

The Virginia Clubwoman

June 2023



115th GFWC Virginia
Annual Convention
April 27-30, 2023





Bonnie Rosemond
GFWC Virginia President
president@gfwcvirginia.org

The President’s Message “Sparkle”

Happy Summer Federation Friends! Our GFWC Virginia Convention was beautiful, full of fun, bountiful of activities, awards, great speakers and took care of business. Members donated toward the Junior State Project with items being sent to the Children’s Hospital of The King’s Daughter, they had fun building blue bird houses at the State Project workshop, districts brought in their arts and crafts pieces that filled the Arts and Crafts room for judging and they enjoyed walking the hills of downtown Lynchburg as they counted each “Step in Time”. GFWC Virginia Joint Boards were happy to experience the making of trail mix snacks for had fed 650 plus people the day before our snacks were delivered. We were honored to have GFWC Secretary, Mary Beth Williams as a guest speaker and she too joined in on all the fun activities. Members listened with great interest to speakers Shana Canada and Shannon McCabe. District Presidents and District Junior Directors were excited to give their annual reports and as always brought on some laughter. Members were reverent during the Memorial Service conducted by Chaplain Linda Beatty, as she called the names of faithful members of GFWC Virginia that had passed since April 2022. Being serenaded by string quartet, “Calabrone”, University of Lynchburg students, surely helped set the scene of the lavish Gatsby themed “Somewhere in Time” Alice Kyle Banquet. Members were willing to dress down a bit for the “Denim and Diamonds” Marjorie Branch Banquet followed by having more fun at the Junior Bingo Fundraiser. Members were willing to take a chance by purchasing leaves, blossoms and tickets to help fundraisers for the State Project, Sweats 4 Vets, GFWC Virginia Endowment, purchase Flip Flops and more.

GFWC OFFICERS

President:
Deb Strahanoski
 GFWC Illinois

President-elect:
Suellen Brazil
 GFWC Alabama

First Vice President:
Wendy Carriker
 GFWC North Carolina

Second Vice President:
Jolie Frankfurt
 GFWC Florida

Secretary:
Mary Beth Williams
 GFWC Colorado

Treasurer:
Becky Wright
 GFWC Mississippi

Director of Junior Clubs:
Katie Moydell
 GFWC South Carolina

The Virginia Clubwoman

IN THIS ISSUE
 Officers’ Messages.....2-7
 Chairmen’s Messages.....7-14
 District News.....16-19
 Proposed Amendments.....21
 Conference Info.22-26



SPARKLE

I am just a dot of sparkle
 Trying to light up the dark,
 Before I vanish.
 Trying to live my dreams,
 Before I utter goodbye,
 I am just a drop of waves,
 Trying to reach the shore,
 Before I get lost
 Trying to leave my imprints,
 Before I settle in dust.
 I am just a dot of sparkle,
 Trying to become someone’s
 wishing star before I crash.
 I am just a dot of sparkle,
 Trying to make a difference.
 Before I perish
 Before I end.
 Poem by Spriha kaul

There was a huge applaud hearing the news of three GFWC Virginia Scholarships Recipients.

Congratulations to all clubs who received award certificates in CSP, Advancement Plans, Special Programs areas and Junior Awards! Thank you, to all the clubs that reported their good works of helping in a multitude of ways of civic duty and stewardship. All GFWC Virginia clubs are worthy of awards for their many accomplishments as they continue to “Live the Volunteer Spirit” each day. Thank you to everyone involved in making GFWC Virginia Convention 2023 memorable!

Denise and I are looking forward to seeing each of you at our GFWC Virginia Conference, August 11-12, 2023, at the Hilton Garden Inn, with the pretty view of the Nansemond River in Suffolk. You will find in the Conference Call, a fun and informative agenda planned. Starting Friday, a dinner, followed by an evening of laughter, whether you are a participate or non-participate in our “Virginia’s Got Talent”. Watch for information from Coordinators Angela Paez and Yvonne Sening, as they are making plans, so please watch for details you may be hearing from them in search for the many member’s talents across our state.

Continued



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The Virginia Clubwoman

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newsletters

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for future issues:
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November 16, 2023



We are honored to have GFWC International President, Deb Strahanoski with us for the entire weekend. President Strahanoski will surely bring on her “Sparkle” as we join her in her theme, “Dream Big . . . Sparkle Bright . . . Shine Bright”.

Saturday will start with a “Club President’s Breakfast”, having an opportunity to hear from President Strahanoski. The “Enlighten Listening Skills” Activity Breakfast will give us a chance for more fellowship and learning. The day will continue with activities, a Chairmen Marketplace, hands-on-projects, “Enlighten GFWC Affiliates” and hear from President Strahanoski. Please see President Strahanoski’s bio included in this newsletter.

Continuing on Saturday evening after conference there will be a cookout on the veranda and also a Sunday breakfast buffet offered to all attendees. Remember our GFWC Virginia LEADS will be held on Sunday, August 13th led by Virginia LEADS Coordinator, Alaina Chaffee. Members please contact your District Presidents to sign up for the very informative GFWC Virginia LEADS Seminar.

This officer sends a huge thank you to Southside District, Tidewater District, and Northern District for your overwhelming hospitality. These fellowship memories I will hold dear. It was such a special time being among fellow members at the Buena Vista Woman’s Club 100th Anniversary Celebration and the GFWC Botetourt Town and Country Woman’s Club 50th Anniversary Celebration. Also a special time was shared with members of the GFWC Kanawha Woman’s Club and was happy to present information on our state project, “Education of Virginia’s Natural Resources”. I am ready to hit the road, so please let me know of your fundraisers, meetings and social times. I would very much wish to support your endeavors.

National Day of Service- September 30, 2023 is a day which all General Federation of Women’s Clubs come together in service to highlight an area of need, take action to address it, and raise public awareness about its importance. GFWC Virginia and Virginia Clubs have started signing up to participate by organizing Community Service Programs in their communities as part of the National Day of Service and hopefully all clubs with will be making plans to participate. To register: Please contact Melanie Gisler, Director of Membership services, at MGisler@GFWC.org; and copy Deb Strahanoski, International President, at DStrahanoski@GFWC.org. Include in email: Club name, Point of contact, Address, Phone number and email.

Every week until September 30th, GFWC will make announcements, provide project ideas and discuss food insecurity. Check out: Weekly News & Notes, Facebook, Instagram and Website.

Looking forward to seeing you in August at our GFWC Virginia Conference in Suffolk to see our “Cornerstones Sparkle”

Denise Price
GFWC Virginia Third Vice President
Director of Junior Clubs
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What an amazing time we had at GFWC Virginia Convention in Lynchburg, Virginia! Congratulations to all clubs on their amazing accomplishments. Congratulations to Angela Paez, the recipient of the Junior of the Year award and Lori Chevalier, the recipient of the Junior Lifetime Achievement award. The ladies of GFWC Virginia really do know how to Sparke and Shine.

We headed “East” to support the Tidewater and Southside District in the collection of items for the prize closet at the Children’s Hospital of The King’s Daughters. The GFWC Virginia Clubwomen donated over 2,000 items to the closet. Thank you GFWC Virginia!!! We will be heading “South” for the GFWC Virginia Conference in Suffolk, Virginia. Items to support the children in the communities of Alice Kyle and Lee District will be collected.

I hope you will join me at the GFWC Virginia Conference in Suffolk, Virginia in August. Juniors, don’t forget to review the GFWC Virginia Junior Leadership Scholarship, located in the Junior Standing Rules on page 141, for the opportunity to have your registration paid to attend the conference.



Susie Mowry
GFWC Virginia First Vice President/President-elect
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Joanne Dixon
GFWC Virginia Assistant Director of Junior Clubs
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We don’t know about you, but we find it almost amazing that the 2023 convention has come and gone. Congratulations to the clubs that reported this year. The work that is done by you is remarkable. The hours spent working on projects, the monies donated, the in-kind contributions made is absolutely staggering. Each one of you should give yourself a big pat on the back, as well as congratulate each other, on the impact that your efforts have made on your communities. If you have taken the time to read the Annual Report and Awards Compilation Booklet you will find an extraordinary number of interesting and doable projects that you can bring to your own clubs. Don’t be afraid to bring new ideas to your club. Sometimes it takes a new project to bring much needed energy back to a club. Give it a try, what can it hurt ☺

Some clubs are one-year administrations while others are two-year. Whichever yours may be, please make every effort to get your information to the incoming administration. If in fact yours is a one-year administration, please make sure everyone knows the changes and contact information. Your goal should be an easy and carefree transition of administrations, not only for your officers but for your membership as well.

We often hear the phrase “leaders are born, not made,” but the truth is the opposite. Good leaders can absolutely be made, and good leadership qualities can be learned and developed over time. Good leaders can become exceptional through experience, study, adaptation, and commitment. When you’re receptive to change and growth, it’s possible to develop vital leadership qualities. If you have not already participated in LEADS this year, consider participating next year. The applications are in the GFWC Virginia Handbook.

It’s also important to understand that quality leaders engage in continuous self-improvement. The idea that good leadership qualities only need to be learned once is a myth. Exceptional leaders constantly learn, grow, and adapt. If you have not already reviewed the GFWC Leadership Toolbox, it is our recommendation that you look at it, read it and re-read it often. The information in there is relevant, and perfect for any leader, regardless of if you are elected or not. Remember, everyone is a leader !

You can develop leadership qualities the same way as any other skill, especially if you find a mentor that you admire and that has a proven track record. Look around, see who you consider to be an effective leader. Who would you like to emulate that has made a difference in both accomplishing the club or district goals, but also in making the process exciting and energizing.

Remember, Leadership is everyone’s responsibility. There is information out there, there are people out there to talk with and there is opportunity for everyone to step up and take a Leadership role.

We hope to see each of you at the GFWC Virginia Summer Conference in Suffolk. ☺

Cynthia Baroody
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Michelle Clary
GFWC Virginia Junior Membership Chairman
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"New Members are...Cornerstones of Membership"

Greetings GFWC Virginia members! Our GFWC Virginia Convention was a wonderful celebration of achievements and accomplishments for the clubwomen across the Commonwealth of Virginia. Bravo to a terrific job in the area of membership!

We missed those of you who could not attend as we recognized the Top Recruiters in every District and our Top Recruiter in Virginia – Amy Dempsey, GFWC Blacksburg Junior Women’s Club who recruited 9 new members. The Membership Cup was awarded to the Alice Kyle District and the Northern District for the greatest increase in membership. No Extension Cup was awarded this year as no new clubs were added to our membership. We gave out certificates recognizing twenty-five clubs who have reached milestone years of Federation service, clubs with 30 to 115 years were recognized.

We awarded GFWC Star pins in every district: 14 white star pins were given to those members who recruited 5 to 9 new members and 4 red star pins to those ladies who recruited 10 to 14 new members. The star pins awards are cumulative awards so to be counted you must send in the membership coupons with the names of the recruiters so we can keep track of the numbers. GFWC has a form on their website for keeping records of new members and their recruiters. It would be most helpful if all clubs would use this form and make a master list of their club members and the date the member joined the club. Record keeping can be a daunting task, but it doesn’t have to be if all clubs make this a monthly priority. At Convention, we also recommended that going forward, we recognize those club members across the state who have reached the milestone years of 50 and 75 in club work.

In the past, most celebrations for years of service are done by the member’s club or district, while this is still recommended, we would like to honor those women who have gone above and beyond and recognize the 50 and 75 years of service at GFWC Virginia Convention in 2024. We will be asking all clubs to forward information on these special ladies to their district 2nd vice presidents/membership chairs who will then send it to us so we can make plans for these special awards.

We have also made changes to the Membership Grants for clubs and districts. Now there is no deadline for applying for a grant. Applications are considered at GFWC Virginia Executive Board meetings held approximately three times a year. Please check out this information in the GFWC Virginia Yearbook Supplement or download a grant application from the GFWC Virginia website. Any further questions or concerns may be directed to us at any time.

Thanks to you all for sending in your membership coupons!! We are adding to our Mobile GFWC Virginia Headquarters building!! We will be bringing the building and more lego blocks to Conference in August for all to see and get more blocks to give out to new members. Please reach out to us if you would like us to help with any Membership Drives your clubs may be having over the Summer. Remember to make them fun, so that those new potential members will be excited to join your club. We hope you all have a wonderful summer, and we will see you at Conference in August!

JoBeth Wampler
GFWC Virginia Secretary
secretary@gfwcvirginia.org



Lynn Chapman
GFWC Virginia Junior Secretary/Treasurer
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We can’t describe how wonderful it was seeing many of our federation friends during the annual convention in Lynchburg. For those who couldn’t attend, it was a jam-packed weekend of insightful and informative speakers, lots of volunteer service opportunities, a chance to get up and get moving, and of course, a much-

Continued

needed girls' getaway! It was a particular treat to spend time with GFWC Secretary Mary Beth Williams, who joined us from her home state of Colorado. Though she has an extensive background, both professionally and philanthropically, she was attentive, funny, and put everyone around her at ease. How wonderful to know our founding organization has such remarkable women at the helm! Plus, we can't mention convention without noting what a joy it is to celebrate the hard work of our Virginia clubs. Congratulations to all those that were recognized!

As we wrap up another year, it's a good time to remember the importance of finalizing any draft minutes you haven't yet completed and ensuring all files are organized in a secure location. Do you have a designated space, where minutes are kept? At one time, the clubhouse was where most secretaries kept their club's records. But what if you don't have a clubhouse?

Here at the midway point of this administration, you probably already have a process and may be thinking of how you'll transfer everything to the future secretary of your club or district. If not, now is the time. We've accepted records in a variety of ways – thumb drive, banker's box of meticulously labeled file folders, loads of emails, Google drive, loose stacks of paper with no clear method of organization apparent... There's no right way of doing things. Since we're all unique individuals, our organizational skills are just as diverse as we are. The process you choose to transfer files to your successor can reflect your own personality. Nevertheless, the main goal is preservation.

Many clubs have suffered tremendous losses when a member passes away and the stockpile of minutes, scrapbooks, and keepsakes from a lifetime of club work ends up in the landfill. Don't let that be yours! Already dealt with such a loss? Don't let it happen again. Remember, as the steward of your club's records, it is your responsibility to ensure the business and historical record of your club's work continues beyond your term as secretary.

Pick the minds of your club president, past presidents, or several forward-thinking members for ideas on how *and where* you can ensure your club's records are safeguarded for future generations of clubwomen. Partner with your local library or historical society. Utilize the multitude of file-sharing services available and upload everything digitally for the masses to see. Again, there's no wrong way. However, you've got to get those files out of the basement or the personal computer, and there's no better time than now to start.

Remember, we're just a phone call, text, or email away if you have any questions or concerns. Enjoy your summer!

Lynne Wherry
GFWC Virginia Treasurer
treasurer@gfwcvirginia.org



Lynn Chapman
GFWC Virginia Junior Secretary/Treasurer
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We have come to the end of our first year of administration. Hopefully, you have made it through the club year as treasurer intact and ready to tackle the 2023-2024 head-on. As we prepare for the administration's second year, it is time to ask some questions. Was I effective as the treasurer? Do the members of the club or district know our financial status? Are your treasurer's books ready for next year? Does your club or district rules require an annual review, and has it been done? Make changes as appropriate and adjust budgets to reflect these changes. Don't forget to keep the members informed.

If you only serve one term, it is time to prepare the books and other materials for your successor. Take the time to meet with the treasurer and review the books. Prepare written processes and best practices to help make their experiences as pleasant as your year. Don't forget to give aid and support as needed.

We all are aware that the job of treasurer is a non-stop responsibility. Now it is your time for rest, relaxation, and recharge over the summer months. Remember that the two L's (Lynne and Lynn) are here to support you as treasurer of your club or district. So please have a great summer, and we hope to see you at the Summer Conference in August!

Sarah Entsminger
GFWC Virginia Parliamentarian
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It's Nominating Committee Season. Time to review a few important points. The basic rights of membership allow each member to bring business before the organization, to vote, attend meetings and hold office. Unless your Bylaws specifically set out restrictions on who can be nominated for an office, then all current members are eligible to serve. It is important to review your governing documents to be sure you understand the specific provisions relating to nominations and elections.

GFWC Virginia's Bylaws provide provisions for both district (Article IV) and state (Article VII) nominations and election. Article IV, Section 5, A. requires that a district nominating committee of 5 members be elected by the district membership in the first year of an administration. It also requires one member of this committee to be a Junior, either the chairman of the Junior Nominating Committee or another Junior – this is not optional. The District Nominating Committee is given two tasks, the first is nominating the District's member to the GFWC Virginia Nominating Committee for election by the membership, and the second is nominating District officers for election by the membership. No member may serve more than two consecutive terms on the district or state nominating committee. In addition to the provisions in the GFWC Virginia Bylaws, the GFWC Virginia Standing Rules, Section 9 contain additional important information relative to nominations and election.

One very important point to remember is that both District and GFWC Virginia offices are not "General vs. Junior", and any current member may be nominated and serve as any officer regardless of whether they are a member of a General or Junior club, all members are equal. While the Bylaws specify that the Third Vice-President/Director of Junior Clubs must be a Junior, no other office excludes a Junior from eligibility.

Serving as a nominating committee member is an important leadership position and should be undertaken with both integrity and responsibility. Regardless of whether you are a member of a club, district, or state nominating committee, please remember that all discussion and deliberation must be completely confidential.

As always, please contact me if you have any questions or need additional information.

Dale Fisher
GFWC Virginia State Project Chairman
stateproject@gfwcvirginia.org



The 2022-2024 State Project pin debuted at the convention to rave reviews. Featuring the Swallowtail Butterfly, the pin proceeds will benefit the two organizations to whom we are financially supporting this administration – Virginia Forestry Educational Foundation and the Virginia Wildlife Center. This pin would make lovely secret pal, new member, or outgoing officer gifts. Pins will be available for sale at our upcoming Summer Conference and subsequently through your district's State Project Chairmen or District President.

Thank you for your support of our *Federation Forest* drawing at the Convention. Over \$600 was raised for the two organizations mentioned above.

Bluebird houses are being erected across the commonwealth thanks to our industrious members who helped build the wooden structures during our Annual Convention. Students from Appomattox High School FAA graciously prepared the wood pieces for us and our members put them together and affixed a GFWC Virginia identifying plaque on them. Each District was able to take home 3 to place around their district as they decide. We hope you will monitor the activity of our bluebird habitats.

We will have another fun hands-on project to complete at our upcoming Summer Conference. *No power tools are involved.* Working under the direction of the Nansemond River Preservation Alliance, we will be assembling Watershed Explorer Learning Boxes for 3rd-grade students at 6 Suffolk County elementary schools. We hope you will join us and learn more about this segment of Virginia's natural resources while preparing needed teaching tools.

It was announced at our Annual Convention that a recipient for the Phyllis V. Roberts Scholarship was chosen. This scholarship is awarded to an undergraduate or graduate student in the field of Agricultural Sciences, Animal and Poultry

Sciences, Wildlife Conservation, or Forestry. We are so pleased that we are able to support this young man's scholastic endeavors.

Many clubs are visiting the numerous parks and nature centers around their communities. What a great way to stay in touch over the Summer when clubs are not formally meeting. Plan a nature walk and picnic. Invite your children or grandchildren to explore the miracles of nature with you.

As you plan your club activities for the fall consider including a project to address Virginia's natural resources. Research the curriculum in your school district to see how you could assist in providing teaching tools. Prepare stem boxes, donate books, or underwrite a field trip. Provide food, bedding, and supplies for local nature centers. Plant a pollinator garden. Participate in a bird or butterfly count. These counts and surveys help monitor environmental trends in our communities. <https://www.audubon.org/>

Please join the GFWC Virginia State Project Facebook page. Kathy Cain, the administrator shares lots of information and project ideas. And we welcome you to share your ideas with us! Enjoy the Summer!

Pat Jeffress

GFWC Virginia Arts and Culture Chairman

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“IF ART IS TO NOURISH THE ROOTS OF OUR CULTURE, SOCIETY MUST SET THE ARTIST FREE TO FOLLOW HIS VISION WHEREVER IT TAKES HIM.” – JOHN F. KENNEDY

Now is the time to enjoy your summer months and to plan your District, and Club Arts and Culture Program for the upcoming year. Stuck for ideas? Looking for a jumpstart? Arts and Culture will have materials at Summer Conference that will spark ideas to create projects and opportunities that develop skills, awareness, and appreciation of both Art and Culture. We hope to inspire ideas that let your creative juices flow and ignite a desire to make the community around you a more beautiful, thoughtful, and caring place.

Look for our display at the Marketplace!

Creative ideas and planning are the key to a fun and successful art program. Here are a few ideas in advance of the Marketplace.

Art contests.

Club, other groups, or a local elementary school—Tie your project into the **GFWC Virginia State Project** with a program to educate your participants about our state parks, or parks in the immediate area. Have your members, other groups, or local school children create their own works of art by building a paper forest.



Painted Paper Art <https://www.paintedpaperart.com/2016/12/the-magical-forest/>

OR

Set-up guidelines and have a club art show and have your members make forests from recycled materials, fabric, paint or needlework. then bring them to your art meeting and have the membership judge.

National Day of Service.

Hold a contest (school, church, community or club) and decorate the boxes to hold the food collections.

Art Outings.

Plan a club local art adventure and charge an extra dollar (or two) and then buy art books for a local elementary school, or to participate in the outing members bring a new child's art book to be donated to a local school.

Just a few ideas to get you planning your own club's great art program for the coming year!

Remember you want to ***Dream Big, Sparkle More, and Shine Bright.***

Lois Creasy and Camilla Cabaniss
GFWC Virginia Arts Contest Coordinators
artcontests@gfwcvirginia.com

We have so many talented members in GFWC-VA! The entries for the Writing Contest and the Arts and Crafts Contest were amazing! Thank you to everyone that entered their club and district contests. The judges were very complimentary of all the entries. Thank you to the great helpers we had in setting up the State Contest, you were greatly appreciated!

Please start now in planning your club and district event for next year. Review all the rules and regulations for entries. The 2023-2024 Arts Contest Booklet is available online on the GFWC Virginia website. This booklet contains all of the information you will need. Encourage your members to display their talents and teach others about their talents.

Remember the writing contest has earlier entry dates. Review the categories and requirements for all areas for both adult and student entries. All entries for the Writing Contest need to have a release form signed and attached.

Looking forward to seeing you at Summer Conference.

Marilyn Banes
GFWC Virginia Education and Libraries Chairman
education@gfwcvirginia.org



Summer is a time for less work, more fun, and a chance for clubwomen to plan the next club year. Many clubs schedule retreats and plan their year month by month. Others design projects by subject or committee guided by a chairman.

When designing your E and L projects for 2023-2024, start with the GFWC Club Manual, the section devoted to the Education and Libraries Community Service Program. There is a reminder that GFWC has ESO, an honorary educational society with books suggested by category. This chairman is enjoying this reading program and highly recommends you read Chairman Wanda Alvis' article in this issue. GFWC Virginia ESO "ZOOMS" every other month and hopefully we will gain new attendees each time. It is a reminder that GFWC promotes education in children **and** adults.

Many students have summer reading assignments. Do they need encouragement? Consider areas of your communities that need additional activities for young people and check with Summer Camps and summer programs for all ages that may need help or may want to add a reading program.

Finally, we love our libraries. They stay open in the summer, but their employees may have an opportunity to enjoy a well-earned vacation. Does that mean the library needs more volunteers? These are just a few ideas. There are hundreds more in the GFWC Club Manual. Let them help you.

Faye Bocock
GFWC Virginia Fundraising and Development Chairman
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First let me say it has been an honor to serve as your Fundraising and Development Chairman again. Thank you to Madam President for this wonderful privilege. I think I have been fundraising all my life beginning in the 10th grade when I was President of the Distributive Education class at my local high school. Back then it was as simple as selling candy bars to help fund our trip to our state's capital where we participated in skills assessment against other schools. Today, our fundraising skills have to be a little more elaborate and I can say that during 2022 our clubs really stepped up to the plate and knocked it out of the ballpark. Every aspect of your reporting was a huge increase over the previous year. To say I am proud of our clubs is an understatement. I am confident that 2023 will be no exception. I'm looking forward to great things from all of you, which brings me to the real reason I am writing this article for the magazine. I would like to challenge each club within each district to put on your thinking caps and I want each one to make it a priority to sponsor the GFWC NATIONAL DAY OF SERVICE on September 30, 2023. If your club has not signed up I encourage you to do so now. We only have about 3 months to show GFWC what we can do in Virginia as a TEAM! This could be the greatest Fundraising and Development project you have even taken on and together WE can make a difference. This project could end hunger

in the United States, so just think what we could do in Virginia. We could end food insecurities in our neighborhoods and every community in our beautiful state. I hope you will accept my challenge and start working on some unique projects today as I know you are very capable of doing. I can't wait to see what you come up with and see those food items start stacking up. TEAM GFWC VIRGINIA let's end hunger for Virginians.

Carol Outten
GFWC Virginia HOBY Coordinator
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Hugh O'Brian Youth Leadership

I have just returned from the HOBY Virginia seminar held on the campus of James Madison University and it was **O-U-T-S-T-A-N-D-I-N-G!!**....Over one hundred and fifty rising juniors from high schools across the Commonwealth were present, and it was impressive to see the energy, enthusiasm, and comradery. They were led by dedicated Facilitators, Team Alumni, and Junior Staff, all of whom were HOBY Alumni from previous seminars. I watched in amazement as these individuals were transformed into cooperative teams learning the basic concepts of leadership, cooperation, and service. From "check-in" to "closing ceremonies" the HOBY ambassadors were engaged in multiple activities and team-building sessions. They heard three keynote speakers who emphasized HOBY's three leadership styles: personal, group, and service. Participants were divided into fifteen teams who used the knowledge gleaned from these messages to advance their leadership skills through various group activities culminating in a master service project. On Sunday, the ambassadors were joined by their families for the closing ceremonies. Each ambassador was challenged to return to their community and conduct 100 hours of community service, and to make a year-long commitment to strengthen their communities through VOLUNTEERISM. Since the implementation of HOBY's Leadership for Service Program in 1998 participants have logged over Four Million Volunteer Service Hours.



GFWC Virginia members Carol Outten and Abby Lynch at the Closing Ceremony of the 2023 HOBY Virginia Seminar.

I would like to take this opportunity to say **THANK YOU** to all the Clubs who provided Sponsorships, other monetary support for our ambassadors and the overwhelming "In-Kind" donations received at the GFWC Virginia Convention. Those supplies were put to great use, and the snacks proved to great use, and the snacks proved to be "Very Popular".

If your club would like to provide financial support to HOBY Virginia and or sponsor a student to attend the 2024 Seminar, please see Page 84 of the GFWC Virginia Yearbook 2022 - 2024. Donations of any amount are greatly appreciated. HOBY is particularly concerned that students from all economic and social backgrounds have an equal opportunity to attend. As always, HOBY Virginia is grateful to the women of **GFWC Virginia** for their continued generosity and support of the Leadership Seminars and our Ambassadors.

I currently serve as a member of the HOBY Virginia Board of Directors in the role of Vice President for Cooperating Organizations. If you have questions, please do not hesitate to contact me. I would love to share the HOBY story with your Club Members.

Carol

Carolyn Fellers
GFWC Virginia Community Impact Award Chairman
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There are so many ideas for projects that bring attendees to donate monies to raise funds to replenish their local food banks. A meal of soup, bread and dessert is served plus the attendees are invited to take home a bowl donated by local businesses and artists. The empty bowl is a reminder that there are people who are not as lucky as we are to come home to a great meal.

Many clubs make our veterans and military currently in service a priority. Care packages are created and shipped to our troops overseas. Items like socks, hats, blankets, toiletries are collected and delivered to veterans in nursing facilities. Clubs also hold events such as Halloween parties, meals, birthday celebrations spending time with the veterans. Sometimes it is not what we bring to the table, it is that we come to the table and spend real time with our vets.

A district has a project where clothing is purchased and taken to a local hospital for victims of domestic violence. When a victim goes through the forensic exam their clothing is taken as evidence. This district raises funds to replenish the clothing supply for this hospital, so victims go home in something new and comfortable.

Remember to document your projects well. I look forward to receiving your reports in 2024.



Mary Driver-Downs
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GFWC Virginia Convention Group walk
in Lynchburg, VA April 2023

Happy Summer 2023 Virginia Club Women!

Thank you to all the GFWC Virginia wonderful members who participated in our walk at the Spring Convention in Lynchburg, VA.

It was great to see everyone, and each person was at a different walking level, some climbed the stairs of the monument and others walked leisurely through the town.

All movement is good for the body – so let's get moving today!

The **GFWC Marlborough Junior Woman's Club** experienced an evening of spinning, strength, and yoga training at a local fitness center. The workout also featured a fitness coach who shared information on body peace and food freedom. This event also served as a fundraiser for breast cancer research.

The **GFWC Women's Club of Rock Springs (WY)** walks at the community college or the mall on inclement weather days. The date, time, and location are posted on Facebook and the community is invited to join them. Great PR for the club too. Other clubs sponsored Walks and 5KRuns to benefit various organizations: St. Jude Children's Research Hospital. **The Junior Women's Club of Bellerose (NY)** held four Walk/Run/5Ks – "Turkey Trot" for county firefighters, "Sham Rock N Roll for the Tunnel to Towers Foundation, "Pride 5K", and "Out of the Darkness Suicide Prevention Walk".

Nutrition- June is National Fresh Fruit and Vegetable Month

Summer is a great time to enjoy Fresh Fruits and Veggies. Dr. Kumar recommends including 10 servings of red, yellow, green, orange, blue, and purple fruits and vegetables each day. It seems like a lot, but it is doable.

"Paint your plate like a painter's palate at each meal." Mix colors, textures, shapes, and flavors.

For healthy recipes visit:

<https://www.prevention.com/food-nutrition/a20499756/20-super-healthy-smoothie-recipes/>

<https://www.goodhousekeeping.com/food-recipes/healthy/g4060/healthy-smoothie-recipes/>

Currently, the WC of Arlington Virginia, is growing fresh veggies and herbs at their clubhouse and donating the produce to their local food bank.

Try to find ways to encourage your club to share fresh vegetables with children and seniors within your communities this summer.

Host a smoothie/ slushie night in your neighborhood or at a retirement community/ senior center.

Teach a healthy food class to young people (think scouts, foster care kids, college bound seniors etc.)

Promote your local farmer's market on Facebook in your community.

Make a share box like a little library and share vegetable plants for others to garden with- ie tomato, eggplant, cucumber, herbs etc... Give plants away by posting on "Buy Nothing" sites in your individual communities.

Find a gleaning organization and participate in lowering food waste and feeding others.

Enjoy your summer and remember that the living is easy, especially when you move daily!

I hope to see many of you at the Summer Conference in Suffolk. I will have treats, and more healthy fun ideas than too! Stop by my table and see me!

Keep Glowing and Glimmering and don't forget your sunscreen!

I am excited to have summer weather once again . I hope that your summer is healthy and happy. Summer is a great time to get outdoors and do some wonderful fitness activities.

GETTING FIT Within our COMMUNITIES (GFWC)!

Remember it's never too late to join the GFWC Virginia "Step in Time Fitness program!"

Our GFWC Virginia physical fitness movement challenge is going strong so start logging your movement minutes today.

- [Step in Time Program Overview](#)
- [Fillable Tracker \(.xlsx\)](#)
- [Paper Tracker \(PDF\)](#)
- [Activity Ideas](#)

All movement counts: Yoga, stretching, chair exercises, swimming, walking and dancing are a few of the ways we're staying fit.

Dr Kumar, our Health and Wellness consultant to GFWC, encouraged each GFWC member to get started and enjoy the benefits of physical activity. She writes, "Getting started does not cost anything. You can just start walking briskly.

There are 24 hours in a day! You can set aside 40 minutes a day for just YOURSELF!"

It is so exciting to know that so many clubs in Virginia are participating in community walks. The rain did not stop the Northern District from having a meet up walk in March!- Yes it was soggy.

Get your District or one, two or more clubs together in your area and step out into your community together! Inviting potential new members to enjoy a cool evening summer walk together with friends sounds lovely.

Send me your club movement pictures. Send pictures to health@gfwcvirginia.org

For healthy recipes visit:

<https://www.prevention.com/food-nutrition/a20499756/20-super-healthy-smoothie-recipes/>

<https://www.goodhousekeeping.com/food-recipes/healthy/g4060/healthy-smoothie-recipes/>

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Host a smoothie/ slushie night in your neighborhood or at a retirement community/ senior center.

Teach a healthy food class to young people (think scouts, foster care kids, college bound seniors etc.)

Elizabeth Sabbatini
GFWC Virginia Legislation & Public Policy Chairman
legislation@gfwcvirginia.org



Wasn't Convention in Lynchburg so much fun! This officer enjoyed seeing so many of you there and presenting the Legislation & Public Policy certificates. She enjoyed receiving and reviewing your reports earlier in the year; unfortunately, not very many clubs actually report in this field although they actually could easily do so as we all work on many relevant subjects, from repeating the Pledge of Allegiance to the United States of America at our meetings to simply voting in local, State and National elections.

A good way to stay up to date on important issues that impact GFWC's advocacy efforts is by reading the Legislation/Public Policy Quarterly Newsletter. These newsletters cover a range of topics, setting the goal of keeping our clubs and members educated and active on current issues impacting our nation. Issue No. 3 deals with the aspects of Health and Wellness presently focused on by GFWC. In this issue, there is information on legislation being followed on Autism, Home and Community Based Services and many other GFWC Health and Wellness subjects. There are many ideas there for club chairmen to use. To find the newsletters, go to the GFWC website and open the Legislation & Public Policy link. This officer will also have plenty of information available for you when we meet again at Conference in August.

This officer and her team are also currently working on the itinerary for Legislative Day 2024 - add February 19, 2024 to your calendar and we'll see you there!

Hope Royer
GFWC Virginia Bylaws Chairman
bylaws@gfwcvirginia.org

The amendments approved at the 2023 Annual Convention in April were posted on the GFWC Virginia web site immediately following Convention and will be published in the 2023 GFWC Virginia Yearbook Supplement.

The deadline for submitting proposals to the committee was deleted. However, the committee must still follow due process as described in ARTICLE XIX-AMENDMENT: "These Bylaws may be amended at any GFWC Virginia Annual Convention, Conference, or Special Meeting by a two-thirds vote of those delegates present and voting, provided the proposed amendments have been appended to the Call." (The Call is published at least six weeks prior to GFWC Virginia meetings.) Proposals should be submitted well in advance of the Call publication date in order to provide ample opportunity for discussion by the committee. It remains the prerogative of the committee to take, postpone or deny action.

Amendments proposed for action at Conference have been appended to the Call to Conference published in this issue of the magazine.

Linda Beatty
GFWC Virginia Chaplain
chaplain@gfwcvirginia.org

If you missed convention at The Lynchburg Hotel, you missed out on the memorial service recognizing members who passed away since last year's convention. Several positive comments were received about the ceremony and it is the intent of President Bonnie to have another memorial service at next year's convention. To have your club member's name included in the final roll call for GFWC Virginia, you just need to send me the name of the person, what club and district they belonged to and how many years of service they had in federation work – starting with April 25, 2023 through April 15, 2024. This year's list of names contained 49 members who had given over 1069 years of service (not including the years for the names for which the club had no record). Look for the published list of names that were recognized elsewhere in this issue. Don't miss the opportunity to pay tribute to members of your club who were lost due to death. Please send me the information by the deadline so they can be included in next year's memorial. If they belonged to more than one club, or even more than one district, please include all of their years of membership. This year's list included those who had years

of service ranging from 3 years to 75 years. That certainly showed their love of our Federation attesting to this quote by Wayne W. Dyer: "Doing what you love is the CORNERSTONE of having abundance in your life."

Club presidents should consult with club secretaries to make sure that their official club roster contains the date when each member joined the club. That will also help clubs determine when a member should be recognized for years of service using the pins available from the GFWC marketplace starting with 5 years and increasing in 5-year increments up to 75. Let's try to include everyone we lost to death from Convention 2023 to Convention 2024.

Convention 2023



Memorial Resolution for Jean Burcher

WHEREAS, Jean Burcher was a dedicated member of the General Federation of Women's Clubs of Virginia, volunteering countless hours at the club, district, state, SER and GFWC levels, and

WHEREAS, Jean Burcher was born in West Virginia 86 years ago and peacefully passed away on February 16, 2023, and

WHEREAS, Jean Burcher began her lifelong love of serving others with the Junior Woman's Club of Newport News, which she joined in the mid-1960s. She joined the Woman's Club of Newport News in 1972, and

WHEREAS, Jean Burcher elevated her service to the Virginia Federation of Women's Clubs by serving as the Tidewater District President from 1984 to 1986, and

WHEREAS, Jean Burcher was elected state president of VFWC for the 1998-2000 Administration, during which time her theme was "United in Service with Faith, Hope and Love" and where her state project was support of building the Camp Easter Seals East Health & Speech Therapy Building, and

WHEREAS, Jean Burcher served as the President of the GFWC Southeastern Region from 2006-2008, and

WHEREAS, Jean Burcher, faithfully served the mission of Operation Smile where she served as the Co-Founder and Assistant Director of the Peninsula Chapter, including traveling on many mission trips to various countries served by Operation Smile, and

WHEREAS, this convention assembled wishes to commemorate the life of Jean Burcher and celebrate her leadership and inspiration to her fellow clubwomen during her more than 55 years of loyal service to GFWC and her community and therefore;

BE IT RESOLVED, that GFWC Virginia adopt this memorial resolution in sincere appreciation of Jean Burcher, her service to GFWC at all levels and to the citizens of the Commonwealth of Virginia, and as an expression of both sadness for the loss of such a devoted member and with deepest sympathy to her family and friends;

BE IT FURTHER RESOLVED, that a copy of this resolution be sent to the family of Jean Burcher, that it be included in the minutes of the 2023 convention of GFWC Virginia, and that it be published in the state magazine, The Virginia Clubwoman.

*Nancy Vaderson,
Tidewater District President 2022-2024*

*Susie Mowry,
Tidewater District President 2014-2016*

District News

Alice Kyle District Gwen D. Hamlet, President

Elizabeth Blair Trent, Third Vice President / Director of Junior Clubs

Finally, as of June 21st, it will officially be Summer '23. Hopefully the weather has been suitable for you and your family. Many people have used this time to take early vacations. This President has not been one of those people.

This President of the Alice Kyle District would like to take this opportunity to thank all GFWC-Virginia members that attended the 2023 GFWC-Virginia State Convention in Lynchburg for joining us. It was definitely a pleasure and a real treat to be the Hostess District for this year's convention. The hotel was delightful, as always, and so very helpful and accommodating. The meals were wonderful and served with smiling faces, which was appreciated by all diners. We look forward to seeing all our Federation Friends again at Conference in August and in the Spring at the 2024 GFWC-Virginia Convention in Harrisonburg, VA on April 17-21, 2023.

This President was sure there would be a break from Club work after the Convention, after all isn't that when the Club year ends? Well, she has attended several local club functions and a 50th Anniversary Party for the Botetourt Woman's Club in Daleville, VA. Congratulations to this club for their wonderful success over the years. The reception was indeed first class.

Before we can blink an eye, the Summer Conference in Suffolk, Virginia will be here. This is an excellent opportunity for all club members to learn more about our state organization, make new friends and learn new ways to build your club to new heights and accomplishments. Please check your calendars for August 11-13, 2023, and complete the Call included with this newsletter and be at the 2023 GFWC-Virginia Summer Conference. You will not regret the time you spend with other clubwomen and will have a lot of fun just being there.



Blue Ridge District Carol Guilliams-Mills, President

Reporting is over!!!! This District President is amazed and pleased with the many projects the clubs undertook this year. Thank you, Ladies, for a job well done. This President does NOT envy the District and State Chairmen that are judging. It's going to a job as all of the projects were exceptional.

Our District Project is Animal Welfare. Clubs are asked to bring pet food, toys, treats and cleaning supplies to the District Meetings. The hostess clubs receive the supplies and donate to their area shelters.

Plans are being made for our Spring District Meeting on April 1st. (The date is on April Fool's Day, but it is no fool). Bent Mountain and Floyd County Women's Clubs are hostesses. They have planned a real English Tea. One of their members is from England and helped plan the menu. Teacups and saucers have been procured and every attendee will be able to take their teacup home as a memento of the meeting. One District Officer is in an a cappella group who will provide entertainment. The District Arts Contest will be held as well as several District Fundraisers. Members are looking forward to a different and lighthearted meeting and meal.

Lee District

Sally Cary, President

Jessica Thomas, Third Vice President / Director of Junior Clubs

This has been an exhilarating year, to say the least. So many events, places to go, meetings to attend and all around good times with the members of Lee District. Even though we lost a General Club and a Junior Club, we had a great year. We celebrated 100 years at Sandston Woman's Club! What an accomplishment, thank you ladies for your service to your community and others. Our Annual Meeting, held at Salisbury Country Club was fun and we celebrated the many activities of our clubs.

The annual GFWC Virginia Convention was the highlight of the year. Lee District was presented many awards for their unique and interesting projects. Our GFWC President, Bonnie Rosemond, did an excellent job presiding over all of our meetings. Our location at Lynchburg was super not only in service but with delicious meals.

Congratulations to the Lee District Clubs who were presented the following awards:

Arts and Culture- Best Single Project Large Club- Junior Woman's Club of Williamsburg

Communications and Public Relations – Large Club General – GFWC Ashcake Woman's Club

Environment – Best Single Project Small Club General– GFWC Worthington Woman's Club

Fundraising -Best Single Project Large Club Junior- Junior Federated Woman's Club of Chester

Health and Wellness – Best Overall Small Club- GFWC Kanawha Woman's Club;

Best Overall Large Club – Junior Federated Woman's Club of Chester

Leadership -Best Overall Small Club – GFWC Regency Woman's Club

Legislation -Best Single Project Small Club – General – GFWC Worthington Woman's Club

Best Single Project Large Club – Junior GFWC Louisa Junior Woman's Club

Best Overall Large Club – The Tri Club Woman's Club

Membership – Best Single Project- Junior- GFWC Powhatan Junior Woman's Club

Best Single Project Large Club -Junior-Junior Federated Woman's Club of Chester

GFWC Virginia Top Recruiters- Katherine Oros – Junior Federated Woman's Club (5 members)

Gold Star Recruiters – Rosa DiGiacomo -Henry Clay Woman's Club of GFWC

Katherine Oros – Junior Federated Woman's Club of Chester

Newsletters- Small Clubs- 1st place- Metropolitan Woman's Club of Richmond

3rd place – GFEC Kanawha Woman's Club

GFWC Signature Program – Domestic Awareness Violence

Best Single Project – Small Club- GFWC Regency Woman's Club

Best Single Project – Large Club- The Tri Club Woman's Club

State Project Education and Promotion of Virginia's Natural Resources

Best Overall – Small Club – GFWC Kanawha Woman's Club

GFWC Women's History and Resource Center

Best Overall Small Club- GFWC Kanawha Woman's Club

GFWC Affiliate Awards – Canine Companions -GFWC Worthington Woman's Club

Hugh O'Brien Youth Leadership (HOBY) – GFWC Goochland Woman's Club

Advocates for Children-Best Single Project – Small Juniors- GFWC Powhatan Junior Woman's Club

Corrine Murray Award – Large Club – Tie- Junior Federated Woman's Club of Chester

Congratulations to all winners. A complete listing is on the GFWC Virginia Website.

Have a great summer and get all those plans made for the upcoming year and stay safe.



Northern District

Joyce Jolly, President

Annual reporting results are in! The Northern District completed 1,088 projects, volunteered 55,936 hours, donated \$175,064 and made in-kind donations of \$86,566. Members raised \$156,647 through various fundraising activities.

In addition to individual club initiatives, clubs supported the GFWC Signature Program, “Domestic and Sexual Violence Awareness,” and the GFWC Juniors Special Program, “Advocates for Children.” They supported GFWC Virginia special projects, “Support for Military Families” and “Virginia Natural Resources and Education.” The district project “Care for Kids” raised \$6,265 in in-kind donations.

The range of activities is noteworthy. The Bel Air Woman’s Club sponsored a presentation by a Native American, the Loudoun Woman’s Club established a Muslim Association at a local high school, the Dominion Juniorette Club raised money to buy Christmas gifts for foster children and the Western Fairfax Woman’s Club gave donations to the flood victims in Eastern Kentucky and donated \$837 to “I Support the Girls” in Ukraine.

Clubs attracted new members with the Dominion Woman’s Club welcoming 14 new members since September and the Mary Ball Woman’s Club graduating from small to large club status.

Fundraising activities ranged from using a club parking lot for a flea market by the Arlington Woman’s Club to renting pink flamingos for your lawn by the McLean Woman’s Club.

These activities are just a sample of the projects and do not cover the entire scope of projects in which clubs were engaged. To say that their effort is remarkable is an understatement. It has been said, “...if you want something done, ask a woman.” That statement rings true in the GFWC Virginia Northern District.



Shenandoah District

Judy Gough, President

Ilia Desjardins, Third Vice President / Director of Junior Clubs

Shenandoah District has been busy this winter especially before Christmas selling ornaments. Staunton Juniors sold out and had to reorder and Covington also has very few. We are now getting ready for the Spring/Summer season (several of our clubs do not meet in January/February but do meet in July and August. Just Desserts is happening at the end of this month in Lexington – going to be lots of fun and an afternoon of desserts and wine/beer. Plans are underway for our Spring District Meeting in Staunton on March 4th thanks to the Staunton Juniors. Program and Project Awards will be handed out as well as a Federation Quiz regarding leadership. Did anyone know that Nelson County and Amherst Juniors were part of the Shenandoah District before they were moved to Alice Kyle. Reviewing the records at Headquarters is a wealth of knowledge, especially when you are getting ready to celebrate your 100th anniversary.



Southside District

Amy Riggs, President

Mary Katherine Steed **Third Vice President / Director of Junior Clubs**

Southside District is excited to be celebrating 100 years of club work in our district this year. We will be celebrating at our Spring District Meeting on March 11, 2023 at Oakland Christian Church in Suffolk. Each club will share some of their history and we look forward to Helen Hill sharing history of the district. At our meeting, we will also celebrate clubs who have been selected to win awards. It is an exciting time to be a club woman in Southside District!

Southwestern District
Eleanor Armes, President



Heather Dunn, Third Vice President/Director of Junior Clubs

Now is a busy time in Southwestern District! While reporting is mostly completed, members are already assessing community needs and are planning and implementing new projects. This officer is happy as reporting winds down, but not for the reasons you might think. There is nothing as exciting as opening those reports and reading them, to connect with their energy, marvel at the ingenuity, and feel the warmth and comfort that radiates from those projects! My hat is off to you, ladies!

As important as those projects are, don't forget about advocacy. Advocacy brings awareness to issues that need the attention of our national officials. Over the years, GFWC members have been able to change lives through their advocacy efforts. Women's suffrage, the disabilities act, highway safety legislation, and so much more are in place because of members' advocacy. Please consider becoming a member of GFWC's Legislative Action Center. There is so much information in the GFWC Manual's Legislative/Public Policy Advancement Plan. Signing up is easy.

Southwestern District is putting the finishing touches on our Spring District Meeting. Members of GFWC Grundy Woman's Club will host our meeting at Grundy Baptist Church on April 1, 2023. Our theme will be Celebrating Women.

Tidewater District
Nancy Vadersen, President

As the first year of this Administration comes to a close, Tidewater District GFWC Virginia clubs are celebrating their successful projects and events! Now, it is time to look ahead and plan for a new club year.

The District Executive Committee has already met to plan for the Summer Orientation for club presidents and District Chairmen and for the Fall District Meeting on September 30, in Hampton, VA. We are trying new formats for these meetings that will ensure that information gathered at the GFWC Conference and District meeting is shared with as many attendees as possible. Clubs in Tidewater District are always looking for new projects that address the needs of those in our communities.

This summer, this district president will begin sending a monthly email, *Tidewater Tidbits*, to all club presidents, district chairmen, and the District Executive Committee. This publication will include information on upcoming events, district meetings, and club fundraisers. Many club members have supported their sister clubs in the district by attending their fundraisers and events, and we want this to continue!

Tidewater District GFWC Virginia welcomed thirty-seven new members in 2022-2023, and we hope to continue this trend. Maureen Mike, District Second Vice President and Membership Chairman, is working on a new Tidewater District profile which we hope to have available in the fall. This is another way to get the word out in our communities that GFWC, GFWC Virginia, and Tidewater District GFWC Virginia are doing important work!

Jane May, Tidewater District GFWC Virginia First Vice President, has written a job description for District Chairmen. She also spread the word about GFWC Virginia LEADS, and we have a full complement of ladies attending!

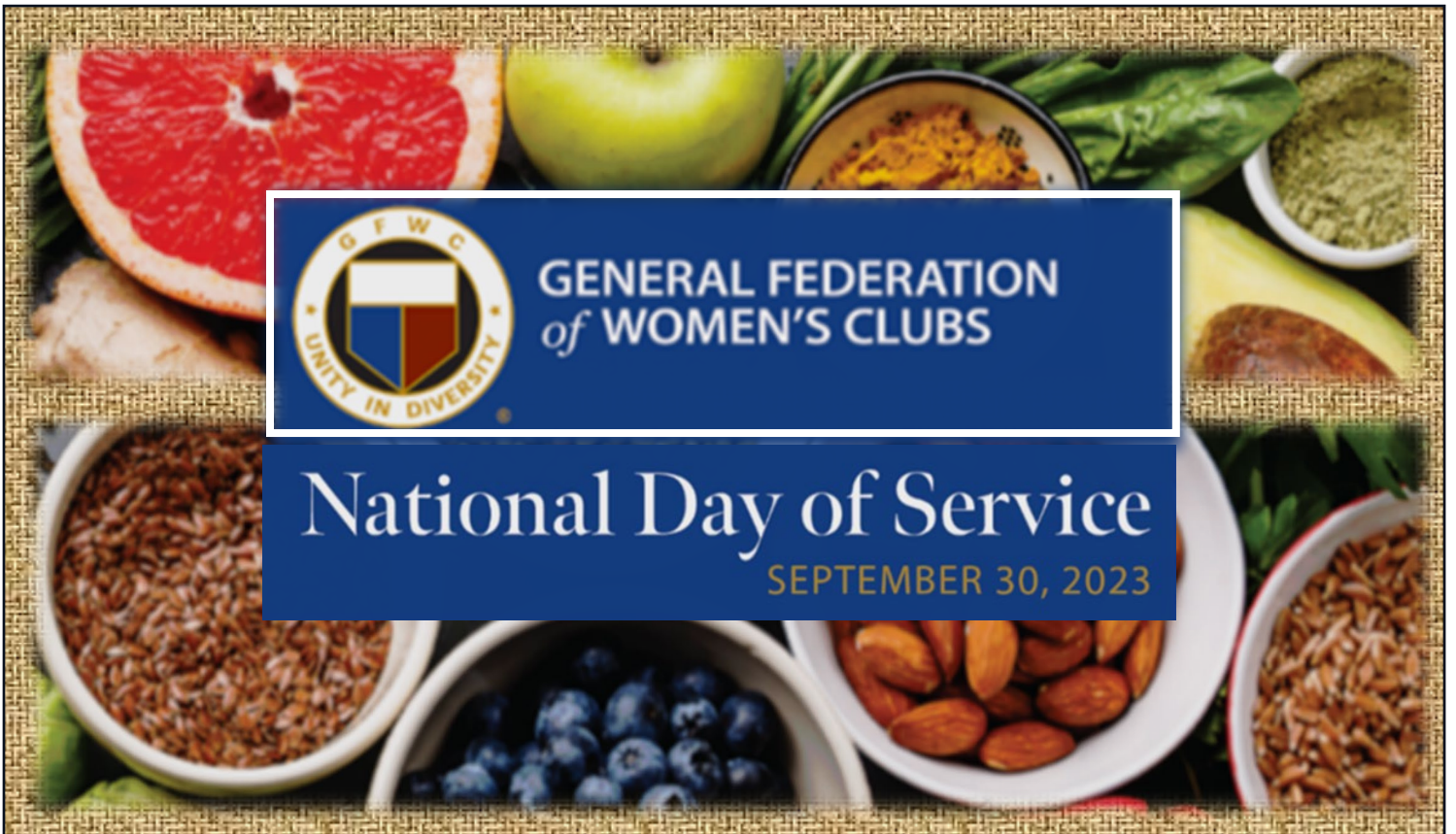
Thank you to the GFWC Virginia Clubwomen for donating over 2000 items for the CHKD Mental Health Hospital Prize Closet! The Administrator and the doctors were most appreciative of our efforts.

We look forward to attending the GFWC Virginia Conference in Suffolk and bringing back ideas for new projects for 2023-2024. Tidewater District clubs are truly "Sharing Because We Care" in all that we do!



DAILY BREAD DONATION

Mary Beth Williams, Daily Bread employee, Heather Craven, and Bonnie Rosemond. Photo taken during delivery of trail mix and cereal to the Daily Bread Food Bank during the 2023 Convention in Lynchburg.



Proposed Amendments

In accordance with ARTICLE IX-MEETINGS, Section 3. Conference, A.” the GFWC Virginia Bylaws Committee submits the following proposed amendments to be included in GFWC Virginia business conducted at the 2023 Conference.”

ARTICLE IV- JUNIOR MEMBERSHIP, Section 5. Junior Meetings currently reads:

“The Junior membership may hold a business meeting in conjunction with GFWC Virginia meetings. Those entitled to vote shall be the Junior members entitled to vote at GFWC Virginia Annual Convention. meetings. The quorum for GFWC Virginia Junior business meeting at the GFWC Virginia Annual Conventions shall be 50% of the Junior delegates registered and in attendance, including two GFWC Virginia Junior Officers, representing no fewer than four Districts.”

Rewrite entire section.

If adopted, **ARTICLE IV- JUNIOR MEMBERSHIP, Section 5. Junior Meetings** will read:

“The Junior membership may hold a meeting in conjunction with GFWC Virginia meetings. Those entitled to vote shall be the Junior members entitled to vote at GFWC Virginia meetings. The quorum for GFWC Virginia Junior business meetings shall be a majority of the Junior delegates registered and in attendance, at least two of whom shall be GFWC Virginia Junior Officers. No fewer than four districts shall be represented.”

Rationale: Clarification

ARTICLE V- DISTRICTS, Section 5, Nominations and Elections, A. currently reads:

A. “The District Nominating Committee shall consist of five members: one elected by the District Executive Committee to serve as Chairman, the Chairman of the Junior Nominating Committee , three members and an alternate elected at the District Annual Meeting in the first year of an administration. In the event a District does not have a Junior Nominating Committee, at least one member of the District nomination Committee shall be a Junior. Consent of a member shall have been given prior to nomination. Only one nominee from a club shall be eligible for nomination. No District Executive Committee member, GFWC Virginia Executive Board member or GFWC officer may serve on the District Nominating Committee. With the exception of Chairman, no member may serve more than two consecutive terms on the District Nominating Committee. Voting shall be by ballot. “

Rewrite entire section.

If adopted, **ARTICLE V- DISTRICTS, Section 5, Nominations and Elections, A.** will read:

“The District Nominating Committee shall consist of five members: one elected by the District Executive Committee to serve as Chairman, the Chairman of the Junior Nominating Committee , three members and an alternate elected at the District Annual Meeting in the first year of an administration. In the event a District does not have a Junior Nominating Committee, at least one member of the District Nominating Committee shall be a Junior appointed by the District Executive Committee. Consent of a member shall have been given prior to nomination. Only one nominee from a club shall be eligible for nomination. No District Executive Committee member, GFWC Virginia Executive Board member or GFWC officer may serve on the District Nominating Committee. With the exception of Chairman, no member may serve more than two consecutive terms on the District Nominating Committee. Election shall be by ballot. A majority shall elect.”

Rationale: Continuity

ARTICLE V- DISTRICTS, Section 5. Nominations and Elections, D. currently reads:

“District officers shall be elected at the District Annual Meeting in the second year of the administration. Following the report of the Nominating Committee, the floor shall be open for nominations.”

Insert third and fourth sentences: “Election shall be by ballot. A majority shall elect.”

If adopted, **ARTICLE V- DISTRICTS, Section 5. Nominations and Elections, D.** will read:

“District officers shall be elected at the District Annual Meeting in the second year of the administration. Following the report of the Nominating Committee, the floor shall be open for nominations. Election shall be by ballot. A majority shall elect.”

Rationale: Continuity

Editorial changes not effecting content will be made to assure language and format continuity and clarification consistent with these amendments.

CALL FOR THE ANNUAL SUMMER CONFERENCE

General Federation of Women's Clubs of Virginia
(GFWC Virginia)

August 11-13, 2023

Hilton Garden Inn, Suffolk, VA

CONFERENCE THEME: "Cornerstones Sparkle"

Club Presidents are requested to read the Call to the members and elected delegates according to the bylaws of the Federation, 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;
- 91-10 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 form included in this publication. Properly completed Registration Forms are to be mailed to the GFWC Virginia Credentials Chairman or Junior Chairman. Package registration fee is \$100 (this includes breakfast and lunch sessions for Saturday) for attendees and must be postmarked no later than **Wednesday July 19, 2023**. For registration postmarked after July 19, please add \$10 per attendee for a total registration fee of \$110. **Electronic registration with payment via PayPal is available.** Please see below for detailed instructions.

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. **Please bring this Call** with you so that you may follow the discussion on the Bylaws Revisions as proposed by the Bylaws Committee.

HOTEL INFORMATION

Hotel reservations may be made by individual call-in no later than **Tuesday, July 18, 2023**. 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 757-925-1300 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. [Available Rooms - Hilton Garden Inn Suffolk Riverfront](#) - use group code GFWC

Hilton Garden Inn
100 East Constance Road
Suffolk, VA 23434
757-925-1300

ANNUAL SUMMER CONFERENCE – Preliminary Agenda

August 11-13, 2023

Hilton Garden Inn, Suffolk VA

“Cornerstones Sparkle”

Friday – August 11, 2023 – Pre-Conference Meetings

- 1:00p.m. – 5:00p.m. Joint Executive Board Meeting
3:00p.m. – 6:00p.m. Registration Open
6:00p.m. – 9:00p.m. Cash Bar
6:30p.m. – 9:30p.m. Dinner and “Virginia’s Got Talent”
(open to all Conference attendee – separate registration from Conference Package)
9:30p.m. District Caucuses
9:30p.m. - until Junior Executive Board Meeting

Saturday – August 12, 2023

- 7:00a.m. – 12:00p.m. Registration Open
- 7:30a.m. – 8:45a.m. **Club Presidents Breakfast** – Speight Room
Club Presidents only please
(Breakfast included in package)
Grace
Speaker – Deb Strahanoski, GFWC President
- 7:30am. - 8:45a.m. **“Enlighten Listening Skills”** Activity Breakfast – Ballroom
For all other attendees not attending Club Presidents Breakfast
(Breakfast included in Package)
- 8:45a.m. Musical Prelude
- 9:00a.m. – 9:45a.m. **Opening Session**
Call to Order – Bonnie Rosemond, GFWC Virginia President
Pledge Allegiance to the Flag of the United States of America
Led by Celeste Corrigan, Civic Engagement and Outreach Chairman
Thought for the Day – Linda Beatty, GFWC Virginia Chaplain
Collect – Linda Beatty, GFWC Virginia Chaplain
Welcome – Hostess District – Southside - Amy Riggs, President,
Mary Katherine Steed, 3rd Vice President/Director of Junior Clubs
Introductions – Bonnie Rosemond, GFWC Virginia President
Greetings – Deb Strahanoski, GFWC President
Preliminary Credentials Report – Linda Holsclaw, Chairman
Recognition of First Time Attendees – Cynthia Baroody, Membership Chairman
Michelle Clary, Jr. Membership Chairman
- Reports of Officers
Report of Executive Secretary – Heather Craven
Reports of Chairmen
Budget and Finance – Kathryn Sowers, Chairman
Bylaws – Hope Royer, Chairman
GFWC Virginia Emblem Redesign
Endowment – Gloria Worrell, Chairman
Scholarship – Marlene Wine, Chairman
Strategic Planning – Kelly Lane, Chairman
Nominations – Lori Rocker, Chairman
- 9:45a.m. - 10:15a.m. **“Time to Enlighten”**
Leadership Activity
Susie Mowry & Joanne Dixon, Leadership Chairmen
Protocol, Hope Royer, Chairman

- 10:25a.m. – 12:20p.m. **“Cornerstone Marketplace” & Hands on Project**
 Network with the Chairmen of our Community Service Programs
 and Advancement Plans.
 Hands on Project, Operation Smile
- 12:30p.m.-1:45p.m. **“Sparkle and Shine”**
 Grace – Linda Beatty, Chaplain
 Lunch (included in Package)
 Cornerstone Membership
 Cynthia Baroody, Membership Chairman
 Michelle Clary, Junior Membership Chairman
 GFWC Jennie Award Presentation, Susie Mowry, Leadership Chairman
- 2:00p.m. – 2:30p.m. Guest Speaker – Deb Strahanoski, GFWC President
- 2:30p.m. – 3:45p.m. Nansemond River Preservation Alliance Presentation
 State Project Workshop, Watershed Explorer Learning Boxes
 National Day of Service
 Alzheimer’s Association
- 3:45p.m. – 4:30p.m. **GFWC Affiliates Enlightened**
 Hope For Justice
 St. Jude Children Research Hospital
 Canine Companions For Independence
- 4:30pm. – 5:00p.m. **Closing Session**
 Reporting Update – Susie Mowry, Chairman
 Awards Received at 2023 GFWC Convention – Bonnie Rosemond
 Final Credentials Report – Linda Holsclaw, Chairman
 Invitation to State Fair – Linda Holsclaw, Chairman
 HOBY Virginia update, Carol Outten, Coordinator
 Invitation to 2024 GFWC Virginia Annual Convention
 Joyce Jolly, Northern District President
 Announcements & Door Prizes
 Junior Collect – Michelle Clary, GFWC Junior Woman’s of Hopewell
 Collect – Patti Bickel, GFWC Kanawha Woman’s Club
- 5:00p.m. **Adjournment**
- Post–Conference** **All Attendees are welcome to stay for dinner,
 especially those staying for GFWC Virginia LEADS
 – GFWC President Strahanoski will be in attendance
 – separate registration from Conference Package**
- 6:00p.m.- 7:30p.m. Cash Bar
 6:30p.m.- 8:00p.m. “Cookout on the Veranda”

Sunday – August 13, 2023

- 7:00a.m. -8:30a.m. Sunday Breakfast Buffet (All Attendees Welcome)
 – separate registration from Conference Package
- 8:30a.m.-4:00p.m. GFWC Virginia LEADS – separate selection and registration

Conference Menu

Saturday Breakfast Buffet

(included in package)

Scrambled Eggs with Cheese
Virginia Cured Bacon & Sausage Links
Home Fried Potatoes
Country Spiced Apples
Buttermilk Pancakes with Hot Maple Syrup
Assorted Muffins & Breakfast Breads
Assorted Fresh Juices
Freshly Brewed Coffee & Herbal Teas

Friday Dinner

Virginia's Got Talent Show

(optional – additional charge above package – open to all attendees) \$36

Asian Stir Fry Buffet

Stir Fry Chicken & Beef
Stir Fry Vegetables
Rice and Stir Fry Noodles
Egg Roll

Regular and decaf coffee, hot teas

Saturday Dinner

Cookout on the Veranda

(optional – additional charge above package – open to all attendees) \$32

Beer Brats
BBQ Chicken
Tossed Garden Salad
Pasta Salad
Homestyle Baked Beans
Fresh Baked Sweet Corn Bread

Regular and decaf coffee,
hot teas and iced tea
Cookies

Saturday Lunch

(included in package)

Tomato Bisque Soup
Pasta Salad
Fruit Cup
Choice of:
Oven Roasted Turkey & Provolone in a Spinach Wrap
OR
Virginia Honey Cured Ham and Swiss on a Croissant
(please note selection on your registration form)
Coffee, Hot Tea, Iced Tea & Cookie

Sunday Breakfast Buffet

(optional – additional charge above package – open to all attendees) \$25

Scrambled Eggs
Sausage Links
Hickory Smoked Bacon
Hash Brown Potatoes
Cheese Grits
Biscuits
Southern Style Sausage Gravy
Sliced Fresh Seasonal Fruit
Assorted Muffins & Breakfast Breads
Assorted Fresh Juices
Freshly Brewed Coffee & Herbal Teas

Instructions for making electronic payment for Conference:

Using your PayPal account, follow these steps:

- Send & request money, Pay for goods & service, Enter headquarters@gfwcvirginia.org, Click next, Enter amount, Click continue, Click send money now
- Save the registration form to your computer and complete all the necessary information.
- Save the updated file and then email your registration form to:
- headquarters@gfwcvirginia.org AND Generals - credentials@gfwcvirginia.org

[Juniors & Juniors: credentialsjr@gfwcvirginia.org](mailto:credentialsjr@gfwcvirginia.org)

REGISTRATION & MEAL RESERVATIONS FOR GFWC VIRGINIA CONFERENCE 2023

1. This form must be **postmarked by July 19 (Wednesday)**. After July 19 **LATE registration fee will be an additional \$10.00** (total package price of \$110)
2. Requests for meal refunds must be made by July 31st in order to be considered. **Registration fees of \$45 in the package are non-refundable.**
3. Please **PRINT** or **TYPE** all information and duplicate this form if more than six (6) members are to be registered.
4. List highest **CURRENT** position (GFWC, state, district or club) held by each person registered.
5. Check appropriate meal boxes for each member registered; after reviewing menus please explain any dietary restrictions for specific members.
6. Be sure to check appropriate box for members attending their **FIRST** state meeting as “*first time attendee*.”
7. Make **ALL** checks payable to **GFWC Virginia**. Generals send checks/forms to Linda Holsclaw; Juniors send checks/forms to Tara Widener

NAME of MEMBER	CURRENT POSITION	Delegate or Visitor	Friday Dinner (optional) \$36	Conference Package (Sat breakfast & lunch) \$100.00	Sat Lunch – please note choice of: Turkey or Ham	Saturday Dinner (optional) \$32	Sunday Breakfast (optional) \$25	Yearbook Supplement \$5.00	First Time Attendee?
TOTALS:			#	#	#	#	#	#	#
Amt. of Check:			\$	\$	\$	\$	\$	\$	\$
Amt. of PayPal:									

Club Name: _____ District: _____ Check One: General Junior Juniorette

Form Submitted by: _____ Phone Number: _____

Address: _____

Email: _____
 General Clubs Mail To: Linda Holsclaw
 10202 Delray Court
 Glen Allen, VA 23060
 Phone: 804/305-1333
 e-mail: credentials@gfwevirginia.org
 Junior Clubs Mail To: Tara Widener
 87 Neff Drive
 Stuarts Draft, VA 24477
 Phone: 540-290-5923
 e-mail: credentialsjr@gfwevirginia.org

SPECIAL DIET ~ Please indicate any special food needs for member(s): NAME: _____

FOOD ALLERGIES: _____ VEGETARIAN MEAL: _____ DIABETIC: _____



Nearly 80,000 members strong, the General Federation of Women's Clubs is united in its dedication to volunteer community service.

While diverse in age, interests, and experiences, all clubwomen are united by a desire to create positive change in their communities.

General Federation of Woman's Clubs of Virginia
P. O. Box 8750, Richmond, VA 23226
Phone (804) 288-3724
E-mail gfwcvirginia@verizon.net
Website www.gfwcvirginia.org

Address Service Requested

JUNE 2023

IN THIS ISSUE

Officers' Messages.....2-7
Chairmen's Messages.....7-14
District News.....16-19
Proposed Amendments.....21
Conference Info.21-26



THE VIRGINIA CLUBWOMAN 2023-2024 SUBSCRIPTION FORM

Please make copies and distribute to club members.

Cost is **\$15** for a 1-year subscription.

NAME _____

First Name Only – No Prefix

Last Name

Address _____

Club _____ District _____

Phone _____ Email _____

Attach your check made payable to "GFWC Virginia" for **\$15** for each 1-year subscription. You may attach a list. Return your check and form to: GFWC Virginia Headquarters, P.O. Box 8750, Richmond, VA 23226