar highways" for the monarch butterflies and hummingbirds traveling north for spring and south for winter in our county. Each clubwoman had conversations with the ladies regarding consideration to joining the North Wilkesboro Woman's Club. We took time to talk with them about the GFWC mission, the divisions for community service projects, etc. Questions were answered, and clubwomen recorded their names and contact information to extend an invitation to them for our September 2018 club meeting.

There will be "Christmas in July" at the local Woman's Shelter when the gift bags arrive from the **Morganton Woman's Club**. The Shelter has been a club project since it opened in 2011. Extra supplies or surprise holiday dinners are examples of Club donations.





## District 6

The Summer of 2018 has been a busy one for District 6 clubs. The **Durham WC** volunteered with Urban Ministries of Durham and Families Moving Forward. They helped sort school and other donated supplies to be given away for the homeless of Durham.

**Junior Woman's Club of Raleigh** collected coffee K-cups and other coffee supplies to donate to Ronald McDonald House at WakeMed Children's Hospital.

**The Dunn Woman's Club** focused on the many needed repairs at their meeting facility, at historic Howard House. Members repaired railings and columns, sanded and stained the front doors, replaced all locks, power washed, removed bats from the eaves, and landscaping. They also collected cleaning supplies for the flood victims in the western part of NC.

**Fuquay Varina Junior Woman's Club** supported Fuquay Varina's annual Ice Cream Social on National Ice Cream Day, July 15th! They used this as an opportunity to publicize their club and help out the town. Summertime is ideal for recruitment and retention of members!

**The Woman's Club of Raleigh** has held a series of Coffee and Cookies Gatherings to welcome new and prospective members. They also celebrated with cake and lemonade, their members birthdays



on July 11th at the first of four birthday celebrations. Their Night Department is doing a Tour of Seven Continents. These events are to explore the International aspect as well as to encourage participation and membership.

**The Garner Woman's Club** has been busy this summer working on fleece tie blankets for the Durham Ronald McDonald House. To date, they have

completed 75 blankets and they are planning a trip this fall to deliver them in person along with other goodies for the guests.

The **Wake Forest Woman's Club** celebrated the 4th of July with children and families in Wake Forest with an annual crafting event. They gave away free cupcakes, stickers, tattoos and had a Patriotic photo booth. They offered 10 different crafts to choose from to make for a fun and creative day! The Arts CSP collected more than 145 lbs of discarded crayons from local restaurants and donated them to The Crayon Initiative. This charity remelts donated crayons into fresh new boxed crayons and then donates to children's hospitals nationally.

District VI is fortunate to have so many creative and dedicated clubwomen. I'm excited to work with each and every one of them over the two years and to see what our group can accomplish. We are looking forward to the upcoming District Fall Meeting on September 15th being hosted by the Wake Forest Woman's Club and the Durham Woman's Club at the Wake Forest Methodist Church.



## District 8

Fran Harding, president of the **Beaufort Woman's Club**, shared the success of their March 24 "Do's and Don'ts Charity Fashion Show." The fashion show was a high-energy, fun afternoon with more than 200 attendees. Models wore the newest spring fashions from area stores, while other models wore not so suitable, but hilarious, what-not-to-wear outfits. The event raised \$11,000 which was donated to two Carteret County non-profit organizations: Backpack Blessings and Family Promise. Both organizations received a check for \$5,500 at the club's May meeting. Backpack Blessings is a ministry of the Loaves and Fishes organization in Beaufort. It provides daily snacks and weekend food for approximately 130 students in Carteret County. Family Promise of Carteret County coordinates Christian hospitality services to pregnant

**Continued, page 12**



## Helen Richie, GFWC-NC First Vice President & Hope Hockaday, GFWC-NC Dean of Junior CSP

*Without leaps of imagination, or dreaming, we lose the excitement of possibilities. Dreaming, after all, is a form of planning. — Gloria Steinem*

We are very excited about the new updates to our Awards and Reporting process. These updates are designed to make the process easier for our club-women, align better with the GFWC awards and to level the overall playing field for clubs based on membership numbers. All of the changes were presented at the Summer Meeting in Burlington. If you were unable to attend, this article should help you through them.

The Administration Book is out and emailed to Club Presidents as well as District and State leaders. There will be a few updates to it. Please pay special attention to Section 7 – Community Service Programs, Special Projects & Advancements; and also Section 8 – Award Information and Entry Forms. Every thing to do with awards will be in Section 8.

We have all been conditioned with the word “Reports”. We are actively trying to move away from the word “reports” and into “award entry”. The only official report is the Club Participation & Statistical Report, commonly referred to as the CP&S form. Everything else is an award entry, so when you are talking about the awards, they are award entry forms, not reporting forms.

### **Partnership Updates:**

GFWC has updated the Partnerships. These updates are reflected in the Administration Book. Please note that although some organizations are no longer Partners, clubs are still encouraged to participate in projects for them. Their information is listed as resources under the individual CSP.

### **New Award Entry Forms.**

In order to simplify the forms across the board, there is an award entry form for EVERY award that

requires a club submission. We no longer will have a “master cover sheet” for the Specific Project awards. The Community Service Programs each have a single form as the Partnerships have been combined onto that single form.

### **Top 5**

Clubs will only enter their TOP 5 programs or projects onto the award entry form. There are only 5 lines available so we suggest grouping together like projects for a singular program. Example: purses stuffed with toiletry items and given to a women’s shelter and a financial donation to the same place would be grouped as two projects under one program.

The narrative was expanded to 3 pages in addition to the entry form. The expansion allows for clubs to provide more information (as needed); and we stress the importance of including the impact to the community, as judges will be directed to look at overall impact rather than just hours and money.

### **Club Creativity Project Award.**

Next is the addition of the Club Creativity Project Award. Clubs will select ONE of their top 5 entries to be judged for the Club Creativity Project award entry.

Club Creativity Award will be for all CSPs, the 6 Advancement Areas, the 2 GFWC Special projects as well as the 2 GFWC-NC Special Projects. For the CSPs there will be a General and Junior Club Creativity Winner. For the 6 Advancements and Special Projects there will be one award winner for each.

Following the judging, the General and Junior CSP chairs will decide which of their two winners will be submitted to GFWC for the GFWC Club Creative CSP Award entry.

**Continued, page 15**





## Crystal O'Neal, GFWC-NC President-elect & Angela Moss, GFWC-NC Director-elect of Junior Clubs

Have you seen the new Membership Advancement Guide from GFWC? It's part of the GFWC Club Manual. This guide is packed full of great information on membership recruitment and retention. Here you will also find the 2018-2020 GFWC United by Diversity Membership Recruitment Campaign.

Each club that recruits three (3) new members during a quarterly season will be recognized in the GFWC Clubwoman Magazine and the North Carolina Clubwoman Magazine. The new reporting form is in the GFWC-NC Administration Book. The reporting seasons correspond with the club year for many clubs.



Additionally, with every five (5) members individual club members recruit, there is a set of star pins and circles that you can wear along with your GFWC Member Pin. Only State Membership Chairmen (Crystal and Angela) can report these numbers and order these pins, so share that good news with us! [crystalncjuniors@gmail.com](mailto:crystalncjuniors@gmail.com) [angelamoss3@aol.com](mailto:angelamoss3@aol.com)

### District Beacon

**Denise Icenhour, District 2 Vice President & Courtney Pruitt, District 2 Junior Membership Chairman**

The **Hickory Woman's Club** uses its Mistletoe and Holly Tour to help recruit new members. This December 15th event will be their second year of hosting this tour of 10-12 homes in the historic district that are decorated for Christmas. This is a walking tour that begins at the Shuford House where Hickory Woman's Club meets. The club serves cider and cookies for guests before and/or after the tour. As they invite attendees and sell tickets, they also invite ladies to come to a club meeting. Last year's tour was very successful – click here for a link to the article in the local newspaper.

To further supplement their recruiting efforts, the club is looking into having a booth or information table at some of the festivals to spread the word of the GFWC-NC and the Hickory Woman's Club. Any club can work on promoting their work, improving their community, and recruiting new members all at the same time!

### **Phyllis Sheldon, District 1 Vice President**

District 1 is in a major readjustment period as our membership has drastically dropped due to the defederation of three clubs. We are focusing on increasing membership in the existing clubs and looking for opportunities to start new federated clubs. We have a lot of leadership experience and very dedicated club women in our district and we will rise to the challenge. This can be an exciting time to try new ideas and look for new projects for the clubs and our district. They need to be exciting, meaningful and fun. It is very important to keep a positive attitude and the clubs are working individually to recruit new members. It will just take time and dedication, but our district is ready, willing and able.

**Continued, page 14**

# Juniorette Jammer

## Jenn Smith , State Juniorette Advisor



Juniorette clubs are an important part of our state's endeavor to keep GFWC-NC alive for many years to come. Starting young women on the path to club work not only helps our organization but society as a whole. Your club can do its part by getting involved in an already established Juniorette club or starting a new club. During our annual convention in April, Juniorette advisors and board members gathered to discuss questions on how to start a Juniorette club and sponsoring club responsibilities. If you are interested in starting a Juniorette club or have any questions about your current club, please contact the GFWC-NC Juniorette Chairman, Jenn Smith (smithjen75@gmail.com).

### **WHAT IS NEEDED TO FORM A JUNIORETTE CLUB?**

1. Five members to form a club.
2. The club needs to write a Constitution/Bylaws and send a copy with the membership application.
3. Complete the membership application. (4 copies)
4. Submit a membership list. Give the name, address, phone number, and email address for the club president and the advisor and the names and emails of the members of the club other than these two people.
5. Send a check to cover annual dues per member by November 15.
6. Mail the membership list, Bylaws, dues and the 4 applications to GFWC-NC headquarters.

### **SPONSORING CLUB RESPONSIBILITIES**

The sponsoring club contributes to the success of the Juniorette club by providing the club and its advisor the following: **ORIENTATION, LEADERSHIP, FINANCIAL GUIDANCE, AND COMMUNICATION.**

**ORIENTATION** begins with basic knowledge of the Federation history and how it is set up. The advisor also must understand the particulars of Federation.

**LEADERSHIP** is learned through observing and participating in club work. The sponsor club can direct its officers and chairmen to work with the Juniorette officers and chairmen. They can plan programs that focus on each of the departments.

**FINANCIAL GUIDANCE** is an obligation of the sponsoring club. It is also recommended that the advisor of the Juniorette club control the money in the Juniorette club to make sure the GFWC-NC dues are paid as well as bills.

**COMMUNICATION** between the advisor and sponsor club is vital. The advisor should attend all Juniorette meetings and report to the sponsor club the happenings of the Juniorette club. The advisor should also report to the Juniorette club the happenings of the sponsor club. By keeping everyone informed, joint projects can be developed. This same sharing should be made available for the Juniorettes to attend the sponsoring club's meetings. If this is difficult, you could try exchanging club newsletters.

## Celebrate Women, continued

•Federation Friday: E-newsletters, filled with the latest information for clubs and members, published every week! Send your name and email address to [hq@gfw-cnc.org](mailto:hq@gfw-cnc.org) to be included.



•State Fundraising: Purchase Women's Pins and Mermaid Bracelets; join the "Girls with Pearls" Society and support our GFWC-NC Legacy; donate to 1902 and earn a whelk, sand dollar or scotch bonnet shell. Show your Federation love and sisterhood support! Contact Cindy Hewitt at [chewett@atmc.net](mailto:chewett@atmc.net) for details.



•Leadership Passport to Learning (PTL): Receive new learning opportunities at every state meeting. Contact Chairman Jan Allen at [jaa8532@gmail.com](mailto:jaa8532@gmail.com) for details.

•Legislation E-Alert: Keep up-to-date on legislative issues important to GFWC-NC members. To be included in these periodic messages, send your name, email address and club name to Chairman Judi Stankowich at [judistankowich@atmc.net](mailto:judistankowich@atmc.net).

•Passport to FUN - Sisters of the Sea Cruise: Join the group and have a swimmingly good time! Contact Ida Newton at 910-791-5138 for details.

•Keynote Speakers: Featured at every meeting! What subject interests you? Let us know.

Surely there is something on this list that sparks your interest. If not, don't worry; there is more – so much more! That is the benefit of belonging to an international organization. There are program and project ideas of every imaginable subject. Hundreds of clubs are willing to share the details on projects and programs that have been successful in their communities.

Join me and let's make this the best two years EVER!!



Believing that small gestures through our membership can add up to grand results, GFWC International President Mary Ellen Brock has set seven goals to accomplish over the next two years.

- #1 1,000 clubs will do a service project on Martin Luther King Day, January 21, 2019.
- #2 1,000 trees will be planted on Arbor Day.
- #3 1,000 pairs of shoes will be donated to Soles 4 Souls or Nike "reuse-a-shoe".
- #4 1,000 Dr. Seuss books will be donated by March of 2020.
- #5 1,000 members will join the Legislative Action Center.
- #6 1,000 projects will be devoted to women in the military.
- #7 1,000 members will donate \$1,000 to the Capital Campaign.



## District Spotlight, continued

women and homeless parents with a child or children. With the help of other church organizations and volunteers, the agency provides lodging, meals, and other services to help build a better future.



Lydia Ellis, president of the **GFWC-NC Down East Woman's Club**, five members, and one guest participated in a recent community service on Saturday, June 30, to prepare dinner at the Ronald McDonald Home in Greenville. The ladies were given a tour of the new facilities and were excited to see the storage pantry. The Down East Club has donated many items for the home. After preparing the dinner and taking the tour, the members and guest went to dinner together.

Kay Hindsley, president of the **Tarboro Woman's Club**, comments that their club has been very busy this year and pleased that the local *Welcome to Tarboro* magazine published an article on the club in the July 2018 issue. In October, the members recognized Breast Cancer Awareness month by collecting gently used bras for those unable to buy them after breast cancer surgery. They continue to support their ongoing project of the caring and beautification of the Courthouse Square by providing plants for the Courthouse Square pots. At Christmas, they sponsored a foster child through the Edgecombe County Social Services. They also donated gifts to the Golden Living Nursing Center. Many members volunteered and helped with the Christmas bell ringing for the Salvation Army. After Hurricane Matthew caused severe destruction in Edgecombe County, the club donated money to help with rebuilding. Members also worked at the donation center and donated snacks, drinks, toiletries, socks, etc., to the Community Collection Distribution Center. At Awards' Night in May, the club recognized Caroline Elizabeth Barrett as the recipient of the Sallie Southall Cotton Scholarship award with a \$1,000 check. "Hot pink" roses were presented to the Club officers by Donna Dew, former club president.

Phyllis Broughton, president of **The Woman's Club of Williamston**, commented that members participated in the following events since December: collected large load of canned meats for Department

of Social Services to distribute to needy families at Christmas, supported "Blessings in a Backpack," provided program on "Family Caregiver Support" and made gift bags for children receiving "Blessings in a Backpack," had program on the Martin County Community Foundation, and had presentation by author Jan Hemby on her new book, "Burnt Toast: Devotions for Imperfect People." Club members also volunteered with Friends of the Library Book Sale. In honor of May 1 being Loyalty Day, the club presented 89 ten-dollar Chamber of Commerce Gift Certificates to Fire, Rescue, and Sheriff's Staff in recognition of their hard work, dedication, and loyalty to Williamston and Martin County.

Donna Steele, president of **The Woman's Club of Clayton**, commented that there were 10 members who attended the Summer Meeting in Burlington on Saturday, July 14. Three of these members were first-time attendees. Members attending were Betsy Grannis, Patty Jo Johnson, Charlene Butala, Rachel Masimore, Mary Sinzdak, Peggy Earp, Sunday Penny, Bree Rude, Robin Sachsenheimer, and Angela Williams. Betsy Grannis also presented a workshop on Fundraising.

Sherri Williams, president of **The Clayton Junior Women's Club**, commented that they celebrated receiving official 501(c)(3) status during the International Conference in St. Louis. Back home



in Clayton, NC they enjoyed their bi-monthly dinner with residents at the House of Hope. They also participated in Stamp Out Hunger day; collected shoes for their ongoing SoleMates Shoe Drive; stuffed, sealed, and addressed 1500 envelopes for a local charity; and completed a Flower Power fundraiser. They wrapped up the year with a member dinner and approved a new executive board for the 2018-2019 year. Plans have already begun for some targeted membership drive activities throughout the coming year.

# Leadership - Passport to Learning

## Jan Allen, GFWC-NC Leadership Chairman



GFWC-NC is committed to developing leadership skills for all members. To that end, the Leadership Committee will offer leadership learning opportunities at every state-wide meeting (Convention, Fall Conference, Arts Festival). Participation in the Leadership Passport to Learning (PTL) is open to all clubwomen. These two hour leadership learning sessions will include Budget and Finance, Protocol, Fundraising, Parliamentary Procedure, and Public Speaking.

Every participant will receive a certificate of participation at the completion of each learning session. In order to earn the **Leadership Passport to Learning Certificate of Completion**, participants

must attend 4 of the 5 learning sessions. Those receiving the PTL Certificate of Completion will be honored at the GFWC-NC Annual Convention in 2020.

Plan to attend the Arts Festival, March 8 and 9, 2019 for the first Leadership Passport to Learning workshop. Details to be announced shortly.

**IMPORTANT CHANGE:** The deadline and time for LEADS has changed! Applications are due to the District by **November 1**. District winners are due to the GFWC-NC Leadership Chair by **December 1**. The GFWC-NC LEADS will be held January 26, 2019 during the Executive Committee Meeting in Holden Beach.

## Federation Friday

## Karen Throckmorton, GFWC-NC

### Corresponding Secretary



We hope you have seen the Federation Friday Publications. We are sending them out each Friday to Club Presidents for email distribution, and we are posting them as well on Facebook. Please Share!

Our goal is share fun and pertinent information on Fridays so you can look for updates once a week. We will cover upcoming events and the following topics; Chaplain's Corner, Children's Health, Women's History, Wellness and Healthy Living as well as Membership and Fundraising. Below is the committee who has been putting together the topic information for the weekly publication.

#### Federation Friday

Karen Throckmorton, Chairman  
Chaplain's Corner—Pauletta Parker  
Children's Health —Nikki Ratliff  
Fundraising —Cindy Hewett  
Healthy Living —Holly Coleman  
Membership—Crystal O'Neal/Donna Harrell  
Women's History – Tammy Kesky  
Women's Wellness —Linda Browne

We will have guest contributors each quarter and our guest this quarter is Judi Stankowich, who provided us with a GFWC legislative Action Center update.

We hope you enjoy. We are always open to tips or information. Please feel free to e-mail me at [kar-ent@atmc.net](mailto:kar-ent@atmc.net) with your ideas or articles of interest.

## Membership, continued

**Jessica Rigouard, District 8 Vice President & Blair Sauls, District 8 Junior Director & Junior Membership Chairman**

District 8 clubs do a variety of things to encourage membership.

Understanding that being in a business session of the club can be uncomfortable for a visitor, **The Woman's Club of Clayton** holds a strictly social membership "meet and greet" in August, when each club member is encouraged to bring a prospective member. **The Woman's Club of Williamston** is having an "each one bring one" meeting where each member is encouraged to bring a guest. An August membership social event is posted prominently on the **Beaufort Woman's Club** homepage upcoming events section, and the club does a good job publicizing activities on its Facebook page. **The Tarboro Woman's Club** welcomes new members at any time.

The **Clayton Junior Woman's Club** recruits new members by setting up a tent at the live music shows in downtown Clayton. It's a great time for all of Clayton to come out and have a great time – which

makes it a great way to publicize the club. That is actually how Blair found out about the club and it has made a lot of other community members aware of what the club does. Clayton Juniors have a different theme that attracts kids to their tent – like having a firefighter there to talk about fire safety and distributing favors with flags for Memorial Day or Labor Day. Clayton Juniors also have a membership recruitment event at a popular tavern in downtown Clayton in August. They hope to show a lot of potential new members what the club does and make lots of connections!

Because members of the **Down East Woman's Club** live in different towns in eastern North Carolina, new members primarily come to them from towns in the area where there is no club. While this club makes no real effort to recruit members, its strength is in other aspects of membership. It is important for members to support and encourage each other. Long-time members need to feel like they are important, too. Members should know each other and be glad to see each other! Just like the theme song from the TV show Cheers says-- you want to go where everybody knows your name, and they are always glad you came.

## Jennie June Award

I want to take this opportunity to thank GFWC-NC for the dozen red roses that were presented to me by President Dottie and Director of Juniors Heather at the GFWC Convention in St Louis. I love them—they made the trip home and I have enjoyed them for many days.

But there are many other things I am grateful for –

for the support of each club member that I have received over the years,

for the examples set by past leaders in caring for others and in sharing their knowledge not only about Federation but in living a compassionate and

productive life,

for the younger club women who continue the volunteer traditions of our organization,

for the comforting feeling of belonging to a group that will stand behind you and beside you.

The 46 years that I have been involved in "the woman's club" have not only been a "giving" experience but a time of learning, teaching, sharing and loving.

Thanks for the Memories

Jane





## Footprints, continued

### Other Award Changes:

The **Communications & Public Relations advancement** has offered four awards in the past. However, to simplify and provide an overall view of a club's media program, the Club Yearbook, Membership Brochure and Newsletter Award have been combined into the Communications & Public Relations award. These three are discontinued as separate awards. Clubs can include the brochure and one newsletter with their award entry. Please know that it is up to the individual Districts to decide if they would like to continue to offer awards for these three items.

GFWC offers the GFWC Newsletter Contest and GFWC Website Contest. This information is available on the GFWC website. Clubs are welcome to submit directly for those awards.

In hopes of increasing participation and aligning more with our Federation's focus, the Drug Education award is expanded to include child and adult education; and the Child Self-Esteem award now includes anti-bullying.

Over the past years we have found several awards that we received very few entries. Therefore the following awards were discontinued: Cooperative Relationship with General/Junior, Journalism award, State Arts Festival Participation, and Volunteers in Schools.

Award entries for **The Federation Day Award** will be submitted directly to the State Federation Day Chair. Clubs may still submit to their Districts for District awards if the award is offered at the district level. This change provides more opportunity for clubs to showcase their efforts including clubs whose district does NOT have a Federation Day award.

The name of The Effective Involvement of Members award has been renamed as "**Membership Cooperation and Involvement**". The award will be submitted to the President-elect for judging.

### Cross-Submissions

There still seems to be some confusion on what is a cross-submission. Basically, you cannot enter a project, such as toiletry bags for a Women's Shelter, under both Home Life and the GFWC Domestic Violence program. That is considered a cross submission. The main reason we ask that not happen is that it misrepresents the numbers that are sent to GFWC.

However, there are eight Award Entries that you CAN enter the information from other reports. These are listed in the Administration book in Section 7.

### Reminders

Instructions for each award entry are on the forms. Clubs should be sure to follow all instructions and contact the appropriate State Chair with any questions prior to submission. Clubs that fail to follow the instructions or send to the wrong chairman may be disqualified.

EVERY Award Entry has it's own form and MUST be included with each submission.

Award entries are due to be postmarked or emailed by midnight February 1st.

Clubs should review the GFWC definition in the Administration Book of the Community Service Program and enter the project under the appropriate Program, as judges will be using those definitions in their selections.

### CP&S Change

The 2018 CP&S Report form will be available in November. It will be updated with the changes in Partnerships. The CP&S form will be submitted to the 1st VP rather than the 2nd VP.

If clubs have projects over and above their Top 5s they are still responsible for logging all numbers on to the CP&S Reporting form.

Please be sure to read all of the information in the Administration Book. We realize there are a lot of changes. If you have a question, do not hesitate to reach out to us and we will help you through these updates.

# Footprints in Action

## Reporting & Award Changes

*"Man cannot discover new oceans unless he has the courage to lose sight of the shore." - Andre Gide*

### GFWC Grand Initiatives

During the 2018-2020 GFWC administration there will be "7 Grand Initiatives." So called as each of them has 1,000 as a goal.

They are:

1. Service projects by 1,000 clubs on Martin Luther King Day
2. Plant 1,000 trees on Arbor Day
3. Donate 1,000 pairs of used shoes to Soles 4 Souls
4. Donate 1,000 Dr. Seuss books
5. 1,000 members join the Legislative Action Center & sign their name in red when mailing / emailing letters to government officials in support of legislation
6. Organize 1,000 projects devoted to women in the military
7. 1,000 members donate \$1,000 to the Capital Campaign

The "7 Grand Initiatives" are very attainable. Plan your projects now.

### Partnership Updates:

- Arts - no partners
- Conservation - no partners
- Education - HOBY
- Home Life - Canine Companions
- International Outreach - Heifer, Operation Smile, Shot@Life, Unicef
- Public Issues - no partners

### Definitions Clarified:

#### REPORTING:

A statistical report required to be completed by all clubs (CP&S forms). CP&S reports will now be submitted to the 1st Vice President.

#### AWARD ENTRY:

Narratives detailing project information which clubs submit to win State and District awards.



### GFWC-NC Award Forms Get an Update

In an effort to make reporting and award entries more efficient for our membership and to make the time spent writing reports and awards more valuable, the 2018-2020 Executive Committee has approved the following changes to the process.

#### OVERVIEW:

Four major changes to the Community Service Program (CSP) Award Entry Form:

1. **Partnerships** have been combined onto each CSP entry form - One CSP, One Award Entry Form.
2. **TOP 5** Projects / Programs ONLY will be listed on the CSP form and included in the narrative.
3. The **narrative** pages have been expanded to **three** pages plus the cover sheet.
4. **Club Creativity Project** - One of the 5 projects/programs may be chosen to be entered as the Club Creativity Project.

### 1. GFWC Partnerships

#### No CSP Partnership Awards!!

The separate awards for CSP Partnerships are no longer. But that doesn't mean that Partnerships are gone!

They are still active, viable organizations and clubs are encouraged to participate, fund and help GFWC Partnerships just as they always have. *These details still need to be reported on the annual CP&S Form.*

But instead of a separate form, Partnerships are listed on each CSP Award entry that has a partnership. Clubs no longer have to worry about two different award entry forms.

### 2. TOP 5 Projects!!

Clubs are asked to only submit their TOP 5 Projects and/or Programs. Each CSP form will have a place to list out the top 5 projects/programs.

Benefits:

- Reduces overall work for clubs
- "Levels the playing field" for clubs due to the different sizes of the clubs.
- Instead of entering all projects under one CSP, some may be moved to be entered under an Advancement.

### 3. Narrative Expansion

The award narrative has expanded to **three (3)** pages. This will allow clubs to provide more detail on the impact the project or program made on the community and the club (i.e how did it feel for the club to help and those in the community to be helped) and not just provide the raw data of donations and time.

Similar projects can be grouped into one project thereby becoming a program (i.e. serving lunch at a soup kitchen on three occasions and donating funds to that same soup kitchen).



## 4. Club Creativity Award

Each club will have the option to submit one project of the five listed projects as their most creative project.

The project narrative should detail the impact this project made on the community and on the club and what makes this project stand out among other projects.

This is not another entry, clubs will designate on the entry form which of the Top 5 will be their submission. No additional work is needed.

## Advancements & Special Programs

These Advancement areas and special programs & projects will also adhere to the Top 5 entry rule and the Club Creativity Project Award.

- Communications & Public Relations
- Fundraising
- Leadership
- Legislation & Public Policy
- Membership
- Women's History & Resource Center
- GFWC Signature Program: Domestic Violence
- GFWC Juniors Special Program: Advocates for Children
- GFWC-NC President's Special Project
- GFWC-NC Director of Juniors' Special Project

## Communications & Public Relations Changes

Club yearbook, membership brochure and newsletter awards will be combined into the Community and Public Relations Award to provide clubs an opportunity to detail all of the ways they communicate with their community (i.e. social media).

Newsletters and websites may be submitted to GFWC directly.

GFWC continues to offer:

- Newsletter Contest
- Website Contest

Specific instructions regarding both of these contests can be found at [www.gfwc.org](http://www.gfwc.org) under the GFWC Resources - Club Manual. The GFWC-NC C&PR Chairman also has this information available to anyone who may need it.

## No Cross Entries! Exceptions are...

These awards MAY have entries included from other CSP or Advancement areas. They are the **ONLY** Exception!!!

- Boys & Girls Homes
- Child Self Esteem
- Drug Education
- Federation Day
- Community Improvement Program
- Membership Cooperation & Involvement
- President's and/or Director of Juniors' Special Projects.

## Other Award Changes

Drug Education Award has been expanded to include Adult Education.

Child Self-Esteem Award has been expanded to include anti-bullying programs.

Effective Involvement of Members has been **RENAMED** Membership Cooperation and Involvement. This award entry will be submitted to the President-elect.

Federation Day Awards will no longer need to be submitted to the District to be eligible for a State award. Entries may be provided to District and State chairs. District chairs will not be providing award entries to the State chair.

The Community Improvement Program award entry shall be sent to the 1st Vice-President.

ESO is now a part of the Education Community Service Program. There is a specific Award Entry Form for ESO.

## Discontinued awards:

- Cooperative Relationship with General/Junior
- Journalism
- State Arts Festival Participation
- Volunteers in Schools (Education)

## Don't Forget the CP&S!!

All projects and programs **STILL** need to be entered onto the Club Participation & Statistical Report Form (CP&S). Just because it isn't on an award entry form doesn't mean you can forget about it. PLEASE report all your hours, dollars and projects and programs on the CP&S Form. The form will now go to the 1st Vice President rather than the 2nd Vice President.

In order for a club to be an Honor Club, the CP&S Report must be submitted no later than February 1st. Information is always for the prior reporting year.

## Reminders!!

- Clubs should follow all instructions on the award entry form and contact the State Chair with any questions prior to entry.
- Award entries should be submitted to the one appropriate contact on the award entry form (i.e. General entries to the General contact, Junior entries to the Junior contact).
- EVERY Award Entry has it's own form and **MUST** be included with each submission.
- Award entries are due to be postmarked or emailed by midnight **February 1st**.
- Clubs should review the GFWC definition in the Administration Book of the Community Service Program and enter the project under the appropriate Program.

*"We all leave footprints as we journey through life--make sure yours are worth following." Bob Fagge, Journalist*





# Federation FUNdraising

## Cindy Hewitt, GFWC-NC Fundraising Chairman



Andrew D. Parker, Jr. once said: *"We should never forget that no Fundraising effort ever succeeds unless one person asks another person for money."*

As GFWC-NC Fundraising Chairman, I would like to share with you some of the wonderful opportunities we have available for you to help us raise funds for our State Federation. But, before doing that, I'd like to introduce you to our FUNdraising Committee: Peggy Schiavone, Carol Ann Lohman, Angela Williams, Jennifer Smith and Betsy Grannis (A special thank you to each of these ladies for all they have done and will do during this Administration).

Our **1902 Society** Chairman, Angela Williams is ready to accept your donations to this worthy cause as we continue to build upon the very foundation on which we were founded. 1902 was the year that Lucy Bramlette Patterson invited women's clubs from across our state (from Wilmington, Goldsboro, Salisbury, Statesville and Winston-Salem) to gather in the Salem College Chapel, and our great State Federation was formed on May 27th of that year. We have 3 levels of giving for you to demonstrate your support and appreciation: Level 1 is the "Whelk" at \$19.02, Level 2 is the "Sand Dollar" for \$190.20 and Level 3 is the "Scotchbonnet" for \$1902. With your donations, Angela has beautiful shells for each of the respective levels as a small token of our appreciation for you! Funds raised through our 1902 Society will support our General Fund.

In keeping with the focus on sustaining our **Federation Legacy**, we have a couple of opportunities for each of you. Our **"Treasure Chest"** Chairman, Carol Ann Lohman, has beautiful stretch **bracelets** (one size fits most), with pearls, turquoise and Mermaids. They are beautiful and fun! Now, you can purchase **one** if you like, as they are \$20 each- but I think you might find it's just too hard to decide- we have **3** styles to choose from – and 3 of them can be yours for \$50. We also are continuing to sell the **"Starfish"** pins for \$125 each. AND, something new, fun and exciting, for us this Administration is our **"Girls With Pearls Society"**. We are looking for

100 Women to each donate \$100 to support our Legacy Fund. Our **"Girls With Pearls Society"** members will each receive a **"GWPS"** card to display at meal functions during Convention. And, arriving within the next few weeks, we will have a special commemoration to unveil, exclusively, for our **"GWPS"** members.

As you know, this administration we will "Celebrate Women" and to join in this celebration, we have fun, affordable, unique, 3D, no-2-are-alike, **"Women's Pins"** available for \$25 each. Our Women's Pins Chairman, Peggy Schiavone, will have these one-of-a-kind beauties available at our upcoming meetings. These pins are handmade, by women and for women. Trust me, you will want more than one!

To jumpstart our fundraising efforts, we held a "Mer-Mazing" Silent Auction at our GFWC-NC Summer Meeting. Nine beautiful items were auctioned raising \$700. A special thank you to those who donated the items and to those who purchased them. Selections ranged from colorful beach totes and towels, to gorgeous handmade pottery, a beautiful framed print and a whimsical mermaid wreath. With our Silent Auction, Women's Pins sales, Bracelet sales, "Girls With Pearls Society" Memberships, 1902 Society Contributions and Partnerships secured for our Corporate Champions for Women and Children's Event, together, we raised just over \$5,800 at our July 14th Summer Meeting. Thank you so much and Congratulations, Ladies- job well done! And best of all, we had FUN with Federation FUNdraising!!

### CCWC

I know that many of you were with us at our State Convention in April and you heard the exciting news that our newest fundraising event, our CCWC (as it has affectionately become known) – or Corporate Champions for Women & Children- was a huge success. Our Chairman Beverly Lassiter, shared with us that our inaugural event landed us with just over \$67,000 in the bank for GFWC of North Carolina. What an incredible feat, ladies! These funds will allow GFWC-NC to continue strengthening and sustaining

the very foundation on which we were built for GF-WC-NC receives **100% of the proceeds from this event!**

As a member of the CCWC Committee, it is my honor to provide you with a few additional thoughts surrounding CCWC. The more our Committee talks about CCWC, we have gained an understanding that not all of our club ladies are clear on what CCWC is actually about. On October 5, 2017, at the Ritz-Carlton in Charlotte, we had a room full of GFWC-NC Club members, guests and community members from across our state gathered to celebrate the contributions of 3 corporate honorees whose countless contributions to NC communities closely align with GFWC-NC efforts regarding Women's and Children's issues. Our honorees were each recognized and presented with their very own "Lucy" Award (in honor of the great lady, Lucy Bramlette Patterson, who had the vision to form our State Federation). This award was created and donated by one of our very talented club women and NC pot- ters, Carol Watts. No honoree received any monetary donations. As a matter of fact, some of the honorees are now partners with us and have secured their partnership level supporting this year's fundraising event.

Please mark your calendars for Thursday, September 13th and join us for our second CCWC fundraising event at the Ritz-Carlton in Charlotte beginning at 6pm. Come on over from work as business attire is the dress code. Be a part of this wonderful evening as we continue to **"Celebrate Women & Children"** by honoring three more outstanding corporations whose missions also closely align with ours through their support of local communities across our great state.

It is important to note that GFWC-NC is the **only** organization in NC that recognizes Corporations and Businesses for their support in **Women & Children's** issues. Ladies, this is trailblazing. It has opened the door for our Federation to be recognized across the state in a way that we have not experienced to date. The partnerships that this event is providing the opportunity for us to form is priceless. Our name, "GFWC-NC", our mission, our vision, our clubs and our members are now being recognized throughout the corporate and business community of North Carolina.

So if you are asking yourself, **WHO BENEFITS FROM THIS ONE-OF-A-KIND FUNDRAISER?** The answer is **Each Club member, Each District, and OUR State Federation**

**The proceeds from this event will fund a variety of worthy projects to include: Women & Children's Projects; OUR New Website; OUR LEADS Program; OUR Convention Speakers, and, OUR Scholarships, to name a few. These**

**funds are available to us- when and as needed.**

#### **HOW CAN YOU HELP?**

**Help us with Sponsorships. Be One or Recruit One! (if each of us recruited ONE \$1000 Partner- WOW! Think how incredible that would be!)**

**Spread the Word! Help us sell tickets to the event! Come, experience CCWC first-hand!**

**Make a donation- As you know, all Contributions are tax deductible, but even more so they are very much appreciated!**

I encourage you to make your reservations today as September 1st is the deadline for reservations-please contact GFWC-NC Headquarters at (919) 790-8634 or email HQ@gfwcnc.org and Jill or Frances will be happy to help you! Ladies, I thank you for your time and I invite you to join us in Charlotte on September 13th as together we will continue to **"Celebrate, Women and Children"** at our 2nd CCWC Event!



# Junior Special Project

## Bridgette Paschal, GFWC-NC Junior Special Project Chairman



The GFWC-NC Director of Junior Clubs theme for the 2018-2020 administration is **“Thriving Children.”** Our 2018 summer workshop and informational meeting was held in Burlington on July 14. Director of Junior Clubs, LeAndra (Nikki) Ratliff and Director of Junior Special Project Chairman Bridgett Paschal led the workshop with several members present. LeAndra encouraged all clubs to reach out in their communities and find resources. These include Smart Start, United Way, Local Food Banks, Schools, Health Departments, Churches, Libraries, Hospitals, Doctors Offices, Farmers Markets, just to name a few.

Get your club started on helping children to thrive through wellness and healthy living. Ask these resources for ways your club can help. Placing books inside of a Doctors Office, start or help to fill a small community library, or donate books to schools or other places needed are all ways to help literacy in children. LeAndra thanked all for donating books today to be used for children in the community.

Your clubs could also volunteer to read in schools or at local libraries. Donating food, sponsoring Backpack Buddies, become a Lunch Buddy to have lunch once a week, or help serve your local food bank are ways to ensure children in our communities are getting the proper foods needed to grow and stay healthy. Sometimes a child may not have the means to proper school supplies or clothing needed to feel ready and encouraged for school. By asking if your club could buy school uniforms or collect school supplies for those needed at a particular school(s) are encouraging and promoting the importance of education.

Have your club host a kickball game (or similar) in an area where outdoor play is not emphasized. As many local churches are involved with a community outreach, see if they need help hosting a community day focusing on games with children, healthy meals and story time. Some local rotary clubs host a dental bus that helps promote dental health to those that do not have or have had dental care.

Join in the St. Judes Walk/Run to end Childhood Cancer coming up on September 22 in Charlotte or September 29 in Raleigh. You can also support and donate to this wonderful cause as September is Childhood Cancer Awareness month. We are hoping to have a GFWC team again this year.

It is important to try and start children ages birth to five on healthy living habits, proper nutrition and wellness. They need access to fresh fruits and vegetables as well as outdoor play, books and education. As you can see there are so many ways we can reach out and help the children in our communities to be physically and mentally healthy. Contact LeAndra or Bridgett for more information or for any questions you may have.





# GFWC Signature Project: Domestic Violence

## Lori Seiler, Domestic Violence Chairman



### Did you know:

Today it is estimated that 35% of women around the world have experienced some form of Physical or Sexual abuse in their life time.

On average more than three women a day are murdered by their husbands or boyfriends in the United States.

Approximately 1 in 3 adolescent girls in the US are a victim of physical, emotional or verbal abuse from a dating partner.

And the statistics go on and on.

As women we can help each other and our communities by bringing awareness all types of Domestic Violence and help prevent the widespread occurrence across the nation.

To learn more please download or review your 2018-2020 GFWC Signature Project Domestic Violence Club Manual. I have included easy steps for you to find the manual. This updated information is a benefit of your membership in the General Federation of Women's Clubs.

1. go to <http://www.gfwc.org>.
2. Click on the News and publications tab at the top
3. Click on the drop down that says Club Manual
4. Midway down the page click on: Special Programs and Community Service Programs
5. A drop down will appear and click on: GFWC Signature Program: Domestic Violence Awareness and Prevention
6. Here you will see your new Domestic Violence program Guide for 2018-2020 ( you can print it off if you like)

At the bottom of page 2 there is another list of Action Guides that are links to great information. While you are online click on each one of these links for great information that you can share with your clubwomen and committees or anyone it might benefit.

~GFWC Signature Program Domestic Violence Information Guide

~GFWC Signature Program Domestic Violence Information Guide

~GFWC Signature Program Domestic Violence Action Guide

~ GFWC Signature Program Domestic Violence Social Media Posts

~GFWC Signature Program Domestic Violence Campus Sexual Assault Information Guide

~GFWC Signature Program Domestic Violence Campus Sexual Assault Action Guide

### Things you and your club can do:

Mark your calendar for these observances that can provide you club the opportunity to raise awareness.

Domestic Violence Awareness month is in October.

Sexual Violence Awareness month is in April.

Elder Abuse can be recognized on the following:

May is Older Americans Month, June 15th is World Elder Abuse Awareness Day, September 9th is Grandparent's Day.

Share the National Domestic Violence Hotline at 1-800-799-7233 or TTY 1-800-787-3224.

Sign a pledge online to end Violence Against Women:<http://act.liveyourdream.org/42-domestic-violence-warning-signs-cpc/>

GFWC has an award to clubs for creative projects in implementing effective Signature Program: Domestic Violence Awareness and Prevention projects and partnership projects, as follows: • \$50 award to one club in the nation for project creativity Award winners will be determined by entries into the Awards Program. Each State Federation may submit one Club Creativity Award Entry Cover Sheet for the Signature Program projects. Clubs do not submit entries directly to GFWC. GFWC Signature Program Fund awards will be determined by donations received at GFWC Headquarters as of December 31 of each year.

If you are interested in more information please reach out to me your State GFWC-NC Special Projects Chairman for Domestic Violence at 336-212-0758 or at [panthers@bellsouth.net](mailto:panthers@bellsouth.net).

# Conservation Community Service Project

## Sheila Tyler, GFWC-NC Conservation Chairman & Pam Mediano, GFWC-NC Conservation Junior Chairman



### Recycle.....reduce.....reuse.....restore

Our natural resources are among our most precious treasures. The GFWC Conservation Community Service Program is designed for members to gain an appreciation for our environment. Through preservation, maintenance, and restoration of our natural resources, it strives to educate members about the importance of beautifying our communities; preserving, maintaining, and restoring natural resources; and stimulating citizen action to address these concerns. Our natural resources include, but are not limited to, water, trees, plants, air, land, and wildlife. When clubs become more aware of conservation issues they are better equipped to enrich and educate their communities, thus becoming better stewards of the environment.

The following are some topics that can be great conversation starters as you begin to plan conservation projects.

- Recycling
- Soil Conservation
- Noxious Weeds
- Air and Water Quality
- Waste Handling
- Natural Resource Restoration
- Land Maintenance
- Tree Planting
- Beautification
- Wildlife Protection
- Proper Care for Domesticated Animals
- Food Sources
- Community Gardens

Some actual conservation community service project ideas are listed below, however a more comprehensive list can be found by visiting the GFWC website [www.gfwc.org](http://www.gfwc.org).

- Investigate and support local conservation ordinances and policies. Share this information with others in your community.
- Learn about local programs available for member and club participation.
- Educate young people about the importance of natu-

ral resources.

- Invite local experts to speak at club meetings.
- Advocate for improved recycling and conservation programs.
- Plant native species for beautification and restoration of land and waterways.
- Clean up along roadway.
- Implement beautification projects at parks, cemeteries, hospitals, shelters, and other community gathering places.
- Donate funds for reforestation plans and get involved with tree planting programs.
- Work to eradicate non-native invasive species.
- Organize curbside recycling programs if none exists.
- Create hazardous product disposal and/or recycling programs for household items such as paint, batteries, electronics, and fluorescent light bulbs.
- Work with local officials and organizations to create proper depositories for unused medicine and needles.
- Preserve natural habitats to protect wildlife.
- Implement energy conservation practices in your clubhouse, home, office, and public buildings.
- Create community gardens to promote self-sufficiency.

Remember that we only get one earth and it is ours to protect.



# Home Life Community Service Project

## Noreen Welch, GFWC-NC Home Life Chairman & Rebecca Duffy GFWC-NC Home Life Junior Chairman



“Be a Life Saver!” was the theme of the Home Life Community Service Program (CSP) Workshop at the 2018 GFWC-NC Summer Meeting in Burlington. The Home Life Community Service Program is designed to inform members of issues that affect the well-being of individuals, families and communities. Here are two areas that need our attention:

- Opioid Epidemic in North Carolina
- Cyber Bullying

The Home Life Community Service Program Summer Workshop was fortunate to have two wonderful guest speakers present information about the opioid crisis in North Carolina. Karen Webb, Director of the Alamance Citizens for a Drug Free Community, and Kelly Stout, Pharmacist with Piedmont Health Services, spoke to us about the epidemic of opioid abuse in our North Carolina communities.

### What are opioids?

Opioids are a class of drugs used to reduce pain. Opioids include some prescription pain medications, synthetic fentanyl and heroin. All opioids have a similar effect on the brain; they reduce the intensity of pain signals reaching the brain and affect the brain areas controlling emotion and breathing. Depending on how much you take and how you take them, if your body has more opioids than it can handle, there can be serious risks and side effects.

### What are some examples of opioids?

- Morphine (MS Contin®)
- Codeine
- Hydrocodone (Vicodin®, Norco®)
- Hydromorphone (Dilaudid®)
- Oxycodone (Percocet®, OxyContin®)
- Oxymorphone (Opana®)
- Fentanyl (Duragesic®)
- Buprenorphine (Subutex®)
- Methadone
- Heroin

### What is opioid abuse?

Any long-term use puts you at risk of addiction, even if the substance is used as prescribed. Many people who use opioids will develop a tolerance to them—a phenomenon that can trigger the cycle of addiction. This means that the same amount of the drug no longer has the same effect as it once did. When this occurs, people routinely take more and more of the substance to elicit the desired response. This ever-increasing dosing places one at great risk for overdose.

Visit <https://www.drugabuse.com/library/opioid-overdose/#signs-and-symptoms-of-opioid-overdose>

### Who is at risk of becoming addicted to an opioid?

Anyone who has been prescribed an opioid medication can be at risk of becoming dependent. Children and teens are placed at risk by experimenting with prescription drugs, often taken from a parent or guardian's unguarded supply. They are especially at risk of being bullied by their peers to try drugs “to fit in with the group”.

### What are some recent statistics for Opioid usage and deaths in North Carolina? (Reported from the NC Opioid Action Plan Data Dashboard)

- In 2016, nearly 4 North Carolinians died each day from an unintentional opioid overdose. From 1999-2016, almost 11,000 North Carolinians lost their lives to unintentional opioid overdose.
- 1,056---number of NC residents unintentional opioid overdose deaths in 2017
- 5,782--number of NC resident opioid overdose Emergency Room visits in 2017
- 520,785,000—number of opioid pills dispensed to NC residents in 2017
- 4,176—number of reported community \*Naloxone reversals in NC in 2017

\* Naloxone is a medication used as an “antidote” to reverse some of the dangerous opioid effects)

**Continued, page 24**



## Home Life, continued

### **What can we, as clubwomen, do to help bring attention to this epidemic in our communities?**

- Be well informed about the extent of the problem of drug abuse, specifically opioid abuse, in our communities.
- Invite a speaker to inform club members of efforts that are being taken to combat drug abuse in your community.
- Partner with anti-drug coalitions to get information out to the public.
- Design flyers, logos, Public Service Announcements (PSA's) that can be used effectively in your community.
- Promote information on the importance of monitoring your prescription drugs. Know what you have, where it is. Always.
- Promote medication security. Treat medications the same as other valuables in your home. If possible, put prescription medications in a **locked box or cabinet**. Visit [www.lockyourmeds.org/nc](http://www.lockyourmeds.org/nc)
- Dispose of expired or unused prescription medications appropriately. Do not flush them down the drain or toilet. Rather, mix them with coffee grounds or kitty litter, bag everything and discard.
- Check with your local pharmacist for programs in your community to dispose safely of medications. Keep in mind that there is a Home Life Drug and Education Award. It is presented to the club reporting the most effective program in drug education, K through 12.

### **Our second topic for discussion that affects the health and well-being of individuals and families in our communities is cyber bullying.**

Bullying has been defined as any unwanted aggressive behavior(s) by another youth or group of youths that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated. Bullying may inflict harm or distress on the targeted youth including physical, psychological, social, or educational harm.

What does this look like? Bullying comes in many forms including verbal (teasing, threatening to cause harm), Social (hurting someone's reputation or relationships), or Physical (hurting someone's body or possessions).

Add to that **cyber bullying, that is bullying that takes place over digital devices like cell phone, computer, and tablets.**

When it comes to examples of cyber bullying most people think about posting harmful comments or sharing inappropriate or embarrassing photos. There

is a term called "Sockpuppet" which is the creation of a fake social media account for the purpose of having someone divulging their personal information to you and then turning around and using that information against them.

### **What can we, as clubwomen, do to help combat cyber bullying?**

In our families, be familiar with the apps kids are using. Have an open dialogue with your kids about internet safety. Look for the following signs of cyber bullying both for your child being bullied and if they are the one doing the bullying:

- Noticeable increases or decreases in device use, including texting.
- A child exhibits emotional responses (laughter, anger, upset) to what is happening on their device.
- A child hides their screen or device when others are near and avoids discussion about what they are doing on their device.
- Social media accounts are shut down or new ones appear.
- A child starts to avoid social situations, even those that were enjoyed in the past.
- A child becomes withdrawn or depressed or loses interest in people and activities.

### **As clubwomen, we can also:**

- Educate clubwomen about bullying.
- Disseminate information about bullying and cyber bullying.
- Invite knowledgeable speakers on the topic to our club meetings.
- Partner with community groups to raise awareness of the problem.

Keep in mind the Child Self Esteem Award under Home Life, which is presented to the club reporting the most effective work with children, K through 12, to develop self-esteem.

As we embark on celebrating women, supporting healthy living in our families and communities and helping our children thrive, please review the GFWC-NC 2018-2020 Administration Book, Chapter 7/Home Life Projects, Partnerships and Programs. There are a number of references to help your club choose a project that can best suit your community needs!

For questions or help with Home Life Program ideas, please contact us!

# President's Special Project

## Linda Browne, GFWC-NC Special Project Chairman



### **“HEALTHY isn’t a goal – it’s a way of living.”**

I don’t know who made that statement, but it makes good sense to me. I also believe that being healthy is the product of making conscious decisions and healthy choices. The purpose of the 2018-2020 GFWC-NC President’s Special Project: “Healthy Women” is to help us all focus attention on ourselves and to make choices in our daily living that will improve our health.

The GFWC-NC Summer Workshop Meeting on July 14 in Burlington offered NC clubwomen details about the “Healthy Women” project. “Healthy Women” was a major focus of the meeting including a fantastic speaker.

GFWC-NC President Ann Landis provided an overview of President’s Special Project: “Healthy Women” and emphasized that this project recognizes the need to take care of ourselves so we can take care of others. She remarked, “We can take **SMALL** steps that will make **BIG** differences in our health and well-being. We must remember that ‘Our greatest Wealth is our Health’.”

Dr. Christina Bowen was the meeting’s featured speaker from Outer Banks Integrative Medicine (sponsored by District 9 clubs – thank you, District 9!). She presented an informative and motivating program titled, “Living a Life of Intention – Focusing on Self-Care: Mind, Body and Spirit”. She stressed that we should all want to “thrive”, not just “survive”, and noted that 80% of chronic illness would not exist with healthy eating habits and exercise. Dr. Bowen emphasized the importance of improving nutrition with a plant-based diet, drinking enough water, and exercising. She noted that exercise is a natural antidepressant and recommended 150 minutes of cardio exercise per week and strength training 2-3 times a week. Dr. Bowen also endorsed getting outside and teaming up with an “exercise buddy” to stay engaged. Other topics she addressed included sleep, “connection”, spirituality, and positive ways to deal with stress. She recommended doing something fun each day and stressed the importance of creating a “daily rhythm” – be intentional and plan your day – ask yourself: what do you want your day to look like?

The “President’s Special Project” focuses on three areas and specific goals:

### **1. WALKING: To keep fit ... our walking goal will be to make it OVER THE MOON!**

(The Moon is about 250,000 miles from Earth ... we are on our way!)

**MEMBER TARGET:** Walk 2.5 – 5 miles per day (about 5,000 – 10,000 steps per day) 2,000 steps or 20 minutes of brisk walking is considered a mile.

Members who have smartphones are asked to use the **CHARITY MILES** app to track your miles when you take your daily walks. Please be sure to join the GFWC-NC team when you set up your profile on the app and choose *Shot at Life* as the designated charity. Doing that will help us to track members’ miles and to know how much we are helping Shot at Life with our walks. ***Shot at Life*** is a GFWC Partner and we will be supporting its global childhood health mission when we use the Charity Miles app! It is important to know that you have to actually turn on the app when you walk in order for your miles to be tracked.

### **2. WELLNESS: To stay well, do recommended check-ups, preventive screenings, and immunizations**

**MEMBER TARGET:** Annual physical; annual mammogram/monthly breast self-exam; annual gynecological exam; annual dental checkup & cleaning

We encourage members to be proactive about their health with regular check-ups and immunizations. We will measure our progress by asking members to track some of the basic wellness check-ups all women should be doing.

### **3. HEALTHY EATING: To eat healthy, “eat a rainbow” of colorful fruits and vegetables daily and drink plenty of water.**

**MEMBER TARGET:** Fill half your plate with a variety of colorful fruits and vegetables at each meal. Drink at least four 8-ounce glasses of water each day.

We want you all to have fun with the “Healthy Women” project! District and club presidents are encouraged to include “Healthy Women” programs, updates and activities as part of their meeting agendas. ***Many project ideas and website resources are***

**Continued, page 27**

# Legislation & Public Policy

## Judi Stankowich, GFWC Legislation

### Committee Chairman



#### DOES ONE VOICE REALLY MATTER?

An age-old question. We all answer yes but do we believe that? Let me tell you a true story.

On Monday, June 18th, GFWC of Holden Beach member Holly Coleman wanted to contact her legislators about the mother/child immigration separation situation and went to the GFWC Legislative Action Center but couldn't find an Alert. Holly could have said, "Oh darn" and let it go. She didn't. She took action.

She contacted me, and I offered to check and get back to her. Not finding one either, I contacted GFWC Legislative Liaison Debby Bryant, who said there was no GFWC Resolution that correctly addressed that issue, so no Alert could be issued. That could have been another "Oh, darn" moment, but it wasn't. I took action.

An email addressing the problem was sent to 2016-2018 GFWC Resolutions Chairman Laurie O'Kelly. She checked the wording for the proposed Immigration Resolution that was being presented at the 2018 GFWC Convention. Unfortunately, it still did not address the exact situation. Laurie could have said, "Oh darn, sorry." She didn't. She took action. Understanding the immediacy of the situation, she brought it to the attention of the 2016-2018 GFWC Resolutions Committee, who developed an amendment to the proposed Resolution. This was presented to the 2018 GFWC Convention body during the Report of the Resolutions Committee on Saturday, June 23rd and adopted as amended.

One voice and one action by one Federation member resulted in the change of GFWC International policy. That is how important it is for each one of us to not only to voice our opinion but to take action. We

can complain or moan and groan about things. That won't change anything. We need to put the pen to the paper. In today's world that means get on the computer and email your legislators.

The best way to do that is to enroll in the GFWC Legislative Center (go to [www.gfwc.org](http://www.gfwc.org) – click on *What We Do* and follow the link). Be sure to check the *Remember Me* and *Email Opt In* boxes. With **one** click, GFWC sends your letter to **all** your legislators. **And**, when there is an issue that is important to GFWC members, you will receive an email Alert as a reminder. Nothing could be easier.

Sign up for the GFWC Legislative Alerts. Tell your club members to sign up. When you get a Legislative Alert, let your family, friends and neighbors know about it. Tell them to send emails. Register to vote. Make sure your family, friends and neighbors register to vote. Make sure you vote. Make sure everyone you know votes. Legislators listen to their constituents because we are the ones who vote. Without our votes they can't stay in office.

GFWC-NC was awarded first place at the 2018 GFWC Convention for Greatest Increase in enrollment in the GFWC Legislative Action Center. Do I hear a "Let's win that again"? The new goal is to add **500** new GFWC-NC members to the GFWC Legislation Action Center.

The right for women to vote "took five generations of activism and commitment to achieve." That is a quote from the Suffragist History on the Turning Point website. To read the whole story, visit <https://suffragistmemorial.org/suffrage-history/>. Our ancestors fought hard for us to have that right. We honor them by exercising that right on Election Day.



## Presidents Special Project , continued

*listed in the 2018-2020 GFWC-NC Administration Book (Section 7 - Community Service Programs, Special Projects & Advancements, pp. 39-43).* We encourage you use your imagination and do other things!

- Choose club projects that you know will appeal to your members and that they will enjoy participating in.

- Remember that your projects and programs can be broadened to include friends and other women in the community outside your club – those types of projects would be a great opportunity to recruit new members.

We will share more healthy living tips and wellness ideas in the weekly *GFWC-NC FEDERATION FRIDAY* e-newsletter and the NC CLUBWOMAN magazine. We hope to feature healthy recipes and interesting health and wellness club project ideas too ... so please consider sharing that information with me or Karen Throckmorton (*FEDERATION FRIDAY* editor).

**A NOTE ABOUT TRACKING:** We hope that individual members will track their efforts in each of these project areas because it will help them to keep focused ... and it will help us find out if we are meeting the project goals. A sample “President’s Special Project Tracking Sheet” form was provided in the handout package. A copy can also be found in Section 7 of the Administration Book on page 43. It is simple and straightforward. Clubs are not required to use this form – it is offered as an optional tool that clubs may find useful to help track project statistics for annual reporting purposes. Our recommendation is that one member from each club collect and compile the “Healthy Women” project statistics on a monthly basis (it may be easiest to pass a sheet around at the meeting) so that the figures can easily be compiled when GFWC-NC annual club reports are prepared. Members should be advised that providing this information is strictly voluntary, the information will not be reported on an individual basis at the district or state level, and the member may remain anonymous if she chooses. We think that if you collect this information at each monthly meeting, it will make your annual reporting much easier. For 2018 reporting purposes, we decided that you may estimate/guesstimate your “Healthy Women” project figures beginning after the April State convention. Please use May 1 as the starting date for “Healthy Women” 2018 annual reporting statistics.

If you have any questions about the “Healthy Women” project or would like copies of the workshop handout materials emailed to you, please feel free to contact me or your district committee member.

### PRESIDENT’S SPECIAL PROJECT COMMITTEE MEMBERS:

GFWC-NC President: Ann Hutchens Landis (GFWC of Holden Beach); alandis@ec.rr.com

Project Chairman: Linda Browne (GFWC Warrenton WC); LindaBrowneNC@gmail.com

GFWC-NC Corresponding Secretary: Karen Throckmorton (GFWC of Holden Beach); karent@atmc.net

District 1: Jane Carver (Konnaheeta Woman’s Club); jmc46@frontier.com

District 2: Sharon Wilcox (Women’s Service League of Wilkes); swilcox@daymarkrecovery.org

District 3: Dr. Lori Pappert (Charlotte Woman’s Club); Mywhitepoodles@yahoo.com

District 4: Mary Jo Abernethy (Burlington Woman’s Club); LL1MJ@aol.com

District 5: Sherry Thompson (GFWC Warrenton WC); thompsonshouse@hotmail.com

District 6: Misty Deyo (Junior Woman’s Club of Raleigh); mistydeyo@gmail.com

District 7: Holly Coleman (GFWC of Holden Beach); hollyc311@gmail.com

District 8: Brandy Selos (Clayton Junior Woman’s Club); brandyselos@me.com

District 9: Mary Pendill (Roanoke Island Woman’s Club); obxmamap@hotmail.com



**Healthy Women**  
Taking Care of Ourselves So...  
We Can Take Care of Others!



**GFWC-NC is calling and I must go!**

## ***"Sisters of the Sea Cruise" -- GFWC-NC Cruise***

**July 18 - 22, 2019**

**4-day Bahama Cruise**

**Sailing from Charleston, SC**

**On the Carnival Sunshine**



Balcony at \$801.40 per person  
based on double occupancy

Oceanview at \$671.40 per person  
based on double occupancy

Inside at \$636.40 per person  
based on double occupancy

Insurance is an additional \$95.00  
per person for balcony cabin

Oceanview and Inside cabins  
\$79.00 additional per person

Gratuities can be prepaid at final  
payment

Additional \$51.80 per person

***"Carnival Memories are the Best  
Souvenirs" – Those who know***

***"Sisters of the Sea Cruise"***

**Our GFWC-NC Block filled up fast!  
Registration still available but NOT  
guaranteed.**

**Contact Ida Newton 910-791-5138 (home) or  
910-409-3725 (cell)**

**[idanjack@hotmail.com](mailto:idanjack@hotmail.com) for information.  
Reserve TODAY!**

**Deposit refundable until Apr. 10th, 2019**

**Final payment due by May 8th, 2019**

**[Ida Newton/Coordinator GFWC-NC Trip](#)  
[IN Travel / AAA Affiliate](#)  
[2499 Kirkley Court Wilmington, NC 28409](#)  
[Checks to: IN Travel](#)**

### **4 DAY BAHAMAS CRUISE**

Day	Port to Call	Arrival	Departure
THUR	CHARLESTON, SC		6:00PM
FRI	FUN DAY AT SEA	--	--
SAT	NASSAU, BAHAMAS	9:00AM	5:00PM
SUN	FUN DAY AT SEA	--	--
MON	CHARLESTON, SC	8:00AM	



# GFWC Southeastern Region Annual Meeting

Old Salem

Nov  
1<sup>st</sup>-4<sup>th</sup>

Doubletree Hotel

***GFWC of North Carolina  
invites you to  
Winston Salem, NC***



***DoubleTree by Hilton Hotel  
Winston Salem - University  
5790 University Parkway,  
Winston Salem, NC, 27105  
Phone: +1-336-767-9595  
FAX: +1-336-744-1888***

**GFWC-NC**

Reynolda House/Gardens

Winkler Bakery



# Celebrate Labor Day by Honoring Military Women

## Pat Davis, Celebrating Women in the Military Chairman



One of the Seven Grand Initiatives for the 2018-2020 Administration is a focus on women in the military. Their role has expanded immensely over time, and as more opportunities open up, more women join every year. Consider, please, recognizing the contributions made by women who serve and also those who have made sacrifices so their spouses can serve on Labor Day, September 3. Women in the military truly hold some of the most important jobs! North Carolina is home to the third largest military population in the United States and our military presence spans from the Mountains to the Sea.

### **Here are a few ways you can give women in the military the honor they deserve during Labor Day:**

- Contact military cemeteries and offer to decorate them with flags
- Contact one of the military bases or hospitals listed below with an offer to help women in the military.
- Contact the Ft. Bragg or Camp Lejeune Fisher House (where families can stay at no cost while a loved one is receiving medical treatment). Offer to provide food for a Labor Day party, sponsor a party for children staying there while visiting a parent or other items such as linens or supplies.
- Contact your local USO (United Service Organization) to learn how your club can provide supplies for over Labor Day traveling.
- Sponsor baby showers for women serving stateside or deployed.
- And don't forget the spouses and children that keep the home fires burning when our women are deployed.

### **More Project Ideas to plan for Veterans Day, December, Memorial Day, Flag Day or the 4th of July:**

- Christmas caroling in the women's wing at the Veterans Hospital nearest you.
- Conduct programs and projects to recognize and honor women veterans from your community and surrounding area at a tea or luncheon.
- Plan a club trip to Washington, DC to visit the Women's Memorial (Women in Military Service for America Memorial-WIMSA).

### **Some of North Carolina's Military Installations, Medical Centers, etc.**

1. **District 1.** VA Hospitals/Medical Centers. Asheville
2. **District 3.** VA Hospitals/Medical Centers. Charlotte and Salisbury, NC National Guard
3. **District 4.** NC National Guard, Reidsville
4. **District 6.** Ft. Bragg, Fayetteville, NC National Guard, Raleigh, VA Hospitals/Medical Centers in Durham and Fayetteville.
5. **District 7.** Military Ocean Terminal at Sunny Point, Coast Guard, Wilmington and Oak Island
6. **District 8.** Camp Lejeune and New River, Jacksonville, Cherry Point, Havelock, Seymour Johnson, Goldsboro
7. **District 9.** Elizabeth City Air Station and Coast Guard, Elizabeth City

Women have worked hard to earn their place in military roles, and you can help honor that with projects that will make them feel even more respected and acknowledged.

# Honorarium & Memorials

## Corporate Champions for Women & Children

-In Honor of Bev Lassiter & the CCWC Committee by  
Pauletta Parker

-In Honor of GFWC North Wilkesboro Woman's Club by  
Pauletta Parker

If you or your club are interested in donating an  
Honorarium or Memorial, please contact  
Frances Lewis, GFWC-NC Financial Associate at  
bookkeeper@gfwcnc.org

## 1902 Society Donations

### \$19.02

-Jan Allen  
-Chris Angotti  
-Margaret Ann Brame  
-Patrica Bryne  
-Wendy Carriker  
-Pat Core  
-Diane Creasman  
-Ellen Creasman  
-Sandy Cyphers  
-Brenda Drummon  
-Arlinda Graham  
-Jennifer Gray  
-Sharon Guenther  
-Janet Hall  
-Donna Harrell  
-Kelly Imbody  
-Eva Jackson  
-Patty Jo Johnson  
-Ann Landis  
-Linda Lavinder  
-Trenia Marrietta  
-Kathy Parker  
-Mary Pendill  
-Ashley Rain  
-Teresa Royall  
-Barbara Sawyer  
-Beth Upton  
-Betsy Welborn  
-Cathie Williams  
-Julie Wolfe  
-Julia Yernigan

### \$190.20

-Peggy Earp

### Other

-Linda Browne  
-Mary Derrick  
-Ann Lamb  
-Pauletta Paker

## LEGACY Fund Donations

-Patty Bryne  
-Diane Creasman  
-Ellen Creasman  
-Mary Derrick  
-Janet Hall  
-Kimberly Harris

-Hilda Jernigan  
-Ann Lamb  
-Trenia Marrietta  
-Julene McPhaul  
-Pauletta Parker  
-Barbara Sawyer  
-Lori Seiler  
-Sheila Tyler  
-Cathie Williams

## Mermaid Bracelet

-Mary Abernathy  
-Jan Allen  
-Chris Angotti  
-Margaret Ann Brame  
-Judy Brock  
-Phyliss Broughton  
-Diane Creasman  
-Ellen Creasman  
-Victoria Currin  
-Peggy Earp  
-Lorena Hall  
-Brenda Hardblower  
-Donna Harrell  
-Becky Hart  
-Hope Hockaday  
-Eva Jackson  
-Sandy Jahn  
-Tammy Kesky  
-Bev Lassiter  
-Frances Lewis  
-Carol Ann Lohman  
-Crystal O'Neal  
-Kathy Parker  
-Jean Pratt  
-Ashley Rain  
-Helen Richie  
-Linda Sturgill  
-Sherry Thompson  
-Sheila Tyler  
-Ann Vipperman  
-Angela Williams  
-Elaine Williams  
-Julie Wolfe  
-Maureen Wright  
-Julia Yeargan

## Girls with Pearls Society

-Wendy Carriker  
-Troyann Doughtry  
-Cindy Hewett  
-Sandy Jahn  
-Tammy Kesky  
-Ann Lamb  
-Ann Landis  
-Bev Lassiter  
-Virgina Lockamy  
-Carol Ann Lohman  
-Helen Richie  
-Peggy Schiavone  
-BJ Stephens  
-Ann Vipperman



FOR WOMEN & CHILDREN

presented by the General Federation  
of Women's Clubs of NC

The General Federation of Women's Clubs  
of North Carolina, Inc. cordially invites you  
to celebrate our 2018 award recipients  
at the Corporate Champions for Women &  
Children Reception and Awards Banquet.

SEPT 13 2018

THE RITZ-CARLTON  
201 East Trade Street  
Charlotte, North Carolina

Reception 6:00 pm | Awards Banquet 7:00 pm

Please RSVP with the enclosed response card  
*Dress is Business Attire*



## 2018 CORPORATE CHAMPIONS FOR WOMEN & CHILDREN

Presented by the General Federation of Women's Clubs of NC

PLEASE COMPLETE AND MAIL THIS FORM TO CONFIRM  
YOUR RESERVATIONS BY **SEPTEMBER 1, 2018**

- ☐ I plan to attend. \_\_\_\_\_ Total Number of Attendees \_\_\_\_\_
- |   |  |
|---|--|
| <input type="radio"/> Signature Level<br>\$10,000 – 2 tables of 8   | <input type="radio"/> Silver Level<br>\$2,500 – 4 dinner tickets |
| <input type="radio"/> Platinum Level<br>\$7,500 – 1 table of 8  | <input type="radio"/> Patron Level<br>\$1,000 – 2 dinner tickets |
| <input type="radio"/> Gold Level<br>\$5,000 – 6 dinner tickets  | <input type="radio"/> Individual Ticket<br>\$150 each            |
| <input type="radio"/> Sorry I cannot attend but enclosed is a contribution<br>to GFWC of North Carolina.  |  |
| <input type="radio"/> \$1,000 <input type="radio"/> \$500 <input type="radio"/> \$250 <input type="radio"/> \$100 <input type="radio"/> Other _____ |  |

\$ \_\_\_\_\_ Total Amount Enclosed

# of Vegetarian Entrees \_\_\_\_\_ # of Gluten-free Entrees \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Attendees' Names \_\_\_\_\_

*If you wish to pay by credit card, please contact the GFWC-NC  
Financial Associate at 919-418-2428. For more information, go to [www.gfwcnc.org/CCWC](http://www.gfwcnc.org/CCWC).*

### Upcoming Meetings

August 23-26, 2018

September 13, 2018

November 1, 2018

November 1-4, 2018

December 1, 2018

December 5, 2018

GFWC BOD, Richmond, VA

CCWC, Charlotte, NC

LEADS Applications due to District Presidents

GFWC SER hosted by NC in Winston Salem, NC

District LEADS Applications due to GFWC-NC Leadership Chairman

GFWC Holiday Reception, Washington, DC

STAFF Executive Administrative Assistant - Jill Dedene Financial and Administrative Associate - Frances Lewis

7474 Creedmoor Rd #310, Raleigh, NC 27613

919.790.8684 [www.gfwcnc.org](http://www.gfwcnc.org) e-mail - [hq@gfwcnc.org](mailto:hq@gfwcnc.org)

Headquarters Office Hours: M, W, F - 9:00 am - 4:00 pm Other hours by appointment