

March
2009



*Dedicated women
taking the time to
make a difference
in the home,
community, and
the world one
project at a time.*

GENERAL FEDERATION OF WOMEN'S CLUBS IN SOUTH CAROLINA



Clubwoman



2009 GFWC-SC Annual Convention Holiday Inn Patriot's Point

Let's meet, May 1st and 2nd,
just across the bridge
and celebrate in Mt. Pleasant.

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**GFWC 2008-2010
Executive Committee**

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785-456-7688
rditto@gfwc.org

President-elect
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253-752-6080
cgarner@gfwc.org

First Vice President
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480-838-6957
MaryellenL1@gmail.com

Second Vice President
Babs Condon
410-848-4171
bcondon@gfwc.org

Recording Secretary
Sheila Shea
508-481-3354
sheas1971@msn.com

Treasurer
Mary Ellen Brock
mbrock@gfwc.org

Director of Juniors
Missi McCoy
GFWCJuniors@chapel.us



While taking the time to make a difference, it seems that time is getting faster and faster. Spring is here and so is convention.

This picture was taken in February when Matt, my 8 year old son, and I came down to Mt. Pleasant to meet with the Holiday Inn about the convention. Matt was not very happy to be coming with me to do “Woman’s Club Work”. David and Drew were going on a long bike riding/camping weekend and Matt is still just a little too small for such a big adventure. We left right after school was dismissed on a Thursday and began our drive to Charleston. We stopped in Columbia for dinner at Chick-fil-A. It wasn’t until we started talking about why I was coming such a

long way that it became apparent to Matt and myself that he really did not ever remember going to Charleston. He asked me if it was anything like Charles Town. When I said yes, I saw the lights go on in his bright little mind. He was really excited to tell me all that he was learning in his 3rd grade social studies class. I had a great time exploring the York Town, Fort Moultrie, the Aquarium and the Market with him. Seeing Mt. Pleasant and Charleston through an 8 year old boys eyes was invigorating.

This is what membership in GFWC is like. If you have been a member for a while, you may just take some things for granted. You can revive the good feelings of being new to Federation by bringing in a new member. You may learn lots of new things when you try to explain why or how you do something in your own club. As an educator, I know that if a student can teach another student how to do something then I know for a fact that they understand the concept clearly. I am not asking you to teach anything, but I am asking you to share the joy and fulfillment of making a difference in the life of a community. By taking your time to guide another, you may be the one who benefits the most.

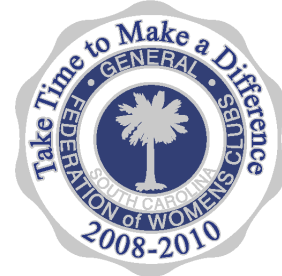
After reading lots of your club reports, it is obvious you are doing amazing things for your members, communities, and around the world. I can not wait to celebrate your success at convention.

Your Executive Committee, District Presidents, and hosting members are excited and waiting for you to arrive at convention so they can share with you the joys of being a member in South Carolina General Federation of Women’s Clubs.

Thank you for all that you do to make this position enjoyable. Your clubs and members make me very proud to represent all of you. Take care of yourself, stay healthy, and come to convention May 1st.

In Federation Love,

Tammy





Greetings from GFWC Headquarters!

Spring is on the way! How do I know? GFWC State Conventions are happening soon! Exciting!

Congratulations on your participation in ACT in OCT! We had the largest number ever of new GFWC members reported due to your dedication and commitment to GFWC and your GFWC Club! Thank you! Thank you! Thank you!

Your GFWC State Leaders are planning for you to learn from, participate in, and enjoy your GFWC State Convention. Please plan to attend and bring those new members! It will be successful because you, your club leaders, and your friends will share your connectedness through programs, projects, and purpose!

“Together, We Can Do It!” Through GFWC, we can “Vision the Possibilities!”

Love to all,

Rose

Rose M. Sitts

GFWC International President



**GFWC-SC 2008-2010
Executive Committee**

President

Tammy Garland
864-885-0282

First Vice President

Laurie O’Kelly
803-732-0287

Second Vice President

Jo Ann Bolchoz
843-556-1606

Recording Secretary

ShirLee Alfors
803-548-1751

Treasurer

Linda Rodgers
864-895-9229

Director of Juniors

Caroline Brown
843-557-1513

Advisor

Kathy Monahon
803-648-9925

**Special Assistant to the
President**

Jackie Boland
803-791-8995

Parliamentarian

Marian St. Clair
864-297-8632



Lois Black speaking on ways to honor club members.

Mimi Scharf and Laurie O’Kelly signing in a new club.

Juniors making plans after Winter Board.

The cutest little visitor we had at Winter Board.



District President’s Dinner and work session on Friday evening.



GFWC-SC members meeting at Saluda Shoals Park Environmental Education Center’s Auditorium.





First Vice President ~ Laurie O'Kelly

I am so excited to announce the formation of 2 new clubs in South Carolina. In Central District, Kristin Fields federated the Northeast Columbia Women's Club. The club president is Diana Arvay and her email is darvay@jardenmaterials.com. In Southern District, Mimi Scharf federated GFWC Lowcountry Junior Woman's Club. Michele Hood is the new club president and her email is micheleh0313@aol.com. Please join me in welcoming our newest members to federation.

Wow! We have added 95 new members so far this year. However, we need to add more because we are also losing members. Are you still thinking about forming a juniorette club at your local middle or high school? This could be a great time to get a new club started so they are ready to hit the road running in the fall. Caroline Mahaffey would love to help you and you can contact her at 864-430-6688 or rrealestcm@aol.com.

It will soon be time to celebrate our successes at convention and I need you to do a few things:

1. Send me and your district president the **Rating Sheet**, postmarked by **March 15**.
2. Send the names of deceased club members to Chaplain, Jolene Bryant by April 15th at 206 Phillips Drive, Spartanburg, SC 29307 or email her at brya3872@bellsouth.net.
3. Polish any state silver you won at convention last year and bring it to convention or get it to someone who will be there by the **opening of convention at 11:30 a.m. on Friday**.
4. Send me the names of new 50 years service members by April 1 so I can present them with the new 50 year member pin.
5. Reserve your room now for convention. It promises to be a fun weekend.

The district presidents met the night before Winter Board and set the dates for the Summer District Conferences. Please mark your calendars now and Save the Date!

Central District – July 24 (evening)

Northern District – July 25 (afternoon)

Eastern District – July 17 (evening)

Northwestern District – July 26 (afternoon)

Midlands District – July 18 (afternoon)

Southern District – July 18 (morning)

North Central District – July 25 (morning)

Western District – July 19 (afternoon)

I look forward to seeing you at convention!

Laurie

*Welcome to the
Northeast Columbia
Women's Club*



Second Vice President ~ Jo Ann Bolchoz



GFWC-SC Convention in Charleston is just around the corner! Make your plans to attend now!

The Southern and Eastern Districts have been busily preparing for your arrival in Charleston on May 1-2, 2009. The events for the Friday Night Banquet begin with entertainment by a local jazz band “A Touch of Class” who will entertain us during the reception and dinner and as our finale to our **Go Green! Reuse and Recycle** themed evening, the Southern District (my home district) is hosting the **Ms. T & T (Trash to Treasure) Pageant**. Each club will be allowed one contestant to represent their club and may the best costume win! Our Mistress of Ceremonies for the pageant will be our own, GFWC-SC President, Tammy Garland. The judges will be representatives of the management and staff of the Holiday Inn-Patriots Point. Cash prizes will be awarded. The Queen will receive \$50. The first runner-up \$25 and three finalist \$10 each. So let your imagination and originality shine to help you come up with a great costume made from reused or recycled items. A sign-in sheet will be at Registration for each club to identify their contestant for the pageant. So talk with members and decide on **the best of the best** to represent your club at this (I am sure to be) memorable fun filled event and evening.

Program Council

The 2009 Program Council will meet on Friday morning at 10:00 AM during the Board of Directors Meeting. Program Council approves all awards relating to programs. Please forward all requests for new awards, changes to existing awards and retirement of awards to me by April 17, 2009. Requests for Program Council to consider must be in writing, either by email or ‘snail mail’. This lead time is needed to prepare the materials for the meeting.

In closing, I wish to thank the forty-one clubs who did such an outstanding job reporting on club accomplishments and contributions to communities in South Carolina for the 2008 year. I look forward to visiting and celebrating with all at convention.

Dear Juniors!

I hope all of you survived your reporting and are ready to celebrate your accomplishments at Convention this coming May! We have been hyping convention since our Sizzlin’ Summer District Meetings. All the information you need is right here in your Clubwoman Magazine. So go ahead and register and reserve your room at the Holiday Inn in Mt. Pleasant. We have been working extremely hard to make this a Convention to Remember!

This year we will be hosting “It’s In the Bag” Live Auction immediately following the Friday Banquet. I would appreciate all GFWC-SC Junior Clubs and Past Junior Directors to bring a bag filled with goodies to participate in the Live Auction with our very own President, Tammy Garland, as Auctioneer. All GFWC members are encouraged to attend. The proceeds earned will go towards the Director of Junior Clubs Travel Fund. Later, there will be a Junior Drop-In in the Junior Suite. Please come prepared to meet and visit with fellow Junior’s from around the state. Food will be provided, but the drinks are BYOB! The Junior Luncheon is going to be a Derby Day Theme! Don your finest hats and gloves and come prepared to drink mint tea with our very own low country cuisine as we hand out our Junior Awards! On Saturday evening we are preparing to hit the town in style as we let loose at Red’s Ice House on Shem Creek in Mt. Pleasant. We are sure to have a Fabulous Time as we celebrate all of our accomplishments.

In closing, I would like to remind you to share with me the special fundraisers your clubs are working on so that I can share the themes and dates with everyone! Plus, don’t forget to forward me your digital pictures displaying the fun you have had and the hard work that you are doing so we can show them off in a slide show during the Junior Luncheon. I need them no later than Friday, April 17th!

I look forward to seeing you in May!
In Junior Spirit!
Caroline~



Know Question

What is it
That builds a memory?
The vibrating thunder of applauding hands in a concert hall;
The quiet velvet stroke of one hand on another.

What is it
That speaks?
The toxic and profane howl of anger or defiance or retribution;
The soothing whisper, "Shh, Shh. It's all right. It's better now."

What is it
That creates joy?
The big golden box tied up with an even bigger bow;
The lean tanned arms of a child wrapped around a mother's warm neck.

What is it
That floods a heart with love?
A greeting card with a clever verse written by a stranger;
A smeared and frayed construction-paper heart tumble-filled with fragmented words.

What is it
That makes a difference?
The well-publicized acts of policy makers wrangling in the halls of Congress;
The unknown sacrifice of a mother working two jobs to pay a daughter's tuition.

What is it
That measures a life?

It is this.
A hand, a whisper, a warm hug, a heart, a loving sacrifice.
They hold a moment. They hold eternity.
They hold.

Janet Smalley, GFWC-SC Poet Laureate



GFWC-SC Honor Roll

**Honor the favorite people in your life by enrolling them on the GFWC-SC Honor Roll
for only \$25**

Send check for \$25 payable to GFWC-SC and mail to:

GFWC-SC Honor Roll c/o Kathy Monahon
2646 Spring Valley Drive
Aiken, SC 29803



***All proceeds will benefit the
GFWC-SC Endowment Fund***

These funds help to defray the GFWC-SC President's Travel.

GFWC-SC JENNIE AWARD

THE HIGHEST HONOR BESTOWED BY GFWC

The Jennie Award recognizes individual members for personal excellence

Each club may nominate one member based on her

- *Commitment to Club activities*
- *Commitment to Community service, through volunteer and professional service*
- *Commitment to the extended Family*

The Jennie Award, named in honor of GFWC founder Jane Cunningham Croly, is presented at the State Convention to spotlight one woman for her outstanding service to others.

From the state winners, one winner from each of the GFWC regions will be honored at the GFWC International Convention.

We hope the next winner will be YOU!

*Karen Kaylor, Chairman
kfkaylor@comporium.net
(803)325-1944*

MEMORIAL SERVICE

Club presidents should send the names of deceased members, club name, and district to:

*Jolene Bryant
206 Phillips Drive
Spartanburg, SC 29307
brya3872@bellsouth.net*

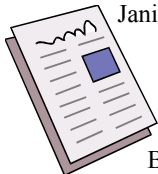
by April 15, 2009. These names are needed so the Memorial Service held at Convention can be planned.

ATTENTION CLUBS!

Please send a newsletter submission to the GFWC Communications Chairman Janice Adler postmarked by March 15, 2009.

Janice Adler
7 Tall Pines Drive
Barrington, RI 02806

jadler@aol.com



NEWS FROM HEADQUARTERS

**WORK DAYS: SATURDAY, MARCH 7,
AND SATURDAY, MARCH 28,
FROM 9:00 TO 12:00 EACH DAY**

If you would like to work in the yard please bring rakes, clippers, shovels, etc. and any flowers or bulbs you would like to plant.

**A BIG THANK YOU TO
ST. ANDREWS WOMAN'S CLUB MEMBERS
FOR DONATIONS TO THE 1511 SOCIETY!!**



Citizenship in Action Program

- The Citizenship Program works to educate members and others about the importance of active citizenship. Under this program, clubwomen create nonpartisan voter awareness, hold forums to discuss political issues, and teach the importance of voting and citizenship to young people. The Citizenship Program also embraces causes dedicated to supporting our troops and veterans. Clubwomen prepare care packages for soldiers overseas, hold fundraisers, and volunteer to help injured soldiers transition back to civilian life.
- GFWC has a long history of promoting good citizenship. By supporting several veterans groups, GFWC demonstrates its commitment to the country. This commitment is further demonstrated by showing active involvement in the voting process, a crucial activity during this administration.

Use the websites listed below to help your club plan a project.

Sew Much Comfort

To provide custom-made adaptive clothing, free of charge, to our injured service members which aids in their recovery, provides a tangible reminder of our gratitude for their sacrifice and gives them an added measure of comfort and freedom as they recover from their injuries and return to everyday life. Adaptive clothing accommodates their medical devices and situations, provides ease of use, increases personal independence and minimizes the visual impact of their medical condition.

(www.sewmuchcomfort.org)

Homes For Our Troops

We assist severely injured Servicemen and Women and their immediate families by raising donations of money, building materials and professional labor and coordinating the process of building a new home or adapting an existing home for handicapped accessibility. All services provided by Homes for Our Troops are at no cost to the veterans we serve. (www.homesforourtroops.org)

Women in Military Service for America Memorial Foundation

The Women's Memorial Foundation offers students and teachers a comprehensive kit of materials and activities about the women who make up more than 220 years of varied service to the nation's defense. (www.womensmemorial.org)

"Let the generations know that the women in uniform also guaranteed their freedom."

**—Anne S. (Sosh) Brehm
1LT, USA NC, World War II**

Helping Hands in the Community

CANINE COMPANIONS FOR INDEPENDENCE

PO Box 446 2965 Dutton AVE | Santa Rosa, CA 95402
P: 707/577-1700 | P: 866/224-3647 | W: www.CCI.org |
Contact: Bob Bunger bbunger@cci.org | Jeannine Konopelski jkonopelski@cci.org



EASTER SEALS

230 West Monroe, STE 1800 | Chicago, IL 60606
P: 312/221-6827, ext. 7136 | P: 312/551-7136 | W: www.EasterSeals.com
Contact: Joan Fishman, Marketing and Corporate Relations | jfishman@easterseals.com
Cartridges for Kids | www.CatridgesForKids.com | contact@cartridgesforkids.com or 800/420-0235

HABITAT FOR HUMANITY INTERNATIONAL

121 Habitat ST | Americus, GA 31709

P: 229/924-6935 ext. 3079 | P: 800/HABITAT (422-4828) | F: 229/924-0577 | W: www.Habitat.org

Contact: Duane Bates | dbates@habitat.org

THE HEAVENLY HATS FOUNDATION

2325 Pamperin RD, STE 3 | Green Bay, WI 54313

P: 920/434-4151 | W: www.HeavenlyHats.com

Contact: Anthony D. Leanna | anthony@heavenlyhats.com



MARCH OF DIMES BIRTH DEFECTS FOUNDATION

1275 Mamaroneck AVE | White Plains, NY 10605

P: 914/997-4500 | P: 888/MODIMES | F: 914/428-9366 | W: www.MOD.org

Contact: Gwen Carmon | gcarmon@modimes.org

NATIONAL ORGANIZATION ON DISABILITY

910 16th ST NW, STE 600 | Washington, DC 20006

P: 202/293-5960 | F: 202/293-7999 | W: www.NOD.org

Contact: Nancy Starnes, Vice President and Chief of Staff | starnes@nod.org or rik@nod.org

Reaching Out Internationally

There are plenty of other opportunities that our clubs can be active in also, please don't limit what you can do to help. Be creative with different projects.

CARE: works alongside poor women to help families and communities escape poverty. We all want the best for our families and CARE helps those in poor countries achieve this. CARE tackles the underlying causes of poverty so that people can become self-sufficient. Women are at the heart of CARE's community based to improve basic living needs. CARE works to create permanent social change. For more info: www.CARE.org

HEIFER PROJECT INTERNATIONAL: in partnership with 58 countries including the US. Heifer works to alleviate hunger and poverty by providing livestock and training farmers to raise hope for their futures. For more info: www.heifer.org

CLOWNS WITHOUT BORDERS: offers laughter to all people suffering in areas of crisis. They help to forget for a moment all the darkness in their daily lives. For more info: www.clownswithoutborders.org

GLOBAL VOLUNTEERS: this says it all. Volunteers are needed globally to help in all areas. You live and work with the local people. Not only are giving to the communities, you are learning so much more. For more info: www.globalvolunteers.org

PLAN USA: makes real and lasting changes in the lives of children all over the world. It is a self help program that assists over 10 million children and families in poor communities around the world. Plan USA is based on 5 key program areas: growing up healthy, learning, habitat, livelihood, and building relationships. Let's help to change the life one child at a time. For more info: www.planusa.org

PROJECT HOPE: after 50 years, Project Hope remains committed to addressing the world's new health threats by playing a leadership role. Project Hope institutes long term solutions to pressing health problems. For more info: www.projecthope.org

SAVE THE CHILDREN: is the leading independent organization creating real and lasting change for children in need in the US and around the world. The approach is to work with families to define and solve the problems their children and communities face. They utilize a broad array of strategies to ensure self-sufficiency. They provide communities with a hands up, not a handout! For more info: www.savethechildren.org

Greetings to all! I want each and every one of you to look around at all the smiling faces at your next meeting and think of this: While our smiles are natural, there are more than 115,000 children who can now smile thanks to the help of Operation Smile. There are hundreds of thousands more children who would like to do the same. Please encourage your club to participate in Operation Smile. It takes many volunteers and lots of money to help these children. As a Dental Hygienist, I know first hand what a healthy smile can do to someone. Not only are 3rd world countries affected by cleft lips and cleft palates, it happens right here in the US as well. Operation Smile also will help children in our country. For as little as \$240 Operation Smile can change the life of a child by giving the gift of surgery. It takes as little as 45 minutes to complete a cleft lip surgery. Thousands of students in the US and around the world raise money and build awareness of the Operation Smile organization. The annual Operation Smile Physicians' Training Program brings doctors and nurses from around the world to the US for advanced training in their specialized skills. Since 1987 more than 700 health care professionals have attended the program in Norfolk, VA. Please ladies let's get our clubs involved with Operation Smile and bring a smile to a child! Just think how many children could get a surgery if each club was to raise at least \$240 to donate to Operation Smile. That is my goal, hope it is yours also! For more information please log on to: www.OperationSmile.org

HEALTHY LIFESTYLE

Organize or participate in health fairs and forums. Use club members who are health care professionals and fitness experts as presenters. Visit www.WebMD.com, www.MayoClinic.com, www.InteliHealth.com, www.APTA.org, and www.MedlinePlus.com for general wellness information. Create a resource list of local clinics and health centers for underserved women. Distribute the list at shelters, places of worship, and other appropriate public places. Plan club meetings with speakers from the American Cancer Society, the American Diabetes Association, the American Heart Association, the Alzheimer's Association, and other health organizations. (See Resources) Order materials regarding women and smoking from www.CDC.gov/Tobacco and distribute at health fairs or club meetings. Order the "My Medicines" brochure, which makes women more aware of safe medication use. Up to 500 free copies are available from the Food and Drug Administration. (See Resources) Contact the National Women's Health Information Center for information and materials related to women's health. Visit www.ACOG.org for information regarding women's health. The Find-A-Physician tool lets visitors search from a database of 40,000 OB-GYNs by city and offers women's health pamphlets.

BREAST CANCER: MYTHS AND FACTS

Learn basic facts about breast cancer risk factors, discover why breast cancer awareness is important, and find screening options. Starting in July 2008, you can order a free Strength in Knowing toolkit from www.StrengthInKnowing.com/Kit. Use the toolkit to present a Strength in Knowing program in your club and community. Partner with hospitals, health centers, places of worship, and other organizations to present the Strength in Knowing program. Plan activities for Breast Cancer Awareness Month in October. Partner with a local Y-Me affiliate. Visit www.Y-Me.org for information. Apply for a Strength in Knowing club grant. Contact GFWC for an application or visit website www.GFWC.org

SHINGLES

Learn about the symptoms and complications of shingles, including post-herpetic neuralgia (PHN). Order the free Spotlight on Shingles kit developed in conjunction with the American Pain Foundation. Call 202/729-4103 or visit www.SpotlightOnShingles.com to order. Hold a program, using the toolkit, at a club meeting. Apply for a shingles club grant, made possible by Merck & Co., Inc. Contact Programs@GFWC.org for information. Educate members and community about the availability of shingles vaccine.

STROKE

Learn the symptoms of stroke and that a stroke is an emergency. Investigate the Know Stroke community education kit sent to all GFWC clubs in August 2006. Use it to hold a stroke program in your club. Use the Know Stroke Facilitator's Guide found in the Know Stroke kit to plan and publicize stroke program in your club and community. Order additional materials by calling the National Institute of Neurological Disorders and Stroke information clearinghouse at 800/352-9424 toll free or visiting www.NINDS.NIH.gov/Stroke. Materials are free of charge. Be sure to identify yourself as a GFWC club. Celebrate Stroke Awareness Month in May by showing the video in the club and the community. Host a stroke survivor or a health professional at a club meeting to talk about the signs and symptoms of stroke and the need to seek immediate treatment. Partner with local hospital to present stroke outreach programs.

HEART DISEASE

Learn about symptoms that are particular to women, symptoms that may be different than those for men. Plan activities in support of Heart Month in February. Celebrate National Wear Red Day on February 6, 2009, and February 5, 2010. Learn more about The Heart Truth. Visit www.NHLBI.NIH.gov/Health/HeartTruth for information. Order the free Heart Truth kit "The Heart Truth: A Speaker's Kit" by calling 301/592-8463 or sending an e-mail to nhlbiinfo@rover.nhlbi.gov. Free materials are made possible through a GFWC partnership with the National Heart Lung Blood Institute. Be sure to identify yourself as a member of GFWC. Contact the local American Heart Association for materials and speakers. Investigate www.WomensHeartFoundation.org, www.WomenHeart.org, and www.AmericanHeart.org to learn more about heart disease, the number one killer of women.

HEALTHY SELF-WORTH

Investigate self-worth, the characteristics of both the healthy and the unhealthy variety at www.Coping.org/Growth/Esteem.htm and www.Self-Esteem-NASE.org. Take the self-esteem test DiscoveryHealth.Queendom.com/Questions/Self_Esteem.html. Read and discuss books such as Daniel Goleman's *Emotional Intelligence*, Hendrie Weisinger's *Emotional Intelligence at Work*, and Simmons and Simmons' *Measuring Emotional Intelligence*. Research and discuss the impact that healthy self-worth has on club meetings and activities.

WEIGHT LOSS CHALLENGE

Initiate a weight loss challenge in your club and keep track of pounds lost. Visit websites for weight loss assistance, including: www.WeightWatchers.com, www.Prevention.com, www.Free-Online-Health.com, www.HealthCastle.com/Easy-Weightloss.shtml Start an exercise group in your club. Visit the GFWC Weight Loss Challenge at www.GFWC.org/WeightLossChallenge for weight loss tips and online discussion regarding how other clubwomen are faring in their own efforts.

PANDEMIC FLU

Pandemic flu is a real threat, but there are specific, simple steps that Americans can take to stay healthy. Encourage your club, community, and family to prepare. Visit www.PandemicFlu.gov/TakeTheLead.html to find information, tools, and support that will assist your community in preparing. Distribute information at places of worship, schools, senior centers, health centers, and more. Visit www.GFWC.org for fact sheets regarding good hygiene practices and critical supplies to have on hand during a pandemic.

ALZHEIMER'S ASSOCIATION

Volunteer at adult day care or senior centers in your community. Order the free sampler kit of brochures from the Alzheimer's Association. Additional brochures are available at no cost. View the video featuring Barbra Streisand and Peter Falk called "The Way We Were" at www.ALZ.org

OSTEOPOROSIS

Investigate osteoporosis by visiting the National Osteoporosis Foundation's website at www.NOF.org or calling 800/231-4222. Hold a Bone China Tea to give club members and others an opportunity to support NOF. Contact NOF for materials and more information. Know your risk for osteoporosis by visiting NOF's website to take the risk factor questionnaire. Encourage members to talk to their health professionals to determine if a bone density test is right for them. Visit www.NOF.org for information about NOF's Building Strength Together program and find speakers.

Public Policy and Advocacy

Now that the 111th Congress and our General Assembly are back at work, it is time to turn our attention to Public Policy. This includes doing simple things such as teaching members where to go to find information to more energetic activities such as contacting legislators.

Your first stop is the GFWC website (<http://www.gfwc.org>). Following the Public Policy link, you will find such topics as: Advocacy (general information and guidance), LegNet Online (includes a link to subscribe), Priority Issues (healthcare, equality, and, international affairs), GFWC Resolutions, Public Policy Resources (GFWC's public policy manual and links to other sources), and A Guide to Legislation and Advocacy. I recommend at least one person in each club subscribe to LegNet (legislation alerts). Tip: download the Adobe Acrobat (.pdf) versions of GFWC Public Policy Manual and GFWC Resolutions. Both download quickly as long as you aren't using a dial-up connection. Not only is this a convenient way to get the documents, but having an electronic search capability to find something in 152 pages of resolutions is priceless. GFWC Clubwoman, Volume 87, Issue 1, December 2008 + January 2009 (The Public Policy Issue) has good information to share with club members.

Your next stop is Congress. Go to <http://www.senate.gov> where you can link to the schedule, committees, and our senators' contact information. Tip: click on "Active Legislation" to see what is currently being worked. You can get the same information on the House of Representatives at <http://www.house.gov>. That page has a convenient link, "Currently on the House Floor." Perhaps the most well-known site for researching legislation is the Library of Congress' <http://thomas.loc.gov>. This site has improved its search function, making it more user friendly.

Finally, go to <http://www.scstatehouse.gov> to find information on our state's legislation. Don't forget that we have allied with Columbia College's Leadership Institute through its Alliance for Women. See http://www.columbiasc.edu/leadership_inst/alliance.asp and <http://www.allianceforwomen.net>. Its legislative agenda is organized around seven "Targets for Progress" proposed by the US Women's Chamber of Commerce: Securing Retirement, Advancing Executive Leadership, Improving Women's Health, Educational Paths to Excellence, Accelerating Business Growth, and Increasing the Number and Profitability of Women-owned Businesses. Look for efforts that match GFWC resolutions (or ideas for new GFWC resolutions).

If you don't know where to begin, consider having someone in your club update members each month on what legislation is active in the General Assembly and/or Congress. If you want to have the greatest impact on legislation, consider contacting representatives when the legislation is being worked in committee, before it is finalized for a floor vote, especially if you have a district or state representative serving on the committee working the legislation.

Elizabeth Herring
Chairman, Public Policy

Focus on Financial Issues

ANNUAL CREDIT REPORT.COM

www.AnnualCreditReport.com

CHARITY NAVIGATOR

www.CharityNavigator.org

CONSUMER PRIVACY GUIDE.ORG

www.ConsumerPrivacyGuide.org

FEDERAL TRADE COMMISSION

www.Consumer.gov/IDTheft

GUIDESTAR

www.FuideStar.org

IDENTITY THEFT RESOURCE CENTER

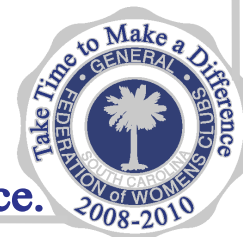
www.IDTheftCenter.org

MYFICO.COM

www.MyFico.com

NATIONAL CONSUMER'S LEAGUE

www.NCLNet.org/Privacy



...leading the way toward excellence.

The Woman's Club of Cayce honored their 25 and 50 year members at their October 2008 club meeting. Ms. DeAna Reed, President of The Woman's Club of Cayce, presented the following members with their pins.

Mrs. Aline Coggins
 (Mrs. Frankie Newman not pictured)
50 Year Recipient



Ms. Linda Long & Mrs. Ann Malpass
 (Mrs. Ann Diamond not pictured)
25 Year Recipients

Upstate Woman's Club (UWC) and Hillcrest Junioresettes, gathered Sunday, January 25th at the Starbucks on Fairview Road to present their Progress Foundation Funds checks to two local charities. The South Carolina Progress Foundation works under the umbrella of the General Federation of Women's Clubs of South Carolina, and provides grant monies to federated clubs. Clubs are eligible to apply for this grant money once a year, and if awarded must match the grant with time, goods, or money. This year both the Upstate Woman's Club and the Hillcrest Junioresettes applied for and received their requested amounts of \$500. The Hillcrest Junioresettes have the distinction of being the only Junioresettes club in South Carolina to apply for and received the funds.



For their December meeting, **Woman's Club of the Midlands** offered ladies in the West Columbia area a chance to take a little time for themselves and help beat that holiday stress. A local hair stylist gave hair tips, using a model (Tracey Boland) to cut hair and show three different hair styles. An Arbonne Consultant gave a make-over to Mary Jean Burroughs (club member) and holiday stress management tips were demonstrated by a yoga instructor.

**Northwestern
District President**



Julia Hoyle
315 Lancelot Drive
Clemson, SC 29631
jshcat@bellsouth.net

**GFWC Special
Projects/Committee Chairmen:**

Fundraising for Clubs
Sally Killough 150 Pinetop Lane, Seneca, SC 29672
864-882-1310 skillough@oconee.k12.sc.us



*Thank you to these three ladies
who were willing to step-up and
take on these positions. It is so
nice to have bevy of women who
are always willing and
capable of doing any job.*

...a few changes

**GFWC-SC Department
Program Chairmen**

Arts in the Community ~ Lynn Cleckler
711 Cherokee Trail, Lexington, SC 29072
803-359-3389 / lcleckler@mcnair.net



Please submit a basket from your club.
Baskets will be on display Saturday morning.
Drawings will be held Saturday after dinner.

...at convention

Walk for the Roses

Slide into your club ware and slip on your tennis shoes and join your SC clubwomen at the base of the bridge Saturday morning at 8:45. To support our GFWC International President's call to walk healthy, we will strut it to the top of the River Bridge and back down. This will get you warmed up for all the shopping you are going to do in the afternoon.



Two miles of walking will burn off about 170 calories.

Plan a Recycled Outfit for Friday Evening

*Sea Shell and Leaf Dress
(not my size)*



*Window Blind Dress
(very slimming waistline)*



*Plastic Dress
(clear plastic discouraged)*



**GFWC-SC Board of Trustees
will meet Friday afternoon at
5:30 in the Directors Room
(lobby level—left)**
Questions - Please contact Linda Ham
LHam@dmsaccess.com
803-794-2855

Creative Arts Program and Competitions

Mail to: Janet R. Smalley
202 E. Mauldin St., Walhalla, SC 29691

Great States Update Color Photography Contest – In this 2-year program, the winning SC matted and framed photo will hang in the GFWC Washington Headquarters and at the 2010 International Convention. Photos should be “SC representative,” no larger than 20 x 18 horizontal (including frame). *

The World in Pictures BW/Color Photography Contest – This contest seeks amateur entries from natural history, scenic vistas and/or human interest, with awards made in each category and the top photo in each submitted to GFWC for national competition. Matted photos must be between 10x12 to 14x16 size, (including matting), no frames or glass (SC Winners in each category must be post-marked to GFWC by March 15. Places 1,2,3 in GFWC win \$100, \$75 and \$50 respectively.)*

GFWC Volunteers in Action Photography Contest – The name says it all; judged on creativity and quality. Size, stipulations, submission and deadlines same as “The World in Pictures.” (Places 1,2,3 in GFWC win \$100, \$75 and \$50 respectively.) *

A Year in Pictures Calendar Photography Contest - Want to make your mark in history? Then shoot some flowers, fauna, vistas and more – all appropriate for the GFWC Calendar. Size, stipulations, submissions and deadlines same as “The World in Pictures.” No GFWC monetary prize, but SC winning photo could be chosen to appear on GFWC Calendar. *

**Photos sent to GFWC can not be returned and become the royalty free property of GFWC.
(Friday, May 1st, turn in your photos to the Directors room on the lobby level left side)*

First and Second Places in each area will be awarded at Convention.

GFWC Short Story Contest – Amateurs are encouraged to write a fictional short story limited to 2000 words, typed, double-spaced, with 1-inch margins on 8.5 x 11 paper. Top right hand must have author, email, mailing address, phone, local club and club category, title.

GFWC Poetry Contest – Amateurs with poetic persuasion may write an entry of any style, between 8 – 50 lines. Formatting and submission rules are same as Short Story regulations.

GFWC YOUTH Short Story Contest – Students in grades 1 – 12 are encouraged to write a fictional short story limited to 2000 words, typed, double-spaced, with 1-inch margins on 8.5 x 11 paper. Top right hand must have author, email, mailing address, phone, youth category*, sponsoring local club and club category, title.

GFWC YOUTH Poetry Contest – Amateurs with poetic persuasion in grades 1 – 12 are encouraged to write an entry of any style, between 8 – 50 lines. Formatting and submission rules are same as Short Story regulations. *

**Youth entries compete in 3 categories: Category 1 - Grades 1-3; Category 2 – Grades 4-6; Category 3 – Grades 7-9; Category 4 – Grades 10-12. Manuscripts sent to GFWC can not be returned and become the royalty free property of GFWC.*

Submit all writing entries to Creative Arts Chair by the February Reporting Deadline; SC Winner must sign a release to compete in GFWC national contest.

GFWC-SC CLUBWOMAN ARTS CONTEST INFORMATION AND RELEASE FORM

RELEASE FORM – INDIVIDUAL ENTRIES

The following statement **MUST** accompany each work submitted in **ANY** Category . Please copy as needed.

I will not, in any way, hold the Arts Department of GFWC-SC or GFWC-SC responsible for damage, fire, loss, or theft of the item I have submitted.

Name of Entrant (print) _____ Signature _____
Club _____ District _____

GFWC THE WORLD IN PICTURES CONTEST: (amateurs only)

- Categories: ___ Natural History: flowers, animals, insects, etc.
- ___ Scenic: vistas, landscapes, seascapes, snow scenes, bridges, parks, farmland, etc.
- ___ Feature: human interest picture including people, events, etc.

GFWC VOLUNTEERS IN ACTION PHOTOGRAPHY CONTEST: _____ (amateurs only)

A YEAR IN PICTURES CALENDAR PHOTOGRAPHY CONTEST: _____

GREAT STATES UPDATE COLOR PHOTOGRAPHY CONTEST: _____

THIS RELEASE FORM MUST BE ATTACHED SECURELY TO EVERY ENTRY.

INSPIRING IMAGES FROM AROUND SC



Can you guess where these were taken?

Official Call
The 111th Annual Convention
General Federation of Women's Clubs of South Carolina

"Time to Celebrate"



May 1-2, 2009

Mt. Pleasant, SC at the Holiday Inn Patriots Point

250 Johnnie Dodds Blvd., Mt. Pleasant, SC 29464

1-800-290-4004

***Book your rooms by April 1st ***

Hostress Districts are Southern and Eastern

Convention Co-Chairmen are Mimi Scharf and Pat Estep

The General Federation of Women's Clubs of South Carolina will hold its One Hundred and Eleventh Annual Convention in Mt. Pleasant at the Holiday Inn Patriots Point, 250 Johnnie Dodds Blvd., Mt. Pleasant, SC 29464 on May 1st and 2nd. All clubwomen are invited and encouraged to attend to celebrate a very successful year of community service.

The Holiday Inn is ready for you to book your room, the banquet staff is planning excellent meals, and the hotel staff said they would start taking their vitamins so they can keep up with your needs (*they have heard that you are a very fun group of ladies who can stay up very late and get up early*).

Friday morning will begin with the Board of Directors Meeting and a quick Program Council meeting at 10:00. The opening session will begin with a lunch at 11:30 and will end by 4:30. Lots of clubs will be recognized during this session. A fun and lively reception will be held from 6:00-7:00 and the banquet will follow. Be working on a fun recycled outfit for this night. Your creativity will be rewarded. Lots of fun and surprises will be waiting for you along with some awards (certificates, silver, and cash). We will resume again on Saturday morning at 8:45 with a brisk walk to the top of the Arthur Ravenel/Cooper River Bridge. The business session will resume 10:00 and we will end by 12:30. The luncheon honoring the GFWC-SC Juniors will begin at 1:00. You are encouraged to have fun all afternoon. Dress-up as much as you want for Saturday Night and join us again from 6:00-7:00 for cocktails and followed by dinner at 7:00.

We have lots to do, but we hope that you will be pleased with the changes we are making at your request. Please join us to celebrate you and all the volunteer work that has been accomplished across our great State and beyond. It is **"Time to Celebrate"!**

GFWC-SC Convention Registration Form

(May 1 - May 2, 2009)

Send completed form for **EACH ATTENDEE** along with check(s) payable to **GFWC-SC** to:
Charlotte Wymer, 442 Lakemont Drive, Chapin, SC 29036

REGISTRATION FEE: Registration for Convention is \$10 per person. (Late registration fee is \$15).

NAME: _____ PHONE: () _____

ADDRESS: _____

CLUB: _____ DISTRICT: _____

E-MAIL: _____

(please mark all that apply)

- | | |
|---|---|
| <input type="checkbox"/> GFWC-SC State Officer including District Presidents | <input type="checkbox"/> GFWC-SC Junior Chairman |
| <input type="checkbox"/> GFWC-SC Department Program, Special Project or
Special Committee Chairman | <input type="checkbox"/> Club President |
| <input type="checkbox"/> GFWC-SC Standing Committee Chairman | <input type="checkbox"/> Club Officer _____ |
| <input type="checkbox"/> GFWC-SC Past State President Guest | <input type="checkbox"/> Club Member (voting) *1 for 10 members |
| | <input type="checkbox"/> Club Member (nonvoting) |

MEDICAL INFORMATION/RELEASE

Allergies to food or medication: If yes, please list: _____

Any medication to be taken in case of emergency and where it can be found: _____

Notify in case of emergency: Name _____ Phone (Day) _____ Evening _____

Authorization for emergency treatment: (signature) _____

Medical Insurance (indicate number) _____

Coverage verification phone number _____

MEAL RESERVATIONS

Deadline April 17, 2009

Opening Session Lunch (Friday ~11:30)
Executive Deli Luncheon: \$16 _____

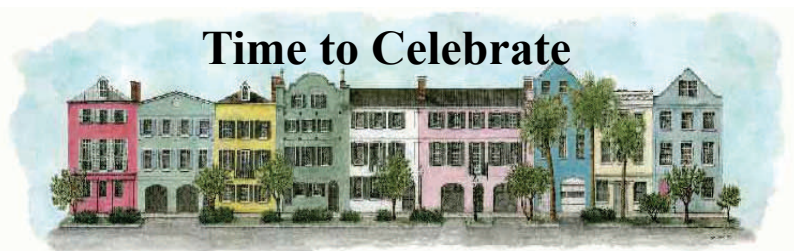
Trash to Treasure Banquet (Friday~7:00)
Chicken Wellington: \$34 _____
Marinated Sliced Sirloin: \$34 _____

Junior Luncheon ~ Derby Delights (Saturday~1:00)
Chicken Salad: \$22 _____
Shrimp Salad: \$22 _____

Saturday Evening Banquet ~ Honoring Clubwomen (7:00)
Roast Pork Loin: \$35 _____
Flounder: \$35 _____

*Meal late fee is \$5 per meal after April 18th.

Time to Celebrate



Meal prices include 9.5% tax and 21% gratuity.

Registration Fee: \$ 10.00

Meal Total: \$ _____

TOTAL DUE TO GFWC-SC

Walk for the Roses (free) \$ _____

TENTATIVE CONVENTION AGENDA

Thursday, April 30

- 5:00 pm Pre-convention meeting with the staff of the Holiday Inn (*Directors Room*)
- 7:00 pm Pre-convention Dinner at Shem Creek, Mt. Pleasant (*Executive Committee and Past State Presidents*)
- 9:00 pm Executive Committee Meeting (*Directors Room*)

Friday, May 1

- 10:00 am Board of Directors Meeting & Program Council (*Jericho's*)
- 11:30 ~ 4:30 Opening of Convention, Business Session, and Lunch with Speaker (*Ballroom*)
 - Honor Roll & Net Gain
 - Committee Reports
 - Rating Sheet Awards
 - Membership Awards
 - Contribution Sheet Awards
 - Fundraising for Clubs
 - Leadership Program
 - Communications/Public Relations
 - Public Policy & Advocacy Program
 - WHRC-Exploring Our Heritage
 - Officers Reports
- 5:30 pm Board of Trustees Meeting (*Directors Room*)
- 6:00 ~ 7:00 Reception ~ Honoring District Presidents (*Jericho's*)
- 7:00 pm Reduce~Reuse~Recycle Banquet (*Ballroom*)
 - Creative Arts
 - Arts in the Community
 - Beautification in the Community
 - Resource Conservation
 - Trash to Treasure Pageant*
 - Junior Fun Night Auction "It's In The Bag"



Saturday, May 2

- 8:45 am Walk for the Roses ~ meet in the bridge access parking lot (*across the street from the hotel*)
- 10:00 ~ 12:30 Convention in Session (*Ballroom*)
 - Constitution and By-Laws
 - Budget & Finance Committee
 - Headquarters Committee
 - Trustees of Progress Foundation
 - Trustees of Scholarship Committee
- 11:00 am Elections
 - Education in the Community
 - Focus on Literacy
 - Helping Hands in the Community
 - United Nations
 - Reaching Out Internationally
 - Citizenship in Action
 - Focus on Community Safety
- 1:00 pm Junior Luncheon (*Jericho's*)
- 5:30 pm Southern Region Planning Meeting ~ District Presidents & Executive Committee
- 6:00 ~ 7:00 Reception ~ Honoring Club Presidents ~ Presidents please arrive at 5:45 (*Jericho's*)
- 7:00 pm Banquet Honoring Clubwomen (*Ballroom*)
 - Outstanding Club Awards
 - Individual Awards and Recognitions
 - President's Special Focus~Time
 - Memorial Service



It is time for us to celebrate so don't forget to...

- ✔ Book your room in the GFWC-SC block
- ✔ Bring your club members with you to convention
- ✔ Wear your tennis shoes for the *Walk for the Roses* Saturday morning
- ✔ Nominate for the GFWC-SC Jennie Award
- ✔ Create a basket from your club for the raffle on Saturday
- ✔ Polish that silver
- ✔ Bring spending money
- ✔ Nominate for the GFWC-SC Volunteer of the Year
- ✔ Join in the Junior Fun Night Bag Auction
- ✔ Pack a hat and gloves for the Jr. Derby Luncheon
- ✔ Take & submit some great pictures
- ✔ Win a Grounds for Change cash award from a department
- ✔ Bring Junior Department Silver to be given on Friday and Saturday
- ✔ Nominate for the GFWC-SC Woman of Distinction
- ✔ Pull together Trash to Treasure outfits for Friday night
- ✔ Vote for the Junior Spirit Award
- ✔ Enjoy club wear for Saturday
- ✔ Make plans to go shopping Saturday afternoon
- ✔ Nominate for the Junior Clubwoman of Achievement Award
- ✔ Rest now so you can stay up late with your friends
- ✔ Honor a club member before April 1st
- ✔ To **Take Time to Make a Difference**



118th GFWC Annual International Convention June 12-15, 2009

GFWC is taking us to one of America's hidden cultural capitals—and plans to reveal some great treasures among our own club-women as we celebrate successes and feast on Federation friendship. Our hotel is the **Renaissance Cleveland Hotel** Make your reservations online!

Remember to enter the appropriate code in the box labeled Group code, so that you receive the special group rate:

GFWGFWA — for a single king or queen bedded room

GFWGFWB — for a double bedded room

GFWGFWE — for a suite

To make your reservations by phone, call 800/468-3571 or 216/696-5600. GFWC of South Carolina this is your first reminder for the 118th GFWC Annual International Convention. The slogan from the Cleveland Convention and Visitors Bureau is —

“Flee To Clevel!”



PROPOSED AMENDMENTS TO THE GFWC-SC BYLAWS

ARTICLE V - DUES AND FINANCE

EXISTING BYLAW:

Section 2. Annual Dues. Item F.

F. Junior Clubs. Annual dues of Junior Clubs shall be an additional two dollars (\$2) per capita, payable to the GFWC-SC, General Fund, designated as Junior Expense Fund.

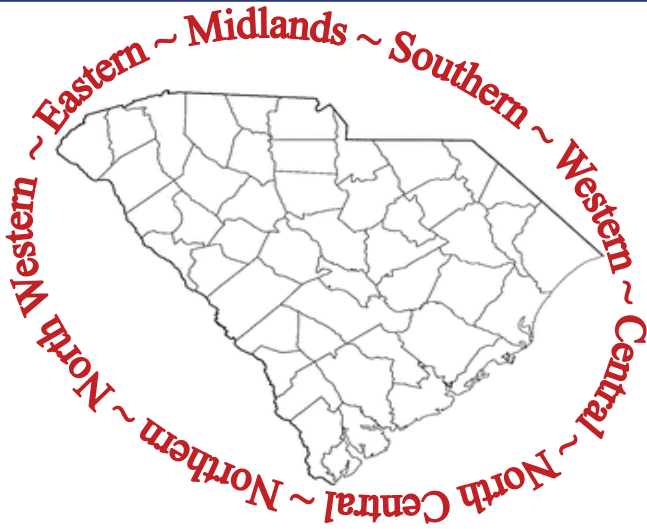
PROPOSED AMENDMENT:

Section 2. Annual Dues. Item F.

F. Junior Clubs. Annual dues of Junior Clubs shall be an additional four dollars (\$4) per capita, payable to the GFWC-SC, General Fund, designated as Junior Expense Fund.

If amended, this bylaw becomes effective April, 2010.

Rationale: This dues increase will help to offset expenses associated with Junior Clubs



Ready or not ~ Here we come!
District Conferences

It takes 6 officers, 4 cars, 6 days, and lots of driving, but it is worth it.

Last years goal was to see and speak with 200+ clubwomen from across the state.

~2009 GOAL~

300+ GFWC-SC Clubwomen
(all it takes is each district to have 38+ members to attend)



GFWC-SC 2008-2010

Take Time to Make a Difference



- March 1** **Deadline for State Federations to submit completed LEADS participant profile**
- March 15** **Reports for State and District Silver Awards due**
- March 15** **Rating Sheets due to GFWC-SC 1st VP, Laurie O'Kelly & District President**
- March 15** **Deadline for State Chairmen Reports to GFWC Counterparts**
- May 1-2** **GFWC-SC Annual Convention ~ Mt. Pleasant, SC**
- May 4** **Clubwoman Magazine Article Deadline**
- June 11-15** **GFWC International Convention, Cleveland, Ohio**
- July 17** **Eastern District Conference (evening)**
- July 18** **Southern District Conference (morning) & Midlands District (afternoon)**
- July 19** **Western District Conference (afternoon)**
- July 24** **Central District Conference (evening)**
- July 25** **North Central District (morning) & Northern District (afternoon)**
- July 26** **Northwestern District (afternoon)**

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