

Federation Friday

Volume 1, Issue 19



GFWC-NC is calling and I must go

Friday's Focus: Veteran's Day / GFWC-NC Web Site

Veteran's Day is Sunday November 11th

Veteran's Day is an opportunity to honor those who have served, fought, and sacrificed in order to preserve and protect the freedoms of the United States of America. Celebrations across America honor veterans for their patriotism, love of country, and willingness to serve for the common good.

World War I, known at the time as "The Great War", officially ended when the Treaty of Versailles was signed on June 28, 1919, but the actual fighting ended seven months earlier with a temporary cessation of hostilities between Germany and the Allied Nations. It went into effect on the *eleventh* hour of the *eleventh* day of the *eleventh* month. As a result, November 11, 1918, is often regarded as the end of "the war to end all wars."

In November 1919, President Wilson proclaimed November 11th as the first commemoration of Armistice Day: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

The original day-long celebration was observed with parades, public meetings and a suspension of business at 11:00 a.m.

With Act 52 Stat. 351; 5 U. S. Code, Sec. 87a, approved May 13, 1938, the 11th of November became a legal holiday. It continues to be celebrated on November 11th, no matter which day of the week it falls on.

Please keep our veterans and active military service members in your hearts, thoughts and prayers this Sunday.



Veterans Day is an official United States public holiday, observed annually on November 11 to honor military veterans who have served in all branches of the United States Armed Forces.

WWW.GFWCNC.ORG

Announcing our updated GFWC-NC web site!!

It's ready! The site and updates have taken a lot of hard work and planning. Many thanks to Dottie Jennings and the 2016-2018 GFWC-NC Executive Committee for their foresight in developing a web site that is streamlined and easy to use!

Check out the updated history under the ABOUT tab, the benefits of membership under the MEMBERSHIP tab, the 2018-2020 CSP, Special Projects and Award Entry information under the COMMUNITY SERVICE tab, Publications and CCWC under the NEWS & EVENTS tab and much, much more!!!

Tip of the Day: TRY HEALTHY FATS

Too much saturated fat (whole milk, whole-milk dairy products, cream, butter, lard, tropical oils and fatty meats) can increase LDL (bad) cholesterol levels and the risk of heart disease. Replace these with unsaturated fats and oils, such as olive or canola oil instead of butter when cooking, a handful of nuts or almonds for a snack in place of ice cream or add sliced avocado to a salad or sandwich.

Source: American Heart Association