

# CALL FOR THE ANNUAL SUMMER CONFERENCE

General Federation of Women's Clubs of Virginia

(GFWC Virginia)

August 7-9, 2026

Natural Bridge Conference Center & Hotel, Natural Bridge, VA

## CONFERENCE THEME: "Prelude – Creation"

Club Presidents are requested to read the Call to the members and elect delegates according to the bylaws of the GFWC Virginia, Article IX, Section 4. "Woman's Clubs and Junior Woman's Clubs shall be represented by the club President or her alternate, and one or more additional delegates as follows, these delegates are in addition to those entitled to representation by virtue of the position they hold as outlined further in this section of the Bylaws:

- 1-10 members – Club President, or her alternate and 1 additional delegate;
- 11-20 members – Club President, or her alternate and 2 additional delegates;
- 21-30 members – Club President, or her alternate and 3 additional delegates;
- 31-40 members – Club President, or her alternate and 4 additional delegates;
- 41-50 members – Club President, or her alternate and 5 additional delegates;
- 51-60 members – Club President, or her alternate and 6 additional delegates;
- 61-70 members – Club President, or her alternate and 7 additional delegates;
- 71-80 members – Club President, or her alternate and 8 additional delegates;
- 81-90 members – Club President, or her alternate and 9 additional delegates;
- 91-100 members – Club President, or her alternate and 10 additional delegates;
- 101- and more members – Club President, or her alternate and 11 additional delegates;

Advance registration for meals and attendance shall be made using the online form linked in this publication. Properly completed Registration Forms are to be done online, which will transmit to the GFWC Virginia Credentials Chairman or Junior Chairman. Conference Registration fee is \$55. For registration after July 17, 2026, please add \$10 per attendee for a total registration fee of \$65. **Electronic registration with Zeffy.** Detailed instructions are at the end of the Call.

Club Presidents and other attendees, please share the information on the speakers and workshops and encourage members to attend. Please indicate on the registration form which members are attending their first state meeting so they can receive special recognition.

## HOTEL INFORMATION

Hotel reservations may be made by individual call-in no later than **Monday, July 7, 2026**. After that date, any additional reservation requests will be honored on a rate and space available basis only. Use the link below to make on-line reservations or call the hotel directly at 540-291-2121 option 1 and ask for GFWC Virginia Conference room block. Directions to the hotel are available from the hotel website. Room rates are \$139 per day for single or double occupancy plus applicable taxes.

<https://naturalbridgeva.com/> use code 080526GFWCVA

Natural Bridge Hotel & Conference Center  
15 Appledore Lane  
Natural Bridge, VA 24578  
540-291-2121



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Natural Bridge Conference Center & Hotel, Natural Bridge, VA  
“In the Beginning”



## **Friday – August 7, 2026 – Pre-Conference Meetings**

1:00 pm – 5:00 pm GFWC Virginia Executive Board Meeting  
6:00 pm – 7:30 pm GFWC Virginia Executive Board Dinner – Colonial Dining Room  
9:00 pm - GFWC Virginia Junior Executive Board Meeting

## **Saturday – August 8, 2026**

7:00 am – 9:30 am Full Breakfast Menu or Buffet – Colonial Dining Room (on your own)  
8:00 am – 10:15 am Breakfast with GFWC Virginia Executive Board Meeting (Executive Suite)  
8:30 am – 1:30 pm Registration Open

10:00 am – Musical Prelude

## **10:30 am – 12:00 pm – OPENING SESSION – JEFFERSON BALLROOM**

Call to Order – Cynthia Baroody, President  
Thought for the Day – Marolyn Cash, Chaplain  
Opening Ceremonies  
Pledge of Allegiance to the Flag of the United States of America - led by Gloria Worrell,  
Civic Engagement Chairman  
National Anthem  
Introductions – Cynthia Baroody, President  
Welcome – Carolyn Fellers, District 1<sup>st</sup> Vice President & Kristen Wisda,  
Director of Junior Clubs Blue Ridge District  
Preliminary Credentials Report – Danielle Basham, Credentials Chairman  
Appointment of Committee to Approve Minutes – Cynthia Baroody, President  
Officers Reports:  
Treasurer – Lori Chevalier  
Secretary – Joy Matkowsky  
3<sup>rd</sup> Vice President/Director of Junior Clubs – Lynn Chapman  
2<sup>nd</sup> Vice President – Angela Paez (first-time attendee recognition)  
1<sup>st</sup> Vice President/President Elect – Lori Rocker  
President – Cynthia Baroody  
State Project – Create Inspire Give – Susie Mowry, Chairman  
GFWC Awards received in Phoenix, AZ – Susie Mowry and Joanne Dixon  
Reports:  
Budget & Finance – Lynne Wherry, Chairman  
Endowment – Kathryn Sowers, Chairman  
Executive Secretary – Heather Craven  
Scholarship – Carolyn Fellers, Chairman  
Parliamentary Information – Sarah Entsminger, Parliamentarian  
Speaker – Tara O’Neil, Licensed Massage Therapist

12:00 pm – 12:45pm Lunch – Box Lunch  
Grace – Marolyn Cash, Chaplain

- 1:00 pm – 1:45 pm Speaker – Ginny Neil, Author & Illustrator
- 1:45 pm – 2:00 pm GFWC Virginia Chairman Introductions – Lori Rocker, First Vice President/President-Elect & Jessica Thomas, Assistant Director of Junior Clubs
- 2:00 – 3:00 pm **Community Service Program & Advancement Area Marketplace**  
 GFWC Junior Special Project - Advocates for Children  
 Arts & Culture – Cheryl Van Buren, Chairman  
 Civic Engagement and Outreach – Gloria Worrell, Chairman  
 Education and Libraries – Nancy Vadersen, Chairman  
 Environment – Emily Amick, Chairman  
 GFWC Signature Project - Domestic Violence Awareness – Jane May, Chairman  
 Health and Wellness – Suzanne Williams, Chairman  
 Women’s History & Resource Center (WHRC) – Hope Royer, Chairman
- 3:00 – 4:00 pm **PLATFORM WORKSHOP**  
 Leadership – Lori Rocker, Leadership Chairman & Jessica Thomas, Junior Leadership Chairman
- 6:00pm – 7:00 pm Cash Bar
- 6:30pm – 8:00 pm **INSTALLATION DINNER – Jefferson Ballroom – formal/semi-formal attire**  
 Grace – Marolyn Cash, Chaplain  
 50/50 Drawing conducted by Lori Chevalier, GFWC Virginia Treasurer  
 Installation Ceremony  
 Announcements/ Door Prizes – Julie Johnson, Meetings Committee  
 Dessert Reception

**Sunday, August 9, 2026**

- 7:30 am - 9:15 am Registration Open
- 8:00 am – 8:45 am Breakfast Buffet  
 Grace – Marolyn Cash, Chaplain
- 9:00am – 10:30am **PLATFORM WORKSHOPS**  
 Membership – Angela Paez, Chairman  
 Reporting Tips – Susie Mowry, Past GFWC Virginia President
- 10:30am – 11:30 am **Advancement Area & Virginia Appointments Marketplace**  
 Communications and Public Relations  
 Community Impact Program Award – Jean Cobb, Chairman  
 Legislation and Public Policy – Carol Preston, Chairman  
 Fundraising – Miranda Lester, Chairman  
 Arts Contests – Carol Guillian-Mills & Florence Powell, Co-Chairmen  
 ESO – Sue Doyle Coordinator & HOBY – Carol Outten, Coordinator
- 11:30 am **CLOSING SESSION**  
 Speaker – GFWC Virginia 2026 GFWC LEADS Participant, Jessica Thomas  
 Dogwood Opportunity Drawing – Kathryn Sowers, Endowment Chairman  
 Final Credentials Report – Danielle Basham, Credentials Chairman

Invitation to 2027 GFWC Virginia Convention – Michelle Clary, District President & Stephanie Griffin, Director of Junior Clubs, Southside District  
Announcements/Door Prizes – Julie Johnson, Conference Meeting Committee  
Junior Pledge – led by Stephanie Griffin  
Collect – led by Emily Amick, Environment Chairman  
Adjourn

Noon

## CONFERENCE MENUS

### Friday Dinner (pay at the dining room)

Choose from the full dinner menu in the Colonial Dining Room – please call the hotel dining room at 540-291-2121 to make a dining reservation. The Executive Board will also be dining in the Colonial Dining Room Friday evening and looks forward to seeing our members as Conference kicks off.

### Saturday Breakfast (pay at the dining room)

Enjoy a Full Breakfast Buffet or order off the menu in the Colonial Dining Room (Hotel Restaurant) open from 7:00 am to 9:30am for breakfast.

### Saturday Dinner \$46

Fresh Spinach Salad with strawberries, pecans & goat cheese  
Sirloin of Beef with bordelaise sauce  
Sautéed Seasonal Vegetables  
Garlic Yukon Mashed Potatoes  
Baked breads & butter  
Regular & decaf coffee, herbal teas and iced teas  
Dessert will be served after Installation

### Saturday Lunch \$22

#### **Choice of one**

**Roast Turkey Breast**, Provolone Cheese, on Whole Wheat

**Honey Smoked Ham**, Swiss Cheese on Loaf Farm White

**Hummus, Olives & Crunchy Vegetable Wrap**  
(please select your choice on the registration form)

Box Lunches include:

Pasta Salad, Chips, Fresh Baked Cookie  
Pepsi Canned Beverage or Bottled Water

### Sunday Breakfast Buffet \$22

Smoked bacon  
Fresh whole fruit  
Breakfast potatoes  
Fresh scrambled eggs  
Buttermilk biscuits  
Water, orange juice, regular or decaf coffee and assorted teas

## Registration using Zeffy

Use this link to register for Conference - <https://www.zeffy.com/en-US/ticketing/2026-conference-8>

You may select as many "ticket" options as you need if you are registering multiple members within a club. You will be asked to complete the registration information for each "ticket" you purchase to register each member attending. Please list the highest CURRENT position (GFWC, state, district or club) held by each person registered. Please ensure ALL names and club names are spelled correctly as this will be used for the name tags. What you type is what will be printed.

You may pay with credit card or checking account.

**(Upon checkout, you may choose to make a donation to Zeffy to cover processing fees they incur or you may choose to select "OTHER" from the pull-down menu and change the amount to ZERO. Zeffy does not charge GFWC Virginia for processing payments, which is great! Their default donation % is set high, so BE SURE to change it to a lower or zero amount.)**

If you need to register with a paper form, please email [gfwcvirginia@verizon.net](mailto:gfwcvirginia@verizon.net) to request one.

## *Speaker Bios*



**Tara O'Neil** is a dedicated and highly skilled licensed massage therapist with nearly two decades of experience, bringing a wealth of expertise and a deep commitment to holistic wellness to her practice. Her journey in understanding the human body began with a Bachelor's Degree in Art History and Anthropology from Ithaca College, where she developed a profound appreciation for the intricate connections between body, mind, and culture.

Tara's passion for exploring the mechanics of human movement and well-being has driven her to pursue extensive continuing education. She holds advanced training in myofascial release and mobilization, neuromuscular therapy, prenatal and postpartum massage, lymphatic drainage, craniosacral therapy, breathwork, visceral manipulation, neural manipulation, and somatoemotional release. During

the pandemic, she furthered her expertise by earning a Master's degree in Applied Exercise Science, specializing in Human Movement Science, from Concordia University Chicago.

With professional experience as a massage therapist for elite organizations such as the New York Knicks and the US Open Tennis Association, Tara has honed her skills in high-performance environments. Over the past few years, her focus has shifted toward women's health, concentrating her practice on addressing the unique needs of women navigating perimenopause and menopause transitions.

Tara's approach is deeply informed by her understanding of the mind-body connection, which she considers central to her treatment philosophy. She continues to expand her knowledge through ongoing studies in nervous system regulation and cutting-edge research on the fascial system, ensuring her clients receive the most current and effective care.



**Ginny Neil** is happiest when she has paint under her fingernails or mud between her toes. Her creative mind has led to awards both in the classroom and as a picture book author/illustrator.

In addition to being lost in a cave, kicked by a cow, crawling through Chesapeake Bay pluff mud, and sitting on a yellow jacket's nest, her life experiences include being named a national finalist for the NEA Award for Teaching Excellence, running an Outdoor Learning Lab, teaching STEM, and living and working on a family farm with too many dogs, horses, cats, chickens, sheep, and cows to count.

Ginny's publishing credits include articles in *Highlights for Children*, *Nature Friend*, *Grit*, *Country*, and *Shenandoah Living* magazines. In addition, Ginny is a columnist/illustrator/contributing editor for *Blue Ridge Country Magazine* and a playwright for the Christian drama service, Skit Guys. She is also the author/illustrator of the Eureka Honor Award and Blueberry Honor Award winner: *The Glorious Forest That Fire Built* (Amicus Ink, August 2023) and author of *Salamander Song* (Tilbury House, March 2025.) Her next book, *A River of Wind*, releases Aug 11, 2026, and a fourth will be announced soon.