

The Virginia Clubwoman



March 2023





Bonnie Rosemond
GFWC Virginia President
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The President’s Message- “Inspiration”

The little white clouds are racing over the sky,
And the fields are strewn with the gold of the flower of March,
The daffodil breaks under foot and the tasselled larch
Sways and swings as the thrush goes hurrying by.
Magdalen Walks- Oscar Wilde

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The Virginia Clubwoman

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This is a time when this officer is awed and inspired as she is reading GFWC Virginia Club reports. She is seeing where you are in touch with the cornerstones of our great organization. She found an interesting definition of the word Cornerstone. The cornerstone of something is the basic part of it on which its existence, success or truth depends. This is evident in the character of our clubs’ existence as they are successful in many worthwhile CSP and Advancement Area projects which also includes their growth in membership and leadership.

As we look forward to our warmer spring days, Denise and I are hoping you are also looking forward to attending the 115th GFWC Virginia Convention, at the beautiful historic Virginian Hotel, Curio Collection by Hilton in downtown Lynchburg. When you look over the Convention Call in this issue you will find that lots of plans have been made for hopefully a convention to remember. Activities, speakers, awards, business and great food is plentiful, all accompanied by warm fellowship. Activities include pottery sessions at the Academy Center of the Arts, “Step in Time “Venture Walks, and a GFWC Virginia State Project service project building Blue Bird houses. Saturday morning, we hope you enjoy listening to Shana Canada a Recreation Therapist, Personal Trainer, and Life Coach, whereas you will feel totally inspired. Saturday afternoon we will learn interesting information about the Virginia Forestry Educational Foundation from Board Member, Shannon McCabe. Friday evening, we hope you will enjoy the lavish Gatsby “Cornerstone in Time “Alice Kyle Banquet as we will be entertained by the University of Lynchburg String Quartet “Calabrone”, honor our GFWC Virginia Past Presidents and hear from our GFWC Secretary, Mary Beth Williams. Saturday evening at the “Leading Others to Sparkle” Marjorie Branch Banquet paying tribute to GFWC Virginia Past Directors of Junior Clubs wearing your comfortable Demin and Diamonds can retire to Junior Fun Night-BINGO. All through-out convention sessions, Susie Mowry, GFWC Virginia 1st Vice President/ President elect and Joanne Dixon, GFWC Virginia Assistant Director of Junior Clubs will be facilitating award presentations and you will hear reports from standing committees, state officers and those fun entertaining reports from our District Presidents and District Junior Directors. Exhibitors and our GFWC Virginia Market will be on hand for your fun shopping, along with our Dogwood Society and GFWC Virginia State Project-Virginia’s Natural Resources Education.

During our Friday Opening Session is when our GFWC Virginia Memorial Service will be held, taking time to remember the passing of club members between conventions 2022-2023. Please forward information of deceased club member to Linda Beatty, GFWC Virginia Chaplain by April 10, 2023.

Also let’s make sure to check out our GFWC Virginia Arts and Crafts show during convention. Hopefully there will be lots of entries from all part of our great state. Please don’t forget that added to the Arts and Craft show is the Education of Virginia’s Natural Resources -Student Photography and Member Watercolor Contest where first place winners will receive a monetary award.



Thank you in advance to our Alice Kyle District under the direction of District President, Gwen Hamlet and Convention Chairman, Yolan Williams for hosting our 115th Annual GFWC Virginia as we transmit the convention theme- “Cornerstone Compassing Inspiration”

Please mark your calendar for the 2023 GFWC Convention at the Louisville Marriott Downtown Hotel, Louisville, KY, June 10-12, 2023. Registration is now open. Go to the GFWC website for details. Let’s have a great attendance representing Virginia! How many chances will we ever have to experience the thrill of a race day at Churchill Downs and much more!

And all the woods are alive with the murmur and sound of spring,
And the rose-bud breaks into pink on the climbing briar
And the crocus-bed is a quivering moon fire
Girdled round with the belt of an amethyst ring.
Magdalen Walks- Oscar Wilde

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A minimum of 6 issues are published during the administration.

Deadlines for submission for future issues:

June 2, 2023 for July issue

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GFWC Virginia Juniors have certainly been Leading the Way during this administration. I have had the pleasure of reading all the reports from the districts. The Junior’s hard work and commitment to their communities, have been nothing short of amazing! I am looking forward to Convention, to celebrate their accomplishments. I hope everyone will join us, at the “Leading others to Sparkle” Marjorie Branch Banquet. It will be a time to relax and wear jeans and all your sparkles! We will celebrate leadership, award accomplishments, and fellowship during our time together. Don’t forget to join the Juniors, for a fun night of Purse BINGO directly after the banquet. We look forward to seeing you there.

As we support Advocates for Children during Convention, we will head “East” to support the Tidewater and Southside Districts in collection of items to support the children in their communities. Please be on the lookout for items to be collected at Convention.

The GFWC Juniors Executive Board have been very busy since we last met at conference. A new Junior fundraiser will be launched in the very near future, District Junior Roundtable discussions are being planned, and position descriptions of all the leadership roles within the Junior membership are almost complete. I am truly honored to serve with a great group of ladies. See everyone at Convention!



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Joanne Dixon
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The reports are done and sent to the next level. We don't know about you, but we are sure clubs are amazed by the work that was done during the past year. Look at your clubs and see who stepped up during reporting and showed real leadership. Did you have one person volunteer to write the reports? Did you have a group willing to set up computers and work as a team? Who in your club showed leadership? Hopefully we all know by now that leadership is not just running a meeting. Leadership is stepping up when the club needs you and taking charge of a task. Recognize that person or persons and do what you can to cultivate that leadership potential.

How many of you have registered with GFWC.org and have access to the Member Portal? If you have not, we would highly recommend that you do so. The amount of information available to you is extraordinary. As leaders of your club and/or district, the information can be invaluable. The Leadership Toolkit is continually being updated, with new and important tools for you to use to finetune your own leadership skills or to develop new leaders. Check regularly since new and innovative ideas are being added all the time.

Leadership is a skill, and a skill that can be learned. However, there are certain core values that all leaders must possess:

- Humility.
- Passion and commitment.
- Respect.
- Patience.
- Resilience.
- Honesty and transparency.
- Accountability.
- Integrity.

Look at yourself and see how you are doing with these core values. Share the importance of these values with others. Help each other to grow and hold each other accountable. Your club, your district and the state need the best leaders possible to continue to make your communities the best place to live, to work and to play. And you ladies certainly have made, and will continue to make, all the difference in the world.

Congratulations to Amy Riggs, Southside District President, who was chosen to be the GFWC Virginia representative to LEADS at the GFWC Convention in Louisville, KY.

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Greetings fellow GFWC Virginia Clubwomen and welcome to the beginning of a new year!

While we haven't had the opportunity to read all your membership reports at this time, we hope you all have had a fun and productive reporting season and are now ready to tackle some new ideas and events.

This past year we have lost clubs in almost every district. Many clubs have disbanded not only due to illness or age but also from the lack of adding new members. There are many ways to keep clubs going: survey members to develop new projects and revitalize old projects with a new twist, offer optional social time and activities, practice inclusion by inviting all members to work on projects, establish a mentoring program and appoint coaches or co-chairs to assist incoming leaders, change the time of the meetings to accommodate more members, have virtual meetings instead of in person, these are just a few ways to remain viable. Some ways to attract new members are to educate your communities about the **benefits of belonging to GFWC**, share the many volunteer opportunities and promote the assistance your club gives to the community. **Step up, be seen, be heard**, and share the work of GFWC volunteers. Members have many ways of promoting the work of their clubs: digital, printed materials, radio and television can all be used. Reach out and attend social, city and community meetings and events. Participate in community functions and promote your GFWC club by wearing some form of GFWC branding such as a club shirt or pin. Remember to post pictures on social media with the hashtag **#IamGFWC**. Develop a reputation as the club to go to when a community need is identified. Remember that to retain an existing club you don't need a specific number of members; you may continue a club with only one or two, but to create a new club, you are required to have eight members.

Even though we have lost clubs, we are encouraged by the number of new membership coupons we have received – every district has added new members! As we continue to add new members, please remember that you can find the membership coupon for this administration in your club handbook or by asking your district second vice presidents. The membership coupon is also available online via the GFWC Virginia website under Membership which makes this task simple and easy to complete. Be sure to send in your coupons by March 31st so that we can welcome new members and recognize our top recruiters from every district at Convention.

We look forward to seeing you at GFWC Virginia Convention where we will showcase the current progress of our Mobile GFWC Virginia Headquarters building. We had a few loose blocks (Lost Club Members) come from the building, but we are glad that we are still making progress in adding to our walls with new blocks (New Club Members). Remember we do not want to discard those loose bricks, so we need to try to recycle them. Invite those Lost Club Members to join a sister club, where they can put their good works and talent to good use!!

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Can it be? Are we really inching closer to the end of the first year of this administration? It's times like these that we're reminded of the advice all new officers receive – no matter if they're club-level or beyond: The first year doesn't count; it isn't until your second year that you learn what it's *really* all about.

Every time you step into a new position, there are always unspoken rules you stumble across within that first year. If you're on the same schedule as GFWC Virginia, we hope you've allowed yourselves a little room for growth. Regardless, we've got another year to make up for any missteps we've taken. And with the GFWC Virginia Annual Convention just a short time away, there's no time to be sentimental about life moving too fast. So, let's get moving with it!

While providing you with the "best practices" of minute-taking is probably *best*, we'd be remiss if we didn't acknowledge that what's *best* isn't always what's *realistic*. I'm sure tons of our clubs have those handy, dandy triplicate motion forms just waiting in the wings for one of you to make a motion during a club meeting, right? But what happens when "best

practices" aren't really the norm for you and your club? Let's talk about it!

What if you don't receive a written report? Providing a very brief description of an oral report is completely acceptable in your minutes. For instance, *Amy Smith, Arts Chairman, gave a presentation on the youth arts contest*. In incidents where a chairman is a stickler on wording or argues for more of her oral report to be included, make sure she's aware a written report would be filed along with the minutes as an attachment and would include her every word.

What if you don't have or receive a motion form? First off, you can certainly create your own. Whether your members use it is a completely different story. However, let's say it's just not an option for your group. Now what? How big of an issue this is really depends on you and your leadership team. Think in terms of who would typically receive copies of a triplicate form – the president, the parliamentarian, and you as secretary. All parties should be writing the motion down if they do not receive a copy. Remember, it's your president and parliamentarian who should review your minutes. For that reason, they're just as responsible for making any notes necessary to refresh their memory when that time comes. Hopefully, your president will repeat the motion before calling for the vote. However, if not, feel free to ask for a repeat of the motion or to recite it yourself for confirmation that you got it verbatim from the motion-maker. Just be sure you're respectful of your president in doing so.

No matter what you face, a little kindness and respect – even if it isn't always deserved – can go a long way for any officer. So, as we head into our second year of this administration (or if you're only just beginning your term), let's remember to make kindness our chief "best practice."

Continued

Questions? Reach out anytime. We've loved hearing from those who've contacted us over the past year. Enjoy your spring district meetings and we look forward to seeing you in Lynchburg! Let the countdown to Convention begin!

Lynne Wherry
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Lynn Chapman
GFWC Virginia Secretary/Treasurer
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The first year of our administration is flying by! The dues and contributions have been received and were looking ahead to the Convention in April.

Did you know that April 15th is the deadline for supplemental dues to be submitted for any member who has joined after the initial deadline date of January 25th? You can find the Supplemental Dues Form on our GFWC Virginia website.

<https://gfwcvirginia.org/reporting%2C-dues%2C-%26-awards>

Does your club or district have a process in place to ensure that their bank records match? Do you require that prior to a member being reimbursed, there is documentation to verify that the expenditure was club related and is eligible for reimbursement? If not, it is highly recommended that you put one in place. The money in the treasury is to be used for club-sanctioned events. Your members work hard fundraising to support club projects, and as treasurer, we are responsible for being good stewards of these funds.

Do you provide copies of the Treasurer's Reports to your members? It is important to be transparent with your members, the monies belong to the club or district, and they deserve to see how the money is being dispersed and ask questions if something catches their eye.

Please know that we are available anytime to answer questions or help you through a situation, either in your district or individual clubs. Reviewing your by-laws and/or standing rules could answer many of your questions.

We are your resource; please ask!

Sarah Entsminger, Parliamentarian
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Our organizations are considered to be deliberative assemblies. The two most important characteristics are: (a) It is a group of people, having or assuming freedom to act in concert, meeting to determine, in full and free discussion, courses of action to be taken in the name of the entire group, and (b) In any decision made, the opinion of each member present has equal weight as expressed by vote – through which the voting member joins in assuming direct personal responsibility for the decision (*Robert's Rules of Order Newly Revised*). Deliberative assemblies adopt parliamentary authorities to provide for the fair protection of the rights of all members.

So, what does this actually mean in terms of our meetings? It means that decisions are to be made by the membership, in accordance with basic parliamentary rules - the entire membership present at meetings. Some may consider it simpler or easier to allow smaller groups like executive boards or executive committees to make the decisions for the organization that are to be carried out by the membership, but that is firmly against the idea of a deliberative assembly. Executive boards and committees are intended to handle emergencies that arise between meetings, not hold the equivalent of a membership meeting outside of the regular membership to make decisions.

Our organizations are community service organizations who share the same purpose of trying to improve the quality of life for everyone in our communities. The nature of the work itself leads to the necessity of making decisions as an organization, rather than a smaller subset of members. It also helps members feel more invested in the work and the organization when they are allowed to make the decisions together in meetings. There are many resources available to help organizations make and implement decisions, starting with *Robert's Rules of Order Newly Revised, In Brief* and informational articles on GFWC's website.

Dale Fisher
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Happy Spring! March 20th marks the Spring equinox, the first day of Spring, and with it, nature awakens.

Many birds, including the cardinal, begin nesting. Houses for bluebirds should be ready with predator guards installed. You can begin monitoring houses by the middle of the month.

Almond, Pussy Willow, Cherry, Redbud, Crocus, Jack in the Pulpit, Larkspur, Buttercups, and Virginia Bluebells flaunt their colors. Spring Peepers and Wood frogs signal spring with their chorus as they emerge from winter hibernation. Mason Bees emerge in spring.

It was wonderful to receive State Project-specific reports. They reflected that clubs are working with local wildlife rescue leagues, elementary schools, and nature centers to educate our members and children on Virginia's natural resources. Clubs took hikes to explore and enjoy the great outdoors, monitored the Virginia oyster population and water quality, supported Elk Fest, and participated in pollinator programs.

The GFWC Virginia Annual Convention will offer several opportunities in which you can support our project. Visit the Arts and Crafts Contest exhibit and view entries focused on Virginia's natural resources. Let's grow our "Federation Forest", a copse of magical and mysterious giving trees. Purchases of dogwood blossoms and leaves (raffle tickets) will benefit our project coffers. And you'll have three chances of winning "bloomin'" prizes. Additionally, please consider joining us during Convention on Saturday afternoon as we construct bluebird houses. Thanks to the students at a local high school, the wood pieces will be prepared, we just need to put the houses together. After completion, each district will be given several bluebird houses to erect as they so choose, maybe at a library, school, or park. Each birdhouse will be identified as having been erected by GFWC Virginia. We are also excited to introduce a State Project pin. A limited number will be available for purchase at \$5.

We are looking forward to welcoming Shannon McCabe, a member of the Board of Directors of the Virginia Forestry Educational Foundation, one of our project beneficiaries. Please refer to her bio later in this publication.

Thanks again to those members who supported our Flower Power campaigns and to clubs for generous donations via the Dues and Contributions Form. GFWC Virginia is helping bring awareness to the beauty around us.

"In all things of nature, there is something of the marvelous." ~ Aristotle



Susie Mowry
GFWC Virginia Reporting Chairman
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The club reports are done and submitted to the appropriate places. The district reports will be sent to the state shortly and I do not envy any chair who must pare it down to just ten top projects. The work done in this state is exemplary and the narratives and statistics certainly are evidence of that.

I would like to thank all who attended the Reporting Workshops on Zoom. It was a pleasure to work with you and hopefully provide the information you needed to accomplish the sometime arduous task of report writing. If you have any suggestions on how to make the reporting process easier to understand, please do not hesitate to contact me.

Now that the reports are done please do not just let them sit on the computer or in a folder. You need to recognize that:

- Reporting is a valuable tool for your Club.
- Reports can be used for training Club leaders.
- Report statistics can be perfect for your 'elevator speeches.'
- Reports are a wonderful way to make all members aware what the Club has been doing.
- What better way is there to brag on the work that your members have been, and will continue to be, doing.

Thank you to all the clubs that took time to do the reports. Your state officers and the officers of GFWC are grateful to know about and acknowledge the great work that GFWC Virginia has done over the past year.

Amber Holdren
GFWC Signature Program
Domestic & Sexual Violence Awareness & Prevention
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This issue of the Virginia Clubwoman under GFWC Signature Project - Domestic & Sexual Violence Awareness & Prevention we will be focusing on Child Abuse.

April is national child abuse prevention month. What kind of services and support does your club have planned to help prevent child abuse? Our clubs can provide support for child abuse prevention and guiding grownups through steps focused on positive parenting and educating children about safe and unsafe situations. So, what can we do? Teach our club members how to recognize abuse and then how to report it. Volunteer our time with other agencies in our community to provide the needed services. Examine our very own behaviors as parents and grandparents. Be nurturing by showing how words and actions can settle conflict without hitting and yelling. Work with an after-school activities program, a parenting class or even provide respite care to give a new mother a much-needed nap. Child abuse awareness is represented by the color blue. Promotional blue products or favors are readily available, like the blue pinwheels, lapel pins or buttons, and informational flyers. Even better, create your own but whatever you do, do something to stop child abuse in America. Choose a theme, set up a display or organize an educational event. By planning effective and newsworthy activities, GFWC clubs can help promote healthy parenting practices, child safety skills, and protocols for reporting suspected maltreatment.

Also, April is Sexual Assault Awareness Month. If your club is looking for ways to raise awareness for about sexual assault month, please check out the materials available at <https://www.nsvrc.org/saam>. The 2023 theme is "Drawing Connections: Prevention Demands Equity." According to the National Sexual Violence Resource Center, this year's campaign "calls on all individuals, communities, organizations, and institutions to change ourselves and the systems surrounding us to build racial equity and respect. "

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In the winter issue of the Clubwoman, the Juniors' Special Program: Advocates for Children article featured a focus on cyber awareness. At a time when technology is in every facet of society, it is extremely important to understand the impact of technology on public health, particularly children and young adults.

Let's face it – most of us have a smartphone and have fallen into the rabbit hole of scrolling mindlessly on Facebook, Instagram, or TikTok. We may think of it as a way to unwind or keep in touch with friends, but excessive use of your smartphone can impact your wellbeing. The University of Nevada, Reno posted an article about the [impact of smartphones on mental health](#). While the benefits of technology have allowed families to stay in touch across the miles or even allowed children to learn remotely, there are some consequences.

Did you know?

- American teens and parents think that too much screen time and device usage is a problem. The Pew Research Center reports that nearly 55% of U.S. teens admit they're addicted to their smartphones, and two-thirds of parents are worried.
- A Common Sense Media report on media use by teens and tweens says that teens spend more than seven hours on their phones each day, while tweens average almost five hours.
- An unhealthy correlation exists between digital screens and sleep for teens; about one-third sleep with their devices, according to Common Sense Media.
- U.S. adolescents who spend over three hours a day on social media are potentially at higher risk for mental health problems, including internalizing problems, according to a JAMA Psychiatry study.

- Excessive smartphone and social media use can raise “mental distress, self-injurious behavior and suicidality among youth”; the effect is higher among girls, according to research published in the Canadian Medical Association Journal.
- Smartphone addicted individuals often experience increased loneliness. This can have serious mental and physical health implications, such as low sleep quality and reduced immune system function.



So, what can you and your club do? Take some time to read up on these issues. Children, especially girls, are put under so much pressure and the constant influx of overly edited or filtered images can cause them to question their worth or develop body dysmorphia. An actionable example is, as a club, you can see if any organizations in your community work to empower young girls and to help build self-confidence. Cyberbullying is another prevalent issue that can impact children mentally, physically, and emotionally and in extreme cases have led to suicide. Many times, children impacted by cyberbullying can suffer in silence. Find a way to advocate for those children and be a safe space for them to talk. If you have children, be sure to talk to them about cyberbullying – both what to do if they are the target and even the perpetrator.

We cannot also forget the role we play in this. How do we allow our children to utilize their phones? Do we know what they are doing online? We must also set an example for what healthy screen time is. Children need time with you, they need interaction, and most of all, they rely on you to be a positive role model.

Pat Jeffress
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Take advantage of the upcoming Spring Weather. Arts and Culture Chairs why not create a path to your community’s gems? Plan a group “walk-about” to the most historic spaces and places in your community, take pictures, and then finish the walk with lunch. Post your pictures on your club website to show all of the club members who couldn’t participate in the walk. OR each month in your club newsletter, post a picture, and description of one of the sites that you visited. Remember to include yourselves in the pictures.

Not interested in historical spaces? Visit the community’s local Farmer’s Markets, again, take pictures of found foods, crafts, and local artisans. Share what you found with club members. Make it interesting by including yourselves in the pictures.

Near a Virginia park or a Nature trail? Plan and photograph the particularly interesting trees, vegetation and, wildlife along your walk, map it, share it with club members, a school classroom, or friends and neighbors. Then coordinate your trip report so that you may connect with the GFWC Virginia State Project.

The goal of these outings is to create projects and opportunities, to showcase Art and Culture. They are designed “to inspire clubwomen and ignite within them a desire to make the world a more beautiful, thoughtful, and caring place”.

“GFWC encourages clubs to take an active role in creating and enhancing their community by partnering with the local City Hall and Chamber of Commerce to create a digital or printed brochure indicating where visitors and families may go to experience the Art and Culture of their community. **Highlight trails** for walking, jogging, and bikes; concerts; **historical buildings and architecture**; companies that founded their area; stores that sell local artist wares; **Farmer’s Market days** and location; dog parks; library; City Hall; clubhouses; theatres and movie houses...let your ideas flow and don’t forget to brand your brochure with your club’s name, location, email address, and meeting dates. Let your brochure show that your town does indeed welcome both residents and visitors to ***Dream Big, Sparkle More, and Shine Bright.***”



Marilyn Banes
GFWC Virginia Education and Libraries Chairman
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In the context of Education and Libraries, what could be more important than children. We want adults to encourage children to read but how do they know what to recommend? In 2021, the Association for Library Service for Children (ALSC) established a website called *Book and Media Awards Shelf*. With nearly 2000 books appropriate for ages birth to 14, selections for awards such as the Caldecott and Newbery Medals come from this database. This website also features books selected for other awards and includes recordings, apps, and websites that are determined to be beneficial for children. Searches can be done by award winners, author, format, genre, age range, and award year.

This chairman is very happy to feature a club project that requires a major initial commitment and dedication to support the endeavor into the future. The Dolly Parton Imagination Library encourages a child’s interest in reading, as early as possible, by delivering a personalized book to children every month from enrollment to their 5th birthday. However, the program requires a community partner to pay the wholesale cost of books and mailing, promote the program, and sign up children to participate.

The Junior Federated Woman’s Club of Chester (JFWCC) were approved as a Community Partner for the children in Chesterfield County zip code area 23234. The Juniors reached their fundraising goal to support the first round of books and opened enrollment in early January 2023. With 25 registered students within the first month, they anticipate reaching their goal to enroll at least 300 students before year’s end. The club is actively partnering with specific schools in the area and marketing to future students most in need. They are excited to see the impact this program will have in their community, as they join the other 45+ Virginia Counties offering this program. Congratulations JFWCC!

Epsilon Sigma Omicron—ESO
Wanda Alvis, GFWC Virginia Chairman
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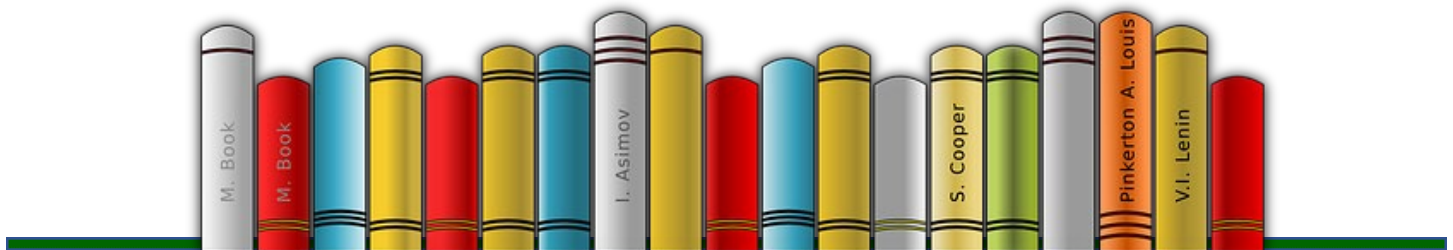
Hello ESO Ladies and anyone interested in being an ESO Lady. January and February are usually good reading months for me. I hope that has been true for you and you have completed many books for ESO. Be sure to send me a brief report on any books you have read in 2023. As a favor, please include the category of the book. If I have not read that book, it is sometimes to determine that category. Also, if you have completed the number of books required to move to another level, send me a list of categories and the book titles/authors that you read.

We have had six pledges to become members in 2022. Congratulations, Ladies! The next level is Star, so keep up the reading.

There is a group on Facebook titled Friends and Fiction. The members post books they have read. They will ask for suggestions of books in different categories and I make sure to write down a book that draws my attention in the comment. If you are interested, just check it out and tap on join.

If you have not attended one of our Virginia Book Club zoom meetings and would like to be a part of the meeting. Let me know so I can be sure you receive a zoom invitation. We meet every other month on the third Tuesday at 7:30. We always have a most enjoyable time.

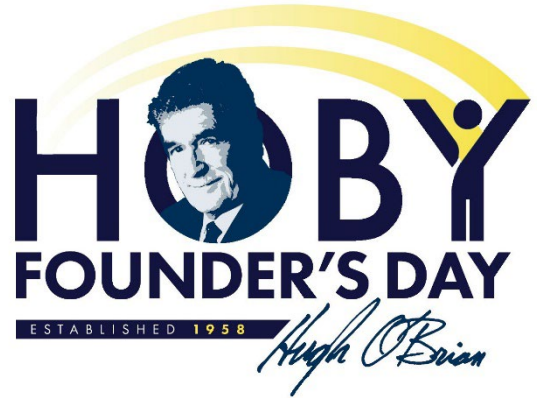
Happy Reading!



Carol Outten
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Hugh O'Brian Youth Leadership

The 2023 HOBY Virginia Seminar will be held on the campus of James Madison University June 2-4, 2023. HOBY is the nation's premier youth leadership development organization. On **March 19th** HOBY will celebrate Founder's Day in honor of Hugh O'Brian's birthday. Founded in 1958, HOBY's mission is to inspire and develop our global community of youth and volunteers to a life dedicated to leadership, service, and innovation. Public and private High Schools from across the Commonwealth have been busy selecting and registering students for this life changing opportunity. At the seminars, students participate in programs designed to enhance their leadership and teamwork skills.



I will have a HOBY table/area at our GFWC Virginia Convention. Please stop by and visit, I would love to talk to you. Our HOBY Virginia “wish list” includes:

- Wal-Mart Gift Cards (covers incidentals for the Seminar)
- Pencils
- Paint stirrers (we use these for team signs)
- White foam boards
- Masking and Duct tape
- Trash bags (13 Gal)
- Pre-packaged snacks (we will have lots of teenagers)
- Forever stamps (to mail thank you notes)
- Craft supplies (stickers, pipe cleaners, glue sticks, colored pencils/pens)
- Printer cartridges; Canon CL-246 FINE Cartridge (Color), Canon PG-245 FINE Cartridge (Black) for the printing done at the seminar.

As always, HOBY Virginia is so grateful to the OUTSTANDING ladies of GFWC Virginia and appreciate your continued generosity and support of leadership seminars for our ambassadors.

Sending HOBY HUGs and wishes for an OUTSTANDING Day!!!

Environment

Carol Pridgen, GFWC Virginia

environment@gfwcvirginia.org



I have been very busy reading the 2022 club reports. It was amazing to read the wonderful projects that club members completed in the area of Environment.

Club members have found ways to recycle and reuse items starting at club meetings, reducing items that would end up in our landfills. Some clubs created local gardens with native plants to help support birds and wildlife in their communities. These gardens provide birds with a better food source which is needed especially in early Spring when baby birds start to hatch. Many club members hold an annual “Town Clean Up Day” or “Adopt A Highway” event to pick up litter to help clean up the environment.

Thanks to all Club Members who participated in any Environment CSP projects the past year. Oh, the Birds and the Bees, the Wildlife and Future Generations “Thank You Too!”

Just a few other suggestions your club members might want to do to help the environment during the last of the Winter months. Remember, Spring is right around the corner and colorful flowers will be springing up everywhere.

For Clubs with Community Gardens:

1. Pre-order seeds, bulbs, and plants for spring. Check out Flower Power as a Fundraiser.
2. Design a new garden bed, path or feature.
3. Organize tools, shed or garage storage.
4. Sharpen and oil tools.
5. Check stored bulbs and tubers for mold and moisture
6. Mulch plants heavily

Other ways to support the Environment

1. Support National Parks by donating in honor or in memory of a loved one, give monthly, become a member of the Champions Society, or create a fundraiser on your club’s Facebook page. Volunteer at a state or national parks in clean up efforts. Find volunteer efforts at volunteer.gov.
2. Plan a Club event to take a virtual tour of a national park or better yet; have club members meet at a local walking trail so everyone can get started on the “2023 GFWC Virginia Fitness Challenge”. While walking on the trails, if you see any litter, pick it up and put it in the proper place. Walking for your health and cleaning up the environment at the same time is a win win!

For more information on the “2023 GFWC Virginia Fitness Challenge” contact Mary Driver-Downs, GFWC VA Health and Wellness, Chair, health@gfwcvirginia.org 703-901-3991

Get outside and enjoy the Environment!
Take care and keep smiling!

COMMUNITY IMPACT PROGRAM AWARD

Carolyn Fellers State CIP

cipa@gfwcvirginia.org

What is a community impact program? It is about finding a solution to an issue within the community, working with the members of the community to understand the needs and desires of its members. Identifying solutions that are sustainable long term and make a positive impact.

It is about working with other organizations in the community and partnering with local officials, leaders, and financial partners to implement the needed changes.

Think about what has happened in your community of late. What is causing the issues to occur? Is there something that has frustrated your neighbors for a long time?

Keep in mind the stakeholders in this project. Who are they?

- ✚ The neighbors. They are the group most impacted by any decisions made.

- ✚ Local partners, organizations. We are GFWC. How about the Lion's Club, Rotary Club, Elks Club? Most likely there are multiple organizations in your neighborhood willing to pitch in and help.
- ✚ Your team of club members and what they bring to the table.
- ✚ Financial partners – where is the money coming from for this project? Will local companies help with sponsorships? Fundraising is one thing GFWC clubs are really good at doing.
- ✚ Volunteers – not just your clubwomen, how about volunteers from other groups or the general public?
- ✚ Local officials and business leaders play a role in this too. Are permits needed? Buy in from local government leaders and agencies may be needed. Who on the local level has influence to make or break this project?

In the end, it is about working together to make a positive impact on the community. What are you working on now, that fits this description and can become a candidate for the Community Impact Award?

Health and Wellness

Mary Driver-Downs, GFWC Virginia

health@gfwcvirginia.org



Dear GFWC Virginia Club Women,

Sometimes being a Club Woman can be challenging but here's how to get a little "Self Care" put into your life. Club women love a good challenge, so here we go!

This personal challenge comes from the GFWC Virginia Health and Wellness CSP. This challenge is for all Virginia club women and I hope that you will participate. It's an 11-month challenge so there's no time like the present. Everything you need is listed in this article with documents referenced at the bottom. If you have any questions, I will be glad to answer. (health@gfwcvirginia.org)

Focus on Self Care with the Step in Time Challenge

Starting February 1, 2023- December 31, 2023

"The GFWC Virginia's Step In Time Physical Fitness Movement challenge for Virginia club women emphasizes the connection between regular physical activity/movement and its benefit to overall health and wellness. Taking care of ourselves, enables us to take better care of our communities. I look forward to celebrating with our GFWC Virginia club women who invest in their physical and mental health and wellness by engaging in this proposed program from February 1, 2023- December 31, 2023."

"It's all about me in 2023!" - Self Care

Self Care: Establishing a Strong Footing for our Health and Wellness Cornerstone.

<https://www.youtube.com/watch?v=arDLIOpGTWM>

You know the song! Our goal is to firm our foundation with **active, physical movement!** Club women, let's take a *Step in Time!*

How do I step up to support this?

Members will engage in personally chosen fitness activities that help promote daily physical movement, improve well being, build resiliency, and encourage members to accrue 150-250+ minutes of planned fitness activity per week in their life schedule.

Members who participate will keep a log of movement/physical activity and send it to their District chairman upon completion of the program. The program will run from Feb 1, 2023 to Dec 31, 2023

[Need help with some activity ideas? We even have a handout - stick with an old favorite or try something new! Parkour, anyone?](#)

What's the next step?

1. Club members will be asked to log their daily minutes of completed fitness movement activity on a [fillable form](#) and or a [printed paper form](#). Members will log their activity from February 1 from December 31, 2023. By January 10, 2024, members will send completed forms to their District Health and Wellness Chairman.
2. From the received activity fitness logs, the GFWC Virginia Health and Wellness District Chairman will compile a total list of member participants from their districts total hours engaged in activity and then send this listing to the GFWC Virginia State Health and Wellness Chairman. The top ten members within the state with the most total hours/ minutes logged will be the winners of some lovely "All about me self-care" gift baskets given at GFWC Virginia Convention 2024.

3. Every member who turns in an activity fitness log will receive a participation certificate from GFWC Virginia. Top ten participants and all participant members will be honored at the GFWC Virginia Convention with an “It's all about You” gathering time of fun and fellowship.
4. We will have a time of recognition and fellowship for all the participants that turn in fitness logs at GFWC Virginia convention 2024.

Certainly hope you will Step in Time with GFWC Virginia,

Bee Happy, Bee Healthy,

Mary Driver-Downs
Health and Wellness Chairman GFWC Virginia

Legislation & Public Policy

Elizabeth Sabbatini, GFWC Virginia

legislation@gfwcvirginia.org



This officer hopes you were able to follow her instructions in the previous edition of the Clubwoman and register with GFWC Legislative Action Committee. If you did so, you will have seen legislation that GFWC is currently supporting:

- The Family Violence Prevention Services Improvement Act (S.1275)
- The Eliminating Abusive and Rampant Neglect of Interactive Technologies Act (EARN IT Act) to stop Online Child Sexual Exploitation

You may also have signed up for the Power Up Webinars running on Thursday evenings from January 19 to February 23. They are extremely interesting but, if you missed them, they will be posted for viewing following the final edition so look for that towards the end of February.

Another practical action you could take is to encourage clubs to invite a local elected official to a meeting to discuss specific legislation that has become of interest to them. This can be purely local or at a more general level. There are always club members who are more interested in public policy - seek them out and use their enthusiasm as a guide!

Remember to mark down any relevant item on the Legislation Scavenger Hunt on page 144 of the current GFWC Handbook - you could win recognition for your Club or District! This officer is also looking forward to receiving Reports; by the time you read this they will probably have been enjoyed and judged - good luck to all!

Bylaws

Hope Royer, GFWC Virginia

bylaws@gfwcvirginia.org

All members should have access to their Club and State Federation bylaws and standing rules. You might want to include them in your club yearbook or directory and on the club's website. It's important that they be readily accessible. GFWC Bylaws Committee Chairmen Barbara Whitaker, PRP, recently reminded members in her committee's quarterly newsletter that a copy of Club and State bylaws and standing rules should be submitted to GFWC Parliamentarian Diane Addante, RP, and GFWC Headquarters.

If your club bylaws have not been reviewed in the last three years, RESOLVE to do so early in the New Year. Bylaws are a broad overview of an organization's governance- an overview that defines members' rights. They should state current practice. A review provides an opportunity to evaluate and update current practices, as well as suggest change. There should be provision in the bylaws and standing rules allowing for their amendment.



Centra Forensic Services Drive

Items collected by our GFWC Virginia General and Junior Boards and other Midwinter attendees for the Centra Forensic Services. Centra Forensic nurses serve the cities of Lynchburg, Bedford, and Danville and the counties of Amherst, Appomattox, Bedford, Campbell, Charlotte, Halifax, Nelson, Pittsylvania and Prince Edward.

GFWC Virginia Midwinter Meeting 2023
Sweet Briar - Elston Inn Conference Center



District News

Alice Kyle District
Gwen D. Hamlet, President

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

“SIGNS OF SPRING”

On March 12, 2023 our Clocks will say, “Spring Forward”. As we tally our records: or reports as they are better known, the figures show signs of membership growth. Alice Kyle District is proud to announce we have experienced a 5% growth in membership this past club year. Many clubs in our District are springing Forward in their membership numbers.

A simple glance at the trees on the fringe of the fields and wooded areas show a reddish tint of the new buds forming on the branches. This is definitely a sure sign Spring is near. These buds represent new growth and the budding of a new season ahead. The Clubs in the Alice Kyle District are beginning to put together ideas for new and fresh projects during their next Club year. Arts and Crafts Shows and contests are appearing for the first time since they were taken away by Covid. Spring District Meetings are being organized with a new fervor for vibrant colors and activities that represent new life and spirit as they organized Spring Luncheons for new member recruitment.

Now and then flocks of Robins can be spotted on front lawns and grounds. Likewise, the women in Alice Kyle District are planning a great gathering in Lynchburg, on April 26-29, 2023 at the newly refurbished Virginian Hotel. The GFWC-Virginia will hold its Annual State Conference there. This group will pay homage to our predecessors from the 1920's as the celebration of Club work is held for three days. They will visit old friends and make new ones, as Alice Kyle did 100 years ago. They will discuss projects that they found to be successful and their hopes for continued success in the coming year. They will celebrate their rewards and acknowledgements of "atta boys" from the Leaders of the Virginia delegation.

Even the voices and giggles heard from young school children are lifted higher in expectation of fun-filled days ahead with the arrival of Spring and outside play. Make this Spring your year to play outside with new friends doing new projects for the benefit of yourself and others.

The Alice Kyle District Juniors are proud to say that 100% of our clubs reported this year! The junior clubs from South Boston-Halifax, Farmville, and Lynchburg are very excited to be planning a district get-together of the clubs for later this year. The Alice Kyle Juniors look forward to seeing our fellow Virginia clubwomen at the GFWC Virginia Convention in Lynchburg this spring.



Blue Ridge District

Carol Guilliam-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 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

Greetings from the Lee District. Our District has been hard at work documenting and preparing reports and we are so pleased to receive so many reports from our clubs. A few highlights are clubwomen helping schools with supplies and participating in read-aloud in classrooms. Attending the new Perkinson Art and Education Center in Chester, VA was a favorite of many clubs as they provided musicals, plays, art shows, and more in our area. One of our clubs even sold items they made to raise money to donate to hurricane victims in Florida. A few clubs gave scholarships to support our local students. One junior club even started our very own Dolly Parton Imagination Library in our area and students are already getting their monthly books. The District Project supporting the Children's Hospital at VCU has started strong with clubs across the district donating games, gift cards, and activities. We are excited to get to volunteer in person soon when it's safe for the children but we have found collections and donations as a great support to the children and staff at the hospital. The call to our District Annual Meeting was sent to all clubs through our newsletter, The Traveller and we are already seeing great excitement about the upcoming meeting. It will be held on Saturday, March 25th at the Salisbury Country Club with the General Business Session 10:00 a.m. – 1:00 p.m. with lunch served and a Junior Business Session from 8:30 a.m. – 10:00 a.m.

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 Juniette 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

Tidewater District GFWC Virginia clubs reported completing 939 projects and spending more than 49,000 hours on these events in 2022. Our amazing Tidewater District clubwomen are truly making a difference in their communities!

Thirty district members enjoyed a bus trip to the Suffragist Memorial in Lorton, Virginia, and attending the GFWC Holiday Open House in Washington, DC, in December.

2023 is off to a terrific start for Tidewater District clubs. The Woman's Club of Norfolk held a Tea for Ukraine which provided attendees the opportunity to meet and talk to women who had escaped from the warzone. The Mayor of Norfolk presented the ladies who spoke with a Norfolk Mace pin to thank them for sharing their experiences.

GFWC Cape Henry Woman's Club is raising funds to donate funds for three pair of alpacas to Heifer International. The Woman's Club of Accomack held a Greens, Gifts and Goodies Sale. GFWC Great Bridge Woman's Club received a \$1000 grant from Walmart that will be used to help students at a local primary school. Several clubs are collecting baby and children's books for schools. The Woman's Club of Newport News and the Poquoson Woman's Club collected needed items for the Peake Childhood Center. Woman's Club of Hilton Village held a Bunco fundraiser.

Ladies are tracking their fitness hours for the State Project, "It's All About Me in 2023." The Woman's Club of Hampton is holding a "Hands Only" CPR class for members. Clubs are collecting empty pill bottles, pop tops for the Ronald McDonald House, sweats and clothing for veterans, books and magazines for the Free Little Library at the ASYMCA, eyeglasses, brown paper grocery bags, and other recyclable items. Clubs are holding Arts and Crafts contests in preparation for the District Arts and Crafts Show on March 11 at the Woman's Club of Hampton.

GFWC Great Bridge Woman's Club is working with several Girl Scout troops to send cards to patients at four local senior citizen facilities. The Woman's Club of Newport News and GFWC Great Bridge Woman's Club made No Sew fleece blankets for Operation Smile. GFWC Cape Henry Woman's Club, Woman's Club of South Norfolk, Woman's Club of Tidewater, and Great Bridge Woman's Club continue to collect plastic for a TREX bench.

Tidewater District Clubwomen enjoy visiting local wildlife preserves and National Parks in support of the GFWC Virginia State Project. As the weather warms, they will visit even more locales to see and learn about local flora and fauna.

In support of the District Project, "Sharing Because We Care About Food Insecurity," the Woman's Club of Newport News and the Woman's Club of Phoebus worked at the Peninsula Food Bank. The Woman's Club of Tidewater continues to collect non-perishable items at their club meetings. Clubs have generously contributed food and money to local food pantries and to the Food Bank.

Clubs are busy planning fundraisers for the Spring. GFWC Great Bridge Woman's Club and the Woman's Club of Newport News are preparing for Fashion Shows and Luncheons to benefit scholarships. Woman's Club of Tidewater is planning its first Card Party and Fashion Show. The Junior Woman's Club of Hilton Village is holding a Winter Craft Event. Seaford Woman's Club is holding a "Spring Fling."

We welcome the thirty-four new members to clubs in Tidewater District!

We look forward to hosting Bonnie Rosemond and Denise Price at the Spring District meeting on March 25 in Virginia Beach! It will be a time for celebration!

Convention 2023 Speakers

Shana Canada



An honor graduate of Longwood University and former therapist at Virginia Baptist Hospital, Shana Canada has always had a heart for rehabilitation and health care. She currently works as a Personal Trainer /Therapist at Elite Fitness in Appomattox, Virginia where she resides with her husband and raised her three children. She is a holistic trainer that believes all facets of wellness are crucial to our quality of life, and that the relationships built through training and life coaching always stand the test of time. Shana has always pursued her love of fitness from coaching the High School tennis team to teaching Senior fitness classes in her free time. She is also a gifted local Praise and Worship Leader and Singer/Songwriter. She is an active member of Liberty Baptist Church where she serves in Women's Ministries.

She also serves her community and is on the board of organizations like Carver Price Legacy Museum and Celebration Women. Her greatest joys are serving God and sharing the lives of her family, friends, and clients.

Shannon McCabe



Shannon McCabe is the Marketing Committee Chair and serves on the Board of Directors for the Virginia Forestry Educational Foundation (VFEF), a public charity with the mission of financially supporting statewide youth education promoting sustainable forests for the environmental, social, and economic benefit of all Virginians.

Shannon is Executive Director of the Association of Consulting Foresters of America, Inc., where she is responsible for the overall administration of the association, including planning and implementing strategies, policies and programs to further the Association's objectives and best serve its 700+ members. Prior to joining the ACF staff in early 2018, she worked for Virginia Forestry Association (VFA), most recently as Deputy Executive Director.

In addition to her volunteer service to VFEF, Shannon is a member and serves on the Board of Directors of the Virginia Society of Association Executives, currently serving as the organization's Treasurer, and is a Certified Association Executive (CAE). She serves on the Advisory Board of the Virginia Tech Department of Forest Resources and Environmental Conservation and as a member of the U.S. Forest and Wood Products Inclusion Council.

Additionally, Shannon is a founding member of the Board of Directors for 4 Paws Animal Rescue, where she also serves as adoption coordinator. An active member of the Society of American Foresters, Shannon has served in several leadership positions at the state and national levels. She earned the Virginia Division's Volunteer Service Award in 2017 and Young Forester Leadership Award in 2018 as well as the APSAF Young Forester Leadership Award in 2019.

She holds a B.S. and M.S. in Forestry from Virginia Tech. A Maryland native, with roots on her family's Pennsylvania farm, she along with her husband James now split time between their home in Williamsburg, Virginia and property in Huddleston, Virginia where they can be among the trees.

Mary Beth Williams



Mary Beth Williams currently serves as GFWC Secretary. She has served as International Outreach Chairman, Leadership Committee Member, is a Leads Graduate, and Charter President of Babs' Inspirations.

As International Outreach Chairman Mary Beth traveled to Zambia with UNICEF USA to witness firsthand the work done by this partner. She has attended several of the UN Foundation Shot@Life Summits advocating on Capitol Hill for global vaccine funding.

Highlights of her time as Colorado State President include the start of the state leadership program, reinstating ESO and initiating a state book club. She remains engaged with her local club and state. Mary Beth served as the Western States Region Fundraising Chairman and chaired the 2021 Region Conference.

Mary Beth says she doesn't remember not volunteering. Her Mother was a community volunteer and brought her to meetings and projects. Mary Beth was a Board member and past Chair for a historic low-income childcare center, key in establishing a friends group for the local senior center, served on United Way, and was a four-time PTA president.

Mary Beth worked in Volunteer Services in a local school district and earned her Certified Volunteer Accreditation. With a graduate degree in Agricultural Economics, she worked for the US Foreign Agricultural Service. Married to Larry for 43 years, their family includes their son, his wife and their two children, and their daughter, her husband, and a baby. She enjoys hiking, reading, gardening, and knitting.

PROPOSED AMENDMENTS

In accordance with Article IX-MEETINGS, Section 1. Annual Convention, A., the GFWC Virginia Bylaws Committee submits the following proposed amendments to be included in GFWC Virginia business conducted at the 2023 GFWC Virginia Annual Convention.

ARTICLE XII-COMMUNITY SERVICE PROGRAMS, ADVANCEMENT PLANS, GFWC SPECIAL PROGRAMS, GFWC VIRGINIA SPECIAL PROGRAMS, Section 1. Community Service Programs, Advancement Plans, Special Programs currently reads: “There shall be Community Service Programs, Advancement Plans and Special Programs corresponding to those of GFWC. The Community Service Programs shall be Arts and Culture, Civic Engagement and Outreach, Education and Libraries, Environment and Health and Wellness.”

Proposed amendment: Delete “The Community Service Programs shall be Arts and Culture, Civic Engagement and Outreach, Education and Libraries, Environment and Health and Wellness.”

If adopted will read: ”There shall be Community Service Programs, Advancement Plans and Special Programs corresponding to those of GFWC.”

Rationale: Clarification

ARTICLE XIII- STANDING COMMITTEES, Section 3, B., currently reads: “It shall be the duty of the GFWC Virginia Bylaws Committee to review GFWC Virginia Bylaws and Standing Rules during each administration and to propose necessary changes. The GFWC Virginia Bylaws Committee shall consider amendments proposed by: the GFWC Virginia Executive Committee; the GFWC Virginia Executive Board; the GFWC Virginia Junior Executive Board; a District; a District Junior membership; or a club. Such proposals shall be submitted to the GFWC Virginia Bylaws Chairman no later than November 15 of each calendar year.”

Proposed amendment: Delete “... no later than November 15 of each calendar year.”

If adopted will read: “It shall be the duty of the GFWC Virginia Bylaws Committee to review GFWC Virginia Bylaws and Standing Rules during each administration and to propose necessary changes. The GFWC Virginia Bylaws Committee shall consider amendments proposed by: the GFWC Virginia Executive Committee; the GFWC Virginia Executive Board; the GFWC Virginia Junior Executive Board; a District; a District Junior membership; or a club. Such proposals shall be submitted to the GFWC Virginia Bylaws Chairman.”

Rationale: Continuity



CALL FOR THE ONE HUNDRED FIFTEENTH ANNUAL CONVENTION
General Federation of Women's Clubs of Virginia
(GFWC Virginia)
April 27-30, 2023
The Virginian Hotel, Lynchburg, VA

2022-2024 GFWC Virginia Theme: "Enlighten Our Cornerstone"
CONVENTION THEME: "Cornerstone Compassing Inspiration"

Club Presidents are requested to read the Call to the members and elect 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. Registration package fee is \$45 for attendees and must be postmarked no later than **Friday April 7, 2023**. For registration postmarked after April 7th, please add \$10 per attendee for a total registration fee of \$55. **Electronic registration with payment via PayPal is available again this year.** 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 **Monday, March 27, 2023**. After that date, any additional reservation requests will be honored on a rate and space available basis only. Please call the hotel at (434) 329-3200 x0, and ask for GFWC Virginia guestroom group block (code GFWC23). Guest room rates are: single or double per room: \$135 (standard king or double queen), \$145 (king deluxe), \$165 (premium king or double queen), \$205 (king suite) per day, plus taxes.

You can also use this link to reserve your room

<https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=LYHCUQQ&groupCode=GFWC23&arrivaldate=2023-04-28&departuredate=2023-04-30&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT>

Instructions for making electronic payment for Convention

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 & Junioresettes: credentialsjr@gfwcvirginia.org

ADMISSION TO ALL SESSIONS WILL BE BY BADGE ONLY
GFWC VIRGINIA – CONVENTION 2023

April 27-30, 2023
The Virginian Lynchburg, Curio Collection by Hilton
712 Church Street, Lynchburg, VA

Theme: “Cornerstone Compassing Inspiration”

PRE-CONVENTION MEETINGS

Thursday, April 27, 2023

1:30 p.m. - 5:00 p.m. Executive Board/Junior Executive Board Meeting
5:30 p.m. - 9:00 p.m. Executive Board/Junior Executive Board Dinner
9:45 p.m.-11:00 p.m. Junior Executive Board Meeting

Friday, April 28, 2023

8:00 a.m. - 9:30 a.m. Junior Executive Board Meeting
10:00 a.m.-11:30 a.m. Executive Board/Junior Executive Board Meeting and “Grab & Go”

CONVENTION PROGRAM

Friday, April 28, 2023

9:00 a.m.-12:00 p.m. “Step in Time” Venture Walk (on your own of Downtown Lynchburg)
9:30 a.m.-11:00 a.m. Pottery Session at the Academy Center of the Arts (sign-up via sign-up genius – [click here](#))
10:00 a.m. - 1:15 p.m. Convention Registration Open
10:00 a.m. - 1:15 p.m. Registration of Art and Crafts
10:00 a.m. - 6:00 p.m. Exhibitors Open
1:15 p.m. Musical Prelude
1:30 p.m. - 5:00 p.m. **OPENING SESSION “Enlighten Federation”**
Procession of 2022 – 2024 District Presidents and District Directors of Junior Clubs,
GFWC Virginia Officers and Junior Officers
Announced by Heather Craven, GFWC Virginia Executive Secretary
Call to Order – Bonnie Rosemond, GFWC Virginia President
Opening Ceremonies
Thought for the Day – Linda Beatty, GFWC Virginia Chaplain
Welcome – Hostess District – Alice Kyle
Gwen Hamlet, District President
Blair Trent, District 3rd Vice President, Director of Junior Clubs
Preliminary Credentials Report – Linda Holsclaw, Credentials Chairman
Presentation of Convention Rules – JoBeth Wampler, Secretary
Presentation of Convention Program – Teresa Craig, Meetings Chairman
Appointment of Committee to Approve Minutes – President Rosemond
Introductions – President Rosemond
Greetings – Mary Beth Williams, GFWC Secretary
Reports of GFWC Virginia Officers
Report of Executive Board Action – JoBeth Wampler, Secretary
Report of Executive Secretary – Heather Craven
Reports of Standing Committees and Appointments
Budget and Finance – Kathryn Sowers, Chairman
Endowment Committee – Gloria Worrell, Chairman
Bylaws Committee – Hope Royer, Chairman
Strategic Planning Committee – Kelly Lane, Chairman
Resolutions Committee – Lori Rocker, Chairman
Memorial Service – Linda Beatty, GFWC Virginia Chaplain
Awards of Special Appointments, Facilitated by Susie Mowry, First Vice President/
President-elect, Joanne Dixon, Assistant Director of Junior Clubs
*Legislation and Public Policy – Liz Sabbatini, Chairman
*GFWC Women’s History and Resource Center – Ingrid Sinclair-Day, Chairman
*Fundraising – Faye Boccock, Chairman
Announcements/Door Prizes – Teresa Craig, Meetings Chairman

- 5:00 p.m. - 5:45 p.m. Convention Registration Open – Foyer
- 6:00 p.m. - 6:45 p.m. **Reception Honoring GFWC Virginia Past Presidents**
ALL CLUBWOMEN INVITED~~~Cash Bar
- 6:45 p.m. Musical Prelude
- 7:00 p.m. - 9:30 p.m. **“Cornerstones in Time” Alice Kyle Banquet**
(Gatsby Attire or Semi-formal Attire)
Procession of GFWC Virginia Past Presidents and 2022-2024 Executive Boards,
Announced by Heather Craven, Executive Secretary
Grace – Linda Beatty, Chaplain
Entertainment – University of Lynchburg String Quartet “Calabrone”
Dinner
Speaker – Mary Beth Williams, GFWC Secretary
Tribute to GFWC Virginia Past Presidents – President Rosemond
Junior Special Awards honoring GFWC Virginia Past Presidents, Facilitated by Joanne
Dixon, Assistant Director of Junior Clubs
*Corinne Murray Award – Blue Ridge District Juniors
*Phyllis V. Roberts Award – Northern District Juniors
*Shelby Paisley Hamlett Award – GFWC Roanoke Junior Woman’s Club
*Leadership Awards – Susie Mowry, Chairman, Joanne Dixon, Junior Chairman
Introduction of 2023 GFWC LEADS Participant – Susie Mowry,
First Vice President/President-elect
Presentation of Anniversary Certificates, Facilitated by Cynthia Baroody, Chairman,
Michelle Clary, Junior Chairman
Announcements – Teresa Craig, Meetings Chairman
- 9:00 p.m.-10:00 p.m. View Arts and Crafts Exhibits
- 10:00 p.m. - ? Districts' Caucus

Saturday, April 29, 2023

- 7:15 a.m. – 8:30 a.m. **AFFILIATE AWARDS BREAKFAST**
Grace – Linda Beatty, Chaplain
Breakfast
GFWC Affiliates Awards facilitated by Bonnie Rosemond, GFWC Virginia President
- 7:00 a.m. - 9:00 a.m. Convention Registration Open – Foyer
- 8:00 a.m. - 5:00 p.m. Exhibitors Open
- 8:45 a.m. Musical Prelude
- 9:00 a.m. - 11:15 a.m. **“Enlightening our Minds & Bodies”**
BUSINESS SESSION/AWARDS
Call to Order – President Rosemond
Thought for the Day – Linda Beatty, Chaplain
Community Service Program Awards, Facilitated by Susie Mowry, Joanne Dixon
*Education and Libraries – Marilyn Banes, Chairman
ESO recognition – Wanda Alvis, Chairman
*Civic Engagement and Outreach – Celeste Corrigan, Chairman
*Health and Wellness – Mary Driver-Downs, Chairman
Speaker – Shana H. Canada, Recreation Therapist, Personal Trainer, Life Coach
Report of Headquarters – Lynn Osborne, Chairman
Report of Scholarships – Marlene Wine, Chairman
Report of Community Impact Program Award, Carolyn Fellers, Chairman
- 10:00 a.m. Platform Change – Angela Paez, Technical Coordinator
“Juniors Leading the Way” Junior Business Session/Awards
Introductions – Denise Price, Director of Junior Clubs
Junior Credentials Report – Tara Widener, Junior Credentials Chairman
Reports of GFWC Virginia Junior Officers
Secretary/Treasurer – Lynn Chapman
Assistant Director of Junior Clubs – Joanne Dixon
Director of Junior Clubs – Denise Price

Report of Junior Executive Board Action – Lynn Chapman, Secretary/Treasurer
Reports of Junior Standing and Special Committees

Budget and Finance – Lynn Chapman, Chairman

New Business

Awards of Special Appointments, Facilitated by Susie Mowry, Joanne Dixon

*GFWC Junior Special Program Advocates for Children – Amanda Paez,
Chairman

Junior Honor Society Awards – Joanne Dixon, Assistant Director of Junior Clubs

Junior Pledge

Announcements – Teresa Craig, Meetings Chairman

11:00 a.m. - 12:15 p.m. Convention Registration Open

11:00 a.m. - 12:00 p.m. View Arts and Crafts Exhibits

11:45 p.m. Musical Prelude

All Dogwood Society members gather for photo at 11:30 a.m.

(Advance lunch seating for Dogwood Society members who have purchased a luncheon ticket.)

12:00 p.m. – 2:45 p.m. ***“Natural Cornerstones” Luncheon***

Welcome – President Rosemond

Update from Endowment Committee and recognition of Dogwood Society members –
Gloria Worrell, Chairman

Grace – Linda Beatty, Chaplain

Lunch

Speaker – Shannon McCabe, Virginia Forestry Educational Foundation

Awards of Special Appointments, Facilitated by Susie Mowry, Joanne Dixon

*State Project “Virginia’s Natural Resources Education” – Dale Fisher, Chairman

*GFWC Signature Program Awards – Amber Holdren, Chairman

Reports of Districts – Facilitated by Susie Mowry, Joanne Dixon

50/50 Drawing – Lynne Wherry, Treasurer

Announcements/Door Prizes – Teresa Craig, Meetings Chairman

3:00 p.m. - 4:15 p.m. View Arts and Crafts Exhibits

3:00 p.m. – 5:00 p.m. “Step in Time” Venture Walk (on your own, repeat of Friday morning)

3:00 p.m. – 5:00 p.m. State Project Service Project

3:15 p.m. – 5:00 p.m. Pottery Session at the Academy Center of the Arts (repeat of Friday morning)
(sign-up via sign-up genius – [click here](#))

4:15 p.m. - 5:00 p.m. Pick-up Arts and Crafts Exhibits

6:00 p.m. - 6:45 p.m. **Reception Honoring GFWC Virginia Past Directors of Junior Clubs**

ALL CLUBWOMEN INVITED ~~~Cash Bar

6:45 p.m. - 7:00 p.m. Musical Prelude

7:00 p.m. - 9:30 p.m. ***“Leading Others to Sparkle” Marjorie Branch Banquet (Denim & Diamonds Attire)***

Procession of GFWC Virginia Past Directors of Junior Clubs and 2022-2024 Joint

Executive Boards announced by Tara Roberts, Junior Courtesy Chairman

Welcome – Denise Price, Director of Junior Clubs

Grace

Dinner

Tribute to GFWC Virginia Past Directors of Junior Clubs – Denise Price

Junior Special Awards – Introduced by Joanne Dixon,

Assistant Director of Junior Clubs

*Marjorie Branch Award – Tidewater District Juniors

*Shenandoah Award – Shenandoah District Juniors

*Southside District Award in Legislation – Southside District Juniors

*Directors of Junior Clubs Award for Outstanding Achievement – Denise Price

*Junior of the Year Award – Denise Price

*Junior Lifetime Achievement Award – Denise Price

Membership Recruitment Recognition – Cynthia Baroody, Membership Chairman,
Michelle Clary, Junior Chairman

Membership Cup Award and Extension Cup Award – Cynthia Baroody, Chairman

*Membership Awards – Cynthia Baroody, Chairman, Michelle Clary, Junior Chairman

50/50 Drawing – Lynn Chapman, Junior Secretary/Treasurer

Announcements – Teresa Craig, Meetings Chairman
9:30 p.m. – 11:00p.m. **Junior Fun Night ~ (All Clubwomen Invited)**

Sunday, April 30, 2023

9:15a.m. Musical Prelude

9:30 a.m. - Noon **“Inspired Direction” Brunch/Closing Business Session
(Federation Attire)**

Call to Order – President Rosemond

Sunday Devotion – Linda Beatty, Chaplain

Brunch

Final Credentials Report – Linda Holsclaw, Chairman

State Fair Update – Linda Holsclaw, Chairman

Community Service Program and Special Appointments Awards, Facilitated by Susie Mowry, Joanne Dixon

*Newsletter Awards – Barbara LaPrade, *The Virginia Clubwoman* Editor

*Communications and Public Relations – Stephanie Griffin, Chairman

*Website – Amanda Paez, Chairman

*Arts and Culture – Pat Jeffress, Chairman

Recognition of Arts Contests' Winners – Lois Creasy, Camilla Cabaniss,
Arts Contests Co-Coordinators

Report of Historian – Patty Pedrick

Invitation to GFWC Virginia Conference 2023

Amy Riggs, Southside District President

Mary Katherine Steed, Southside District Director of Junior Clubs

Announcements/Door Prizes – Teresa Craig, Meetings Chairman

Junior Collect

Collect for Clubwomen

Adjournment

CONVENTION MENUS

Alice Kyle Banquet

Strawberry Goat Cheese

Spinach Salad

Pan Seared North Atlantic

Salmon

Hoppin' John

Johnnycake

La Brea Rolls

Bourbon Pecan Pie

Coffee & Tea

Saturday Breakfast Buffett

Seasonal Sliced Fruit & Berries

Farm House Scrambled Eggs

w/parsley & chives

Red Bliss Skillet Breakfast Potatoes

Hatfield's Thick-Cut Applewood

Smoked Bacon

Bakery Muffins

House Made Sharp Cheddar Biscuits

Creamy Butter

Dickinson's Preserves and Jams

Assorted Juices

Coffee and Hot Tea

Saturday Lunch Buffet

Seasonally Inspired Soup

Garden Salad

Deviled Egg Potato Salad

Turkey & Brie Sandwich

Monticello Chicken Salad

on a Multigrain Croissant

Italian Sandwich

Fresh Baked Cookies & Brownies

Coffee & Tea

Marjorie Branch Banquet

Shaved Asparagus & Watermelon Radish Salad

Stuffed Chicken Roulade

Roasted Root Vegetables

Garlic Parmesan Orzo

La Brea Rolls

Vanilla Crème Brule

Coffee & Tea

Sunday Brunch

Quiche Loraine (bacon, swiss, & spinach)

Breakfast Sausage

Freshly Sliced Seasonal Fruits & Berries

La Brea Rolls

Orange & Cranberry Juices

Coffee

Regular & Decaffeinated

Hot Tea

Ways to save Resources

Reduce

- Use less resources
- Example: Save electricity by switching off unnecessary lights and fans.

Recycle

- Collect waste items and recycle them to make required things
- Example: Waste paper can be used to make fresh paper.

Reuse

- Use things again and again.
- Example: Plastic bottles of jam can be used to store things in kitchen.



General Federation of Woman's Clubs of Virginia
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Website www.gfwcvirginia.org

Address Service Requested

MARCH 2023

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THE VIRGINIA CLUBWOMAN 2022-2023 SUBSCRIPTION FORM

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