

The Virginia Clubwoman



SEPTEMBER 2024



President’s Message

Susie Mowry

president@gfwcvirginia.org

The President’s Message—

As you know, my symbol is the hot air balloon and the theme for this administration is **“We Rise by Lifting Others.”** It seems like one of the toughest decisions to make, what symbol to use. We know it should be meaningful, not only to me as president, but to the entire organization. Hopefully, that was accomplished. The meaning of the theme has always been two-fold: As clubwomen, we rise to any occasion to lift others in need and as sisters in federation, we rise to lift our sisters when they are in need. Both meanings are significant to the health of this organization, and I look forward to continuing the support of both.

One of the goals of this administration is club and district “health.” Not only will we focus on the recruitment of new members, but we will also focus on the retention of clubs. We all need to ask what can be done to improve the relationship between clubs and their districts. We also encourage districts to reach out to clubs that have left the federation to ascertain why they left and what could have been done to head off the decision to leave. Once that information is collected then it is up to all of us to improve in those areas. Communication is key. The state needs to communicate with the districts, districts with the clubs, and most importantly, the club needs to share information with members. Lack of communication and contact is a big factor in member dissatisfaction. And it certainly should be an easy fix. With that said GFWC Virginia is exploring the feasibility of providing Constant Contact to all members of GFWC Virginia. More details on this project will come soon.

The GFWC Convention in Chicago, Illinois was wonderful. The celebration of the extraordinary work of clubs across the world was awe-inspiring. As far as awards go, GFWC Virginia falls into Category One, along with California, Florida, New Jersey, North Carolina, and Texas. This category is for the states with the largest number of members. That is stiff competition, however, we were successful in several areas.

The following awards were received:

- GFWC Communication and Public Relations - Outstanding Achievement, with an honorable mention awarded to the GFWC Woman’s Club of Windsor, Inc. of Southside District.
- GFWC Legislation/Public Policy- In recognition of outstanding participation in the GFWC Legislative Scavenger Hunt 2022-2024 GFWC Woman’s Club of Tidewater of Tidewater District received a certificate and a red star
- GFWC Health and Wellness— Outstanding Achievement
- GFWC Virginia received a special membership award certificate for having Three Newly Federated Clubs. This award came with a monetary prize of \$150.00.
- The Outstanding Achievement in Community Impact Program Award was received by the GFWC Botetourt Town and County Woman’s Club. This also included a \$2,500 monetary award.

Bonnie Rosemond, GFWC Virginia President 2022-2024, was the recipient of the Charlotte Emerson Brown Award for leadership. Denise Price, GFWC Virginia 3rd



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The Virginia Clubwoman

Editor—Pat Jeffress
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Send articles, photos and newsletters

GFWC magazine assumes no responsibility for advertisements in this magazine unless they are published in conjunction with an official GFWC/GFWC Virginia program.

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www.gfwc.org

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GFWC Florida

Vice President/Director of Junior Clubs for 2022-2024 received the Millie Crom Award platinum level for leadership.

Our first conference showed that we are off and running! Our “Preparation for Take Off” conference was a success, with business conducted, workshops well-attended, an incredible service project completed, and an awesome game night experience. Congratulations to all the chairmen for their enthusiasm and willingness to make the training fun and interactive. It was our goal to introduce you to the new chairmen and give you a taste of what each CSP and Advancement area is about. A special thank you to Cynthia Baroody and Lynn Chapman for providing these chairmen with an information-packed training session to prepare them for these workshops.

The state project, Early Childhood Education, impacts every district and every community within the Commonwealth of Virginia. You have been given the latitude to use your imagination, to find educational opportunities in obvious and not-so-obvious locations, and to raise funds that stay within your communities, it is hoped that significant inroads will be made into the education of our most innocent population. Nancy Vadersen, GFWC Virginia State Project Chair, continues to research and is more than willing to provide you with ideas on how to address Early Childhood Education in your districts and clubs. She is an amazing resource and very amenable to working alongside you to make your projects more impactful in your communities.

The ball is now in your court. Research and probe deeper into GFWC.org. There is an amazing amount of information on the new website, and I encourage each of you to sign up. Spend some time looking at ideas, and seeing what ideas are suggested. Look at the Top Ten projects from last year and either replicate or build upon those ideas for your clubs. I believe you will be surprised by how you can be inspired by just simply reading about what other states, districts, and clubs are doing. Tool Kits are being updated regularly for Leadership, Membership, and many other areas. The website is just another benefit of belonging to the General Federation of Women’s Clubs.



I am excited to work with you during this administration and cannot wait to see the impact you will make in your communities.

Susie

Joanne Dixon
GFWC Virginia Third Vice President
Director of Junior Clubs

directorofjuniors@gfwcvirginia.org

The 2024-2026 Junior Administration GFWC Virginia Juniors, the Ride of a Lifetime, is off to a great start. I am continuing with the Junior Special Program: Advocates for Children, using the strong foundation built during the previous administration. I am excited to be working with our Advocates for Children Chairman to help local communities and have

projects that are tailored to the diverse needs of Virginia's districts. Rather than implementing a one-size-fits-all strategy, this initiative recognizes that each district has its unique challenges and strengths and by building on the successes of the past, this program ensures that the progress made is not only sustained but also expanded to reach even more children.

One of the key priorities for my administration is to increase membership in our junior organization. Recognizing that a strong, diverse membership is essential for the organization's long-term success, the Junior Executive Committee has implemented several initiatives aimed at attracting new members while retaining current ones. These efforts include quarterly Zoom meetings for all Junior members, sharing the work of GFWC Virginia on social media, and encouraging members to attend state events. By sharing our inspiring work on platforms like Facebook and Instagram we can capture the attention of potential members who may not have been aware of the organization's mission and impact. Effective communication is crucial for any organization and I have made it a top priority during my administration. To ensure that members are well-informed and able to participate actively, these virtual gatherings allow members from across the state to connect, share updates, and discuss important initiatives in real time.

I am excited to serve Virginia for the next two years. Please reach out to me if you need anything!
In Federation Friendship,

Joanne

Cynthia Baroody
GFWC Virginia First Vice President/President-elect
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Lynn Chapman
GFWC Virginia Assistant Junior Director
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As autumn approaches and summer fades away, we hope your memories from our GFWC Virginia Conference remain with you always. What a joyful, uplifting, informative gathering of club members from all parts of Virginia. Many thanks to the Southwestern District for enhancing the conference with wonderful table decorations and all the little added touches that made the conference so special while enhancing the President's Project – Early Childhood Education. If you couldn't attend, your leadership team presented a "team building project" on Sunday morning. The Marshmallow Challenge provided a hands-on opportunity to highlight leadership roles that members exhibit during a timed event. The object was to foster teamwork, creativity, and problem-solving skills while highlighting key aspects of leadership. The key learning points were:

- Collaboration: Emphasizes the importance of working together and leveraging each team member's strengths.
- Innovation: Encourages creative thinking and experimentation.
- Communication: Highlights the need for clear and effective communication.
- Leadership: Provides insight into natural leadership tendencies and how different leadership styles affect team performance.
- Resilience: Shows the importance of adapting to challenges and failures during the process.

The instructions for doing this activity along with a handout on making a great leader by cultivating a combination of personal qualities, skills and experiences may be found on our GFWC Virginia website. Look for future activities and projects that foster great leadership skills on our website.

Remember that Leadership is an Odyssey, and we are "Charting a New Course".

Please don't hesitate to reach out to us for any questions or concerns you may have – we are always here to help.



Carolyn Fellers

GFWC Virginia Second Vice President

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Alaina Chaffee

GFWC Virginia Junior Membership Chairman

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Let's talk about recruiting and retaining members of our clubs. Our clubs are the home base of our organization, the heart of our GFWC world. It all begins right there. What our clubs all over the world accomplish is truly amazing.

How do we recruit new members to our balloon flight crew? One of the top answers to the questionnaire at conference is to just invite prospective members. A personal invitation to the lady at the coffee shop, a written invitation to a member of your book club. How about inviting them to a special event?

Such as an ice cream social, a picnic, or invite them to help your club with the National Day of Service project. The ideas are limitless.

Now, that you have them onboard, what do you do with them? First, be sure to make them feel welcome and valued. Teach them the ropes, and pair them with a mentor. Communicate. Keeping your members informed about all that is going on. How they can help and get involved in developing projects. Have some fun. We can learn a lot from a team-building experience while strengthening friendships. Learn what your new members are interested in, and what skills and talents they bring to the table.

Please be sure to send in the new member coupons. We want to welcome them to our organization. We are receiving requests via our email to locate clubs for prospective members. We would like to know if the mission is accomplished!

Thank you for all you do for our communities every day!

Amy Riggs

GFWC Virginia Secretary

Secretary@gfwcvirginia.org

Jessica Thomas

GFWC Virginia Junior Secretary/Treasurer

secretaryjr@gfwcvirginia.org

Wow! What an honor it is to serve GFWC Virginia as your Secretary for the 2024-2026 administration. We have already attended several meetings and taken the minutes for each one. We wanted to share a few guidelines for taking minutes in your new administration as some of you embark on secretary duties in your clubs or districts.

- First and foremost, remember that minutes are the official record of the business of an organization, and must be as accurate and complete as possible.
- Using the agenda, take notes in the order that business occurs. Because accuracy is essential to good minutes, a secretary should take notes of all business in the meeting and transcribe these into minutes form as soon after the meeting as possible.
- Minutes should be typed, and signed by the secretary with her title. The secretary should never write "Respectfully submitted."



- The name of the person who seconded the motion is not entered into the minutes unless ordered by the assembly.

We wish you a great start to your club year!

Lynne Wherry
GFWC Virginia Treasurer
treasurer@gfwcvirginia.org

Jessica Thomas
GFWC Virginia Secretary/Treasurer
JRtreasurer@gfwcvirginia.org



The summer conference in the administration's first year is always the most exciting learning experience a clubwoman can have, and this year was no exception. The weekend was filled with information and ideas we could all take back to our districts and clubs and use throughout the year. It was a time to lift others up, take the ride of a lifetime with our GFWC Virginia friends we had not seen in a while, and make new friends along the way.

As the elected District or Club Treasurer, it is time to connect with the last administration's Treasurer to facilitate the transfer of books, with the new President to change the signatories on the bank account, and read the bylaws and/or standing rules to prepare for the year ahead. The GFWC Virginia bylaws, Article VIII, Officers, Section 5, 7f, Duties of Treasurer, are a valuable guide and information to know and follow.

Remember, we are here for you. We are available anytime to answer your questions or guide you through any situation that may arise in your districts or individual clubs. You are not alone in this. Our support is unwavering, and we are committed to helping you succeed in your role.

There is no set format for the Treasurer's Reports. Make it as brief as you want or as detailed as you need. It is crucial that it is accurate and allows your board, district, or club members to know where their money is and how it has been spent. The bottom line is you must account for the funds for which you are responsible and be able to answer questions promptly and accurately. That said, it is also essential to make sure you take time to have fun with the job!



Parliamentary Notes
Sarah Entsminger, PRP
parliamentarian@gfwcvirginia.org

Beginning a new club year often comes with the same level of excitement that a new school year did for many of us. Gathering supplies, making new friends, planning for success and looking forward to recess and lunch. Bring your leaders and chairmen together to plan how your club year will be successful from many different perspectives. Read and understand your governing documents as they provide the structure for your club and outline everyone's responsibilities. Consider whether your governing documents still allow you to do the business your members want to do, or if there are revisions that need to be made. Look a little further, is your club a 501(c)(3) or incorporated? If the answer is yes, then find out what that means for your club as you begin your work. Acquire a copy of Robert's Rules of Order, Newly Revised, In Brief, 3rd Edition. This is an easy-to-read resource that provides simple helpful advice for drafting an agenda, processing a motion, holding an election, revising governing documents, the content

of minutes, and other items of business. This guide is set up to answer the questions you have about presiding over a meeting and leading a group of club members through successful projects, and it will be a valuable resource for you. As always, if you have any questions, please feel free to contact me.

Joyce Jolly GFWC Signature Program Chairman



SignatureProgram@gfwcvirginia.org

Domestic and Sexual Violence Awareness and Prevention is the GFWC Signature Program. The goal of the program is to increase awareness of and to help prevent the widespread occurrence of domestic and sexual violence abuse in our local communities. GFWC wants us to be the “champions” for the cause. Advocate for the survivors and Educate club members and the general public.

The signature program has eight areas of focus: Campus Sexual Assault, Child Abuse, Elder Abuse, Human Trafficking for Sexual Purposes, Intimate Partner Violence, Military Sexual Assault, Teen Dating Violence, and Violence Against Native American Women. Rather than have a statewide or districtwide focus, the committee decided that each club determine which area of focus to champion because each community has its own needs and available resources. The GFWC Manual which is on their website is a valuable resource. There are printouts for each focus area which contain general information, project ideas, and resources. It is not necessary for clubs to reinvent the wheel when deciding what to do and how to proceed.

There are two affiliate organizations for the project: Prevent Child Abuse America www.preventchildabuse.org and Hope for Justice www.hopeforjustice.org which focuses on human trafficking.

Jean Cobb GFWC Virginia Community Impact Program Award *cipa@gfwcvirginia.org*

A new administration always feels like the first weeks of school – so much to learn and an excitement over doing new things. Most projects your clubs undertake could be viewed as a community impact project. I recommend you get a few club members together and brainstorm ideas. Perhaps ask nonmembers or friends if they have an idea for something in the community that needs sprucing up or needs your club’s help. The CIP is found in the GFWC Club Manual on pages 204 – 211. Consider the Community Connection Initiatives listed below to choose a project. Remember, you must complete this project between 01/01/24 – 01/31/25. You do not need to report until January 2026.



- Signature Program: Become a Champion – Be the Voice for Those That Have No Voice
- Juniors’ Special Program: Be A Champion in the Lives of Children
- Arts and Culture: Developing Community

Orientated Art

- Civic Engagement and Outreach: Preparation Saves Lives
- Education and Libraries: Support High-Quality Early Learning Programs
- Environment: National and State Parks Engage in Nature
- Health and Wellness: Caregivers' Circle

Lynn Osborne

GFWC Virginia Communications and Public Relations Chairman

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Communications and Public Relations are the backbone to any organization. In this day and time, there are multiple ways to communicate with members and the public. This can be overwhelming, but you need to evaluate all methods of communication and determine which is best for your club.

What do you want your communications to do? Once you define your goal, figure out how to reach it by employing one or more of the tactics below. Then outline the tools you can utilize to reach your club's goals and objectives.

- Branding
- Public Relations
- Club Communications
- Website
- Social Media
- Digital Meeting Capabilities

The best tool for you to use is the GFWC Club Manual, which you can download from the GFWC website, GFWC.org. Log on to the Member Portal, go to the "Digital Library," and search for "GFWC Manual." In the manual go to the Communications and Public Relations section Pages 122-137. There you will find a wealth of information for you to use. Don't get overwhelmed by all of the information, just pick one area you can use to work on which best suits your club.

GFWC Virginia has a new logo, below. Remember to incorporate it into your communications with your club and with the public. I look forward to working with you these next two years. Please reach out to me if you have any questions or concerns.



Gloria Worrell

GFWC Virginia Endowment Chairman

endowment@gfwcvirginia.org

Happy Fall Ladies,

What a great time we had at Virginia Tech at the Conference! If you were not there, we missed you! One of the added gems that I enjoyed was walking through the Tech Gardens where they were displaying outdoor Art. It was a calming and beautiful sight.

I was quite busy again at the Conference with all the upgrades to your Dogwood pins and the new member that joined the Dogwood Society. Michelle Clary from Southside District won the Dogwood raffle, which took in over \$500.00. She will use this to upgrade her Dogwood pin or help some of her Federation friends upgrade their pins!

The Conference brought us 5 new Buds and 5 new Topaz members to the Dogwood Society. I would like to welcome them to this Elite Society that shows pride for GFWC Virginia and our Federation.

You may hear about the Endowment at your District meeting; I have asked the District Presidents to make sure that every club member is aware of the Endowment and how you can give with a donation or by becoming a Dogwood member. Most important why we give and what the money from the Endowment is used for.

If you ever have questions, please reach out to me or Heather at the State Headquarters, we are always willing to answer any of your questions!

Miranda Lester

GFWC Virginia Fundraising Chairman

fundraising@gfwcvirginia.org

I am pleased to be a part of the 2024-2026 GFWC Virginia Committee. Attending the Virginia Tech state meeting provided me with valuable insights and ideas for areas of improvement within our state. It was evident that Covid had significantly impacted our fundraising efforts. I believe that effective brainstorming and improved communication within clubs should be our first step towards ensuring the success of our events. I'm eager to hear from clubs and share the fundraising events. Please feel free to reach out to me via email with questions, "wins", tips, tricks, and even the challenges of the events you have done. Keep your eyes peeled for tools, tricks, and ideas posted on the GFWC Virginia Facebook page. Feel free to share them with your clubs as you ponder ideas for your next event. "Don't wait for the opportunity. Create it!"

Judy Gough

GFWC Virginia Headquarters Chairman

headquarterschairman@gfwcvirginia.org

Come and visit Headquarters when you can –Email Heather Craven at gfwcvirginia@verizon.net to arrange an appointment to visit the GFWC Virginia Headquarters.” We have lots of historical information for you to see along with the pictures of all the Past State Presidents. Don't forget to donate to the Headquarters fund in your budgets. Clean the bottom of your purses out by donating the change to headquarters.

Linda Beatty

GFWC Virginia Historian

historian@gfwcvirginia.org

Mrs. Corinne Murray remarked in the Foreword of the Virginia Federation of Women's Clubs 1907-1957, the history of our first fifty years: "It is acknowledged that the only good histories are those that have been written by the persons themselves who commanded in the affairs whereof they write." She was referring to Etta Belle Northington, the author of that first history and a longtime dedicated club woman who had served as state president from 1944-47. Mrs. Murray went on to say "It emerges as a challenge to make the years ahead equally as meaningful as those of the founding leaders. It is a valid and valuable source of information for all who join the Virginia ranks of organized womanhood in time to come. No club or library will be complete without a copy."

How many of you have read this book or even knew it existed? When I was serving as State President a club member came to me one day with a copy in her hand and was very dismayed that she had picked it up at a local library from books that were being discarded. I have a copy signed by Mrs. Northington that was passed down to me from Miss Lucille Bland. It is a very useful research tool. The descriptions of the leaders of the first 50 years are so vibrant and descriptive

that you feel like you know them. That book took the author 6 years to complete with the help of many other clubwomen who researched records, read the publications of the Virginia Federation, conducted face-to-face interviews, and combed through minutes of meetings which then included reports of all clubs and committees.

For the observance of our second fifty years, another book was published entitled “Collection of GFWC VA Histories 1907 - 2007” which was compiled by Shelby Hamlett, Shirley Mormon, Kathryn Sowers, Wanda Burley, and Kelly Lane using articles provided by each club still in the state federation at that time, briefly describing the work of their club. Mrs. Sowers noted in her introductory letter: “We are continuing to learn from the past 100 years to create the future. The destiny is ours and every moment counts.”

We are working on our third “fifty years” Who will write that history, what will your role be in it, and what will it say to the world about our beloved Federation?

As reported at the Conference, please send information about outstanding accomplishments of women in your clubs or districts and also about amazing projects that the members would enjoy learning about your club or district. Send to historian@gfwcvirginia.org

Carol Outten
GFWC Virginia HOBY Coordinator
hoby@gfwcvirginia.org



Hugh O’Brian Youth Leadership

Teaching students how to think, not what to think, since 1958.

During this year’s GFWC Virginia Conference workshop, questions arose regarding the process of applying to attend the annual HOBY Seminar. This included any student who does not attend a traditional High School. Here are two quick responses, but I would be happy to address them in more detail should you like to discuss them.

Who Attends HOBY Seminars..... Rising juniors from Public or Private schools are encouraged to attend HOBY’s Leadership Seminars. By attending these seminars, students gain a concrete sense of their own leadership abilities and values, learn tangible skills to lead diverse groups and make connections with peers across their state. At HOBY, you become part of something bigger.

How to Attend; Even if A School Isn’t Involved..... Students who attend a home or virtual school who wish to attend the seminar are eligible and encouraged to apply to attend the seminars. HOBY’s Community Nominations process welcomes students outside traditional school systems. Community members, HOBY alumni, volunteers, and even parents/guardians are eligible to nominate students. Community Nominations open in January each year. Registration for the 2025 Seminar will open in late September, and High School counselors will be provided with registration information for students. So, if you know a student who is a current sophomore, encourage them to request an application package from their school’s guidance department.

If you have any questions or would like to learn more about HOBY, please do not hesitate to contact me. I would be happy to visit your Club at some point during the year to share this program and the positive impact it has on young people. As always, HOBY Virginia is grateful to the ladies of GFWC Virginia for their generosity and support of the Leadership seminars and our ambassadors.

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



Stephanie Griffin
GFWC Virginia Reporting Chairman
reporting@gfwcvirginia.org

Happy Fall!!! I hope you all are well and enjoying the cooler weather as much as I am. I am thrilled to be your Reporting Chairman for this administration. I thoroughly enjoy reporting and I hope to excite you all with my knowledge.

At first I turned it down due to my mother's health and not knowing what the future has instored. Then life takes a turn (I think for the better) and I was able to accept. So I would like to thank Madam President for this opportunity and consideration.

I hope you were able to attend the Reporting workshop at Conference. If not, the powerpoint should be up on the state website. My contact information is included in the powerpoint, so feel free to reach out. As discussed during the workshop, nothing has changed except with the addition to Madam Presidents State Project. Thank you to everyone who gave me feedback on how to make reporting easier and/or suggestions.

I will be hosting three (3) Zoom meetings between December and February. Please be on the lookout for more information in the near future. Tentative dates are as follows:

December 5, 2024 – Club Reporting

January 9, 2025 – District Chairman Reporting

February 6, 2025 – State Chairman Reporting

Marlene Wine
GFWC Virginia Resolutions Chairman
resolutions@gfwcvirginia.org

As you know our Resolutions are the concerns and actions addressed by our members over the years . PLEASE review them AND IF you have concerns and actions you want the committee to address- send them to me and we will review them and contact you.

Dale Fisher
GFWC Virginia Scholarship Program Chairman
scholarships@gfwcvirginia.org

Fall brings with it the vibrant colors of changing leaves, the smells of apples and hay, everything pumpkin, the renewal of federation fellowship and service, and the return to school.

Many high school seniors are finalizing their continuing education plans and may be stressing over the financial obligations involved. Well, GFWC Virginia to the rescue! We have scholarships available

- The Mary Macon McGuire Scholarship is awarded to a Virginia woman returning to school to advance her education and employment. Two \$2,500 scholarships may be given during each administration.
- The Phyllis V Roberts Scholarship is awarded to students studying in a particular field as determined by the GFWC Virginia President. This administration our president has selected Early Childhood Education as the field of studies. Scholarships totaling \$3,000 may be given during each administration.

Information on the scholarships may be found on the GFWC Virginia website and in our Yearbook pages 56 – 62.

During the 2022-2024 administration, GFWC Virginia generously distributed all available scholarship funds - \$8,000. This was accomplished because our members and clubs made personal connections and encouraged students to apply. Please spread the word about our program – contact high school guidance counselors, use your club’s social media platforms, and provide information at your club’s fall events.

This chairman, and the members of the Scholarship Committee: Bonnie Rosemond (AK), Tabitha Nester (SW), AnnKay Walters (T), and Kathy Cain, Junior member, are available to assist you in promoting our program. Please support the scholarship funds so that we may continue to assist our youth and women with their personal development and growth.

We Rise so Others Soar.

Nancy Vadersen
GFWC Virginia 2024-2026 State Project Chairman
stateproject@gfwcvirginia.org



The GFWC Virginia State Project for the 2024-2026 Administration is Early Childhood Education.

The purpose of this project is to support and promote formal and informal education that guides the growth and development of children throughout their preschool years (birth to age five). Research consistently supports that high-quality early childhood education promotes school readiness and other positive outcomes.

Clubs and Districts are encouraged to use their time to work with children and Early Childhood Education centers, to use their talents to provide items needed to encourage learning, and to provide financial resources to support local Early Childhood Education centers throughout your communities.

President Mowry’s vision of this project involves clubs determining where the need exists in their communities and creating projects that will support local programs. Clubs are encouraged to investigate the needs of their area and do what they can to support Early Childhood Education opportunities in their town, city, or county. If there is a need for ECE programs in your community, your club can decide what you can do to bring quality programs to your area.

The possibilities are endless! Clubs can adopt a preschool or a class. You can ask preschool teachers and kindergarten teachers what they need and hold a supply drive. Volunteer to read to a preschool class or volunteer to help with a kindergarten class. Provide educational toys or books for children’s clinics or pediatricians’ offices. You can help church schools, Title 1 schools, and Head Start programs.

Each of the projects and activities may be reported in the area for which it is most appropriate. This depends on the project. It might be reported under Advocates for Children, Education and Libraries, Arts and Culture, Civic Engagement, or Environment, wherever it fits best. Also, projects will be reported to the State Project Chair. The reporting form is on page 116 in the GFWC Virginia Yearbook.

If your club would like to make a monetary donation to the State Project, you may do so using the form on p. 115. The funds will be used to purchase items needed for the ECE Service Projects at each state meeting.

This chairman is excited about the State Project, and she looks forward to hearing about the wonderful projects that clubs complete during the next two years!



Hope Royer
Women's History and Resource Center
history@gfwcvirginia.org

Since its opening at GFWC Headquarters on May 1, 1984, the expansive collections of the Women's History and Resource Center have served to educate, engage, and empower GFWC members, the research community, and the public to explore the rich, historical role of women volunteers. GFWC's Research Library consists of more than 5,000 publications that provide a broad resource for researching the history of GFWC and women volunteers. The Special Collections maintained by the WHRC include State Federation and club histories, oral histories, photographs, and art and artifacts. GFWC's most significant "artifact" is its Washington, DC Headquarters which was designated a National Historic Landmark in 1991. The WHRC manages access to GFWC's historic archives and collections, including complimentary tours of Headquarters. Tours must be scheduled in advance by emailing WHRC@gfwc.org or contacting WHRC Librarian Joanna Church at 202-683-2028 or jchurch@gfwc.org. If planning a club trip to DC isn't possible, why not treat members to an "armchair" tour of Headquarters? Contact the WHRC to receive a scripted PowerPoint presentation that provides a historical and interior tour of 1734 N Street.

"Honor the Legacy. Inspire the Future."

Among the projects supported by generous monetary contributions to the GFWC 2022-2024 Annual Giving Program was the restoration and repair of the GFWC Headquarters ironworks at the front entrance. Now that the front entrance ironworks marquee repairs have been completed, GFWC has identified the next project needed to keep our historic building structurally safe,

Gifts to Headquarters will go towards the "GFWC Headquarters Façade Restoration and Beautification Project," with the goal of restoring the iconic white front-facing exterior walls of GFWC's beloved Headquarters buildings. Over time, the brick and stonework that gives our Headquarters its grand and elegant appearance has deteriorated and needs major repairs. Restoration work will include stripping existing paint, cleaning and sealing, mortar and stonework repair, repainting, and more. This restoration will not only enhance the beauty of our Headquarters, but it will also protect the historic interior spaces and collections and secure the buildings' long-term structural integrity.

With our donations to the "GFWC Headquarters Façade Restoration and Beautification Project," we will be able to welcome visitors and Clubwomen to our beautiful Headquarters for the next 134 years.

Terry Putman
GFWC Virginia Affiliates Coordinator
affiliates@gfwcvirginia.org

At the GFWC Convention in Chicago a new Affiliate Organization, Alzheimer's Association, was added to the present 8 Affiliates: Hope for Justice, Canine Companions, Heifer International, Shot@Life, UNICEF, March of Dimes, Operation Smile, and St. Jude Children's Research Hospital. This partnership agreement was signed on June 30, 2024, at The Purple Gala: A Night of Hopes, Dreams, and Inspiration. Purple is the signature color of the Alzheimer's Association. As a woman's organization, GFWC recognizes the statistic that approximately two-thirds of dementia caregivers are women. It also knows the impact of this debilitating disease on individuals, families, medical facilities and personnel, and the overall community.

GFWC Resolution 170-45 states GFWC supports:

- Education on recognition of cognitive decline and other forms of dementia
- Funding for caregivers, respite care, and facilities that provide memory care
- Legislation and research to improve treatments, access to treatment, prevention, and cures for all forms of dementia

“Worldwide, 55 million people are living with Alzheimer’s and other dementias. Alzheimer’s disease is a degenerative brain disease and the most common cause of dementia. Dementia is not a specific disease. It is an overall term that describes a group of symptoms.” (Taken from Alzheimer’s website)

To learn more, go to the Alzheimer’s Association website at www.alz.org. This website offers information on Alzheimer’s and Dementia: the signs, diagnosis, treatment, differences, stages, research, and progress in these areas. One of the major fundraisers for this association is the “Walk to End Alzheimer’s” usually held in the fall. Check out this website to see if there is a walk near your club. Sign up for news information and emails regarding events. There are so many ways your club can be involved in working with and informing members about the Alzheimer’s Association.

The 2024-26 Club Manual has been published on the GFWC website. I encourage all members to log in on the homepage and register as a club member. On pages 106-122, you will find information sheets with contact information and ways your club can get involved with GFWC Affiliate Organizations. There is also a section on Affiliate Organizations at the beginning of the Digital Library that gives project ideas and fact sheets. Please feel free to email me with ideas, projects, and ways your club supports these Affiliates.



Carol Guilliams-Mills and Florence Powell
Arts and Crafts Contest Chairmen

artcontest@gfwcvirginia.org

Thank you to the club women who attended the Arts Contest workshop at Conference. To those who received a door prize, please complete the kit. To those who may have an incomplete project at home, pull it out and finish it. Or just start a new one. We want your entries!

The 2024-2026 Rules and Instructions Booklet for the GFWC Virginia Arts Contests is on the GFWC Virginia website. Please print it for your District Chairmen, club chairmen, and interested club women. Decide when your club will have their contests in time to meet the District and State contests. Review the Rules for deadlines.

The contests with the first deadline are the Writing Contests. GFWC Virginia follows the GFWC Writing Contest rules found on pages 14-17 of our Rules (from the GFWC Club Manual). Also read pages 9-10. There is a GFWC Member Contest for short stories and poetry. Authors must be amateurs. Please share these rules with members who are interested. There also is a Youth Writing Contest. Clubs should contact interested schools or students who want to submit a short story or poetry. Follow the GFWC Rules on page 15 and read page 9. Clubs must have their contest before February 1 because the club winners must be sent directly to the District Arts Chairman by February 1. Entries must be judged during February. The District first place winners must be sent to Carol Guilliams-Mills postmarked by March 1. She must mail to the national GFWC Writing Contest Chairman (Hope Royer) the state winners postmarked by April 1.

The State winners must have a Creative Arts Waiver attached to them if they are submitted to the national chairman. See page 17. We suggest that the Creative Arts Waiver be collected at the club level if the participant wants their winning entry to be qualified to enter the national contest. Participants need to keep a copy of their writing because it will not be returned.

Now is the time to start. The work must be completed in 2025. If you have question, please do not hesitate to contact us.

Helen Hill
GFWC Virginia Arts and Culture Chairman
arts@gfwcvirginia.org



A new year begins! Clubs are planning new activities. There are resources available for both District Chairmen and Club Chairman. Look at the GFWC Club Manuel. The section on Arts & Culture has many suggestions. It is divided into four parts, Community, members, youth, and affiliates.

Starting with the Community, clubs could help with a parade, create a community garden, have a yard of the month contest, or a Christmas Door Contest with prizes. Clubs could make wreaths to decorate public areas or buildings. Another suggestion, club members to make cards for assisted living facilities or Meals on Wheels. How about painting young people's faces at a community outdoor event?

Plan projects for members, such as a field trip to a historic house or museum. Have other members give demonstrations of their craft, such as quilting, painting, and photography. Have a group of members make a quilt to raffle. Invite a Native American Tribe to give a program. How about members attending a Pow Wow? Encourage members to attend school concerts and plays. Remind members to enter the Arts & Crafts contest on the Club, District, and State level. Don't forget the Photography contests! The rules and waiver form are in the Arts & Crafts Booklet. There is the writing as well.

For the Youth, plan a "Chalk the Walk" contest for elementary school students with the club providing the supplies. Among the table decorations at the conference was a placket suggesting sewing doll clothes for preschool. The clothes patterns would be very simple and include buttons, zippers and maybe lacing and tying. Hold the student Arts & Crafts contest.

One club planned a musical teaching event involving grade school and upper classes. The music of "Peter and the Wolf" was used. Upper-class band students demonstrated the sounds of each instrument and talked about their instrument. Then the students listened to the score. Encourage members to attend school band concerts and plays. Think of giving a scholarship for furthering art study. Hold the student art contest and the student writing contest.

There is a section on the six affiliates with activities for clubs to get involved in making dog vests, toys, and beds for Canine Companions. Making baby blankets and infant knit caps for March of Dimes. Making dolls, gowns, and bags for Operation Smile. The contact information for these is in the Club Manuel.

Read about the Club Creativity Award for club work in Arts & Culture District Chairman and Club Chairman include a statement in your report on your activities on the Arts & Culture Committee. Your hours and money spent, or in-kind donations will be reported to the club Leadership Committee.

Have a successful and enjoyable year! Remember, if all your plans have been made, new suggestions can be used next year!



Sue Trussell
GFWC Virginia Civic Engagement and Outreach Chairman
civicengagement@gfwcvirginia.org

Civic engagement and outreach are at the core of the General Federation of Women's Clubs (GFWC). As volunteers committed to enhancing our



communities, we recognize the transformative power of collective action. Every project we undertake, every event we organize, and every voice we amplify contributes to building a stronger, more connected society. Now that our conference has concluded, it's time to channel that momentum into our clubs and communities.

The Civic Engagement and Outreach program offers a wealth of ideas to assist our neighbors and strengthen our communities. This initiative encompasses a wide range of causes, including Citizenship, Crime Prevention, Safety, Disaster Preparedness, St. Jude Children's Research Hospital, aiding the Needy, Canine Companions, March of Dimes, Hunger, Homelessness, Heifer International, Operation Smile, and support for Military Personnel and Veterans.

Here are a few impactful ways your club can get involved: **Bicycle Safety Workshop:** Host a bicycle safety workshop for children during National Bicycle Safety Month in May. Educate young riders on the importance of safety gear and road awareness. **Identity Theft Awareness:** Organize a community educational program on Identity Theft, utilizing resources from USA.gov. Cover topics like potential victims, types of theft, warning signs, and prevention strategies. **Habitat for Humanity Women Build Team:** Assemble a Women Build team for Habitat for Humanity. Collaborate with construction professionals and future homeowners to make a tangible difference. **Day of Service at a Food Pantry:** Plan a club day of service at a local food pantry. Donate essential goods, help organize shelves, and create "Birthday Bags" filled with cake mix, icing, candles, a baking pan, and a birthday card to brighten someone's special day. **National Preparedness Month:** In September, during National Preparedness Month, coordinate a program with first responders to educate the community on emergency situations, natural disasters, and how to be prepared at home. **Sock Collection for Homeless Shelters:** Collect socks at your club, district, or state meetings and donate this "number one most requested item" to homeless shelters. **Mental Health Awareness for Veterans:** Raise awareness about the primary mental health concerns of military personnel and veterans, including Posttraumatic Stress Disorder (PTSD), Depression, and Traumatic Brain Injury (TBI). Support organizations like the National Alliance on Mental Illness (NAMI) that offer assistance.

The opportunities to make a difference in your community are vast and varied. Please don't hesitate to reach out to this chairperson for more information, detailed guidance, or answers to any questions you may have.



Ilia Desjardins

GFWC Virginia Education and Libraries Chairman

education@gfwcvirginia.org

"Life was meant to be lived, and curiosity must be kept alive. All of life is a constant education. The giving of love is an education in itself." Eleanor Roosevelt

As club women, we tend to focus on what we can do for others, whether it's for children or our community, but what do we do for ourselves? Here are a few ideas that focus on Lifelong Learning, the idea that it's never too late to learn something new or share what you know.

Enroll in classes at a Lifelong Learning Institute! Local LLIs can provide inexpensive classes to learn new hobbies, socialize, and maybe recruit a few new club members. Club projects could include providing scholarships to students over the age of 90, taking classes together, or pooling your experience and volunteering to teach some classes.

Write your own memoir! What are some fun Federation memories that you would want to share? What history would you want to pass down to future generations? We all have stories; our personal stories are books and our clubs are libraries. If you're feeling bold, submit your short story to the Writing Contest. Club projects could include having each member write a short story to compile a club book, help older members write down their history, and get together to reminisce and have fun.

Read! All books are books. Audiobooks, printed books, graphic novels, eBooks, young adult, novels, and nonfiction are all books. Go visit your local library and see what they have to offer. One service libraries provide is called "readers' advisory" where they provide general or personalized lists of a variety of books. Read outside of your comfort zone, read what other people are reading, read your favorite author, just read! Club projects could include starting a club book discussion group, collecting your used books to donate to a little free library or senior center, scheduling an outing to your local public library to see what resources they have- make it a fun scavenger hunt or ask the librarians for a tour.



ESO

Ilia Desjardins

eso@gfwcvirginia.org

ESO, or Epsilon Sigma Omicron, roughly translates from Greek to “Enlighten Your Own Pathway”. Established in 1928, ESO strives to provide clubwomen with a structural reading program, which is educational and stimulates a desire for self-improvement. All club members are eligible to join but must complete a pledge application and pay the required dues of \$1.50. Pledges read books in various genres and work their way up through the levels, becoming a member and reaching star level, torch level, century level, and the diamond level- having read 1,000 books! Book totals are cumulative from year to year, and you can join the ESO at any time. The GFWC Virginia ESO has an optional bi-monthly Book Club Discussion via Zoom on the third Tuesday at 7:30 pm. The next Book Club Discussion will be September 17th and will be discussing *The Heaven & Earth Grocery Store* by James McBride. The following meeting will be on November 19th. All club women are welcome to join the discussion! The link will be emailed out to current ESO participants, but if you are interested in learning more, please send an email to ESO@GFWCVirginia.org



Health & Wellness

Suzanne Williams, State Chairman

health@gfwcvirginia.org

If you did not attend the GFWC-VA Summer Conference last month you missed a grand opportunity to meet and greet members from across Virginia and learn about the many volunteer programs and opportunities which contribute to our communities. Health and wellness is one program area that has many different activities for clubs to consider.

Before we go off and pursue a program there is one critical first stop: We do need to take care of ourselves. We should be mindful of keeping up with our personal health care -- make and keep appointments for annual exams and when necessary complete the follow-up visits. Talk to your doctor after the exam and any test results are in. Be sure you understand what he or she is telling you. Sometimes physicians talk in jargon and human nature being what it is we nod along. No! If you don't understand what is being said ask questions. Advocate for yourself and your family members.

By doing some reading in preparation for the Summer Conference I learned Health and Wellness means so much more than go out and exercise, eat-this-not-that, get your shots. Our volunteer programs cover the gamut from blood-drives to food pantries to medical supply closets to domestic abuse shelters. In the Health and Wellness section of the GFWC Manual, you will find many ideas to consider. Read the section on Health and Wellness and adapt the ideas that appeal to you to your club's size, resources, and community makeup.

The GFWC-VA web page also lists Health & Wellness program activities and opportunities.

When I spoke at the Summer Conference, I focused on two areas I think are important.

The first area is care for Caregivers. Women have been the caregivers in families forever. I mean let's face it, as long as history has been happening, when parents aged, family members got sick or crippled, women - wives, mothers, daughters were the rocks who handled it all. It's still that way. When the best option for the dependent family member is to remain at home, the caregiver assumes an enormous job that leaves very small windows of time for their own self-care.

What can volunteers do to help the caregiver? Be specific in your offer to help. “I have an afternoon free next week so I could stay with so & so.” “I'm going to the grocery store - can I get something for you?” Maybe after a snowstorm, the

front walk needs shoveling. Grab a shovel or grab a kid and hand him the shovel. Setting up a meal train is often suggested; however, talk to the caregiver first and find out if they'd like that and -- very important -- how frequently. The amount of food volunteers bring can be overwhelming.

Check-in. A simple visit to talk. Be a friend. Listen. That might be the biggest help of all.

Learn about community resources that provide services to the caregiver. One place to look is AARP at aarp.org. Another is the Virginia Division of Aging Services at vda.virginia.gov.

The second topic is UNPLUG. We're not talking about appliances or the television. We're talking electronic devices.

Personal computers, smartphones, tablets ... we don't just have a television set and telephone in our homes, we have multiple electronic devices that connect us with the world. It's how we communicate, work, and entertain. Often simultaneously. Did you also know there is a Global Day of Unplugging? (globaldayofunplugging.org.) The next one is March 7-8, sundown to sundown. Another way to put it: A day to reclaim your attention span.

Many people, though, are always "available" on their devices. A notification chimes and they are on it! "Oh good, the kids are home from school." "Gee, Belk has a special on Fall sweaters." "Weather alert!" It goes on and on.

The average American spends an average of 70 hours a week looking at a screen -- including work and leisure. You don't realize how much time you've spent online reading, texting, emailing, and playing games until you see the data in black and white.

So how do we disconnect? Set limits. Budget your time online and don't simply follow a yellow brick road off to the wilderness. At home, determine a technology-free zone. A good place to begin is wherever you and your family eat.

Read a real book and not an e-book. When we're reading an e-book, we will bookmark the page and then change apps to check on emails or look at a text that chimed in. So, check out a book from the library or pick up that one from the bookcase - or magazine, or newspaper -- and read for a while.

Go for a walk. Visit a friend. Write in a journal.

When you are with friends turn off your ringer. Slip your phone into your purse or pocket. You don't have to verify every statement. Let the conversations flow wherever they go.

If you have questions or want to talk about a Health & Wellness idea for your District or Club, please send me an email. We can set up a Zoom or telephone call. I'm more than happy to brainstorm with you. My email is sfw4514@gmail.com.

Celeste Corrigan
GFWC Virginia Legislation/Public Policy Chairman
legislation@gfwcvirginia.org

On May 1st, I had the opportunity to join other GFWC members at the 40th anniversary of the Women's History and Resource Center at the GFWC National Headquarters in DC. The guest speaker was Anna Laymon. Anna is the Executive Director of the Women's Suffrage National Monument Foundation, the organization designated by Congress to build a monument in Washington, DC that depicts the history of the early movement for women's equality. She spoke passionately about the importance of this monument. About the legacy of these brave ladies, and their stories that we need to pass down to young girls who come to Washington DC and see this monument. The purpose is to inspire them to envision the dreams they can accomplish.

Did you know that there is not one monument that is wholly dedicated to the Women's Suffrage movement? Congress has approved building such a monument, but now they must vote on its location. Many ladies in leadership positions, and me as well, believe that the monument celebrating the 19th Amendment needs to be on the National Mall, where it will be easily seen. It will be a physical reminder of the steadfast courage and dedication of the suffragists who worked so hard to achieve the right to vote for all women.

The House of Representatives passed the Women's Suffrage National Monument Location Act (HR 1318) in November 2023. However, the Senate has not. It is time for our voices to be heard. It is time to tell our Senators they need to move on this piece of legislation and get the location agreed upon so the monument can be built. It is time for the Senate to act and vote for this.

Have you logged into the new GFWC website lately? If you haven't you need to update your login information. Once you are in, I am requesting that you go to the Action Center and become an advocate for the building of this monument; <https://www.votervoice.net/GFWC/home>. As women, we struggled to have our voices heard, to have the right to vote, to dare to dream of a country where we all, men and women, equally determine our future! I believe that we must once again come together and make our voices become the loudest advocates for building this important monument.

District News

Alice Kyle District

Carol Pridgen, President

Colleen Barnes, Third Vice President Director of Junior Clubs



My journey into Woman's Club membership started in 2003 when my best friend received an invitation from our local club's Membership Committee for their "Membership Wine & Cheese Social." The invitation read "Bring A Friend." I do not drink wine or eat cheese, unless it's on a cheese pizza, I would never let my best friend go into uncharted waters by herself. We went to the social, had a great time, met the members of Blackstone Woman's Club and later we were asked to join. As of October 2023, I have been a BWC member for 20 years. During those 20 years I served as Club Secretary, Treasurer and President. My two terms as President lasted a total of 10 years. When I was elected Alice Kyle District President for the 2020-2022 administration, I passed on the gravel for Blackstone Woman's Club for the last time. It was time for another member to have the opportunity to develop their leadership skills. Club Membership Committee members, remember when you are planning your club's social, you could be inviting a future District President!

I am honored and I look forward to serving the Alice Kyle District as President for a second administration. At least this time I only jumped from 2nd VP to President, unlike my first time, from Treasurer to President. Hopefully this time I will not cause a Pandemic to happen like the 2020-2022

administration. My theme for this administration will be.....Volunteering is the "Heart" of the Woman's Club Future. I believe when we put our hearts into volunteering and serving in our communities, our communities become better, our clubs become stronger and our Districts become stronger. When our Districts are stronger, nothing can stop the GFWC Virginia, Hot Air Balloon from flying high above the clouds.

My symbol for this administration is a "Heart" with a Dragonfly. I love a dragonfly because they are always in motion flying around here and there. That's how I would like our club members to be, always in motion volunteering and serving in their communities.

I look forward to working with Colleen Barnes, 3rd VP, Director of Junior Clubs. During this administration, I want the Junior Clubs to know that if they need anything, the General Clubs are here to help.

Alice Kyle District has become smaller in size, but we have a wonderful group of women with big “hearts” who continue to help by volunteering in their communities.

I am honored to serve the Alice Kyle District as Third Vice President Director of Junior Clubs. I began club work in 2016 when I moved to Halifax County and a friend invited me to a meeting of the South Boston-Halifax Junior Woman’s Club. Since then, I have served in many officer positions, including as Club President from 2022-2024.

The ladies of SBHJWC and GFWC VA, and the impact we’ve had on our communities by volunteering our time and money, have meant so much to me over the past 8 years. That is one reason why I’ve chosen the zinnia as the symbol for my administration. Zinnias traditionally represent friendship, endurance, goodness, and loyalty: all qualities of the clubwomen I have come to know and love.

It is my hope to continue our collective commitment to service, empowerment, and enduring friendships over the next two years, and I am thrilled to be able to serve the Alice Kyle District and the GFWC VA organization in the 2024-2026 administration.

Blue Ridge District

Camilla Cabaniss, President

The ladies in Blue Ridge District have been very busy since Convention in Harrisonburg! We had three members attend the GFWC International Convention in Chicago. What an experience! And the GFWC Botetourt Town and Country Woman’s Club brought home a national award for their project in the Community Impact Program! The GFWC-VA Summer Conference was enjoyed by many members from Blue Ridge.

GFWC Bent Mountain Woman’s Club spent their summer revitalizing their wonderful butterfly garden with help from their community. A bench was dedicated in memory of Lucy Ann Price, a member who spent many hours working on the garden. The GFWC Blacksburg Junior Woman’s Club sponsored a Blood Drive and has begun a plastic recycling project in their community. The Botetourt Club sponsored a booth at the County Fair with emphasis on the Fentanyl crisis in our world. GFWC Roanoke County Woman’s Club was a sponsor for a fundraising event for Mrs. Dorsey’s Closet, a charitable organization offering free

clothing to the community. The GFWC Woman’s Club of Vinton continues to support a Blessings Box with food and snacks. They also are collecting school supplies for the area schools. GFWC Bedford Woman’s Club is preparing for their 49th Annual Holiday Mart and is very busy making arrangements for the Fall District meeting on October 19. The ladies in GFWC Floyd County Woman’s Club continue to work with planning for their upcoming Arts and Crafts Festival in October. This is their biggest fund raiser of the year!

Four clubs have signed up to support the GFWC National Day of Service.

All the clubs are amazing and busy constantly making a difference in our communities! I am very proud of the impact our Blue Ridge clubs make in our area.

I am honored that GFWC Blue Ridge District has asked me to serve as President of our wonderful district. I look forward to working with the seven clubs in our district as we serve to improve our communities in many different ways.

I have been married to my husband, Johnsey, for fifty years! Our home is in the Grandin Court neighborhood in Roanoke. We enjoy spending time with family and friends, supporting our church, and working in the yard. We also like to do a bit of traveling, especially when we can get out to Nevada to see our son, Lee, and his wife, Allie! I like to bake and cook and share treats with neighbors and friends.



I began my journey with Blue Ridge District forty seven years ago when I was asked to attend a meeting of the Roanoke Junior Woman's Club. I continued to enjoy service with the Juniors as a club president and as the Junior Director until I had to "graduate" and then I joined the GFWC Roanoke County Woman's Club and GFWC Woman's Club of Vinton. I have made life-long friends with the women in these clubs. They are truly my "Federation sisters"! I am currently serving as the President of the GFWC Roanoke County Woman's Club and we just celebrated the club's 101st birthday. During the next two years, you will be seeing a lot of bees buzzing around the Blue Ridge District. The bee is the symbol I am using for the next two years. I hope to see many busy bees buzzing around the district, "Helping Others Help Others" by stocking food pantries, supporting Ronald McDonald House and Hospitality House of the Blue Ridge, Children's Assistive Technology Services (C.A.T.S.), Sleep in Heavenly Peace, The Least of These Ministries, and other organizations in our district. You will learn more about these groups over the next two years. I hope to keep the Blue Ridge thriving and humming and see growth within the "Blue Ridge Hive"!
In Federation,

Camilla Cabaniss

Lee District

Kelly Lane, President

Danielle Basham, Third Vice President, Director of Junior Clubs

We are both excited to represent Lee District. Both of us began clubwork as Ginter Park Juniors and later as Ladies In Purpose JWC members. Our clubs are now GFWC Metropolitan Richmond WC and GFWC Powhatan Junior Woman's Club.

Our themes for the 24-26 administration are "Juniors are an Important Piece of the Puzzle" and the "Big Picture of Lee District."



The whole district is looking forward to hosting the next GFWC Virginia Convention. Please look for details on the dates and the place in all the usual communication tools.



Northern District

Yvonne Sening, President

Jaclyn Francis, Third Vice-President/ Director of Junior Clubs



Greetings! It is both my honor and privilege to serve as the Northern District President for the next two years. As we begin the 2024-2026 GFWC Virginia administration, I am delighted to report that the Northern District stands strong at 22 federated clubs with 735 club women. During the upcoming administration, the Northern District aims to continue membership growth, encourage and nurture leadership among all club women, and

promote open, transparent communication between GFWC National, GFWC Virginia, the Northern District, and our local clubs. And of course, as a District we will continue to work to spread enthusiasm for volunteer service within our communities, all while having fun!



The theme for the 2024-2026 Northern District administration is “Be Kind; Mental Health Matters.” Each interaction we have daily, whether good or bad, impacts how we feel about ourselves, and how we treat ourselves and others, not just in the short term, but in the long term as well. As we focus on different aspects of the theme in different community service program areas, as a District we hope to raise awareness, educate others, and reduce the stigma: treat others kindly, raise awareness of the impacts of bullying, teach others about bullying prevention, and reduce the stigma surrounding mental illness.

I am thrilled to announce that for the 2024-2026 Northern District Administration, Jaclyn Francis will be serving as our Third Vice President, Director of Junior Clubs. Jaclyn’s theme for the next two year is “When we row together, we grow together” with her symbol being a racing shell. Her junior project theme focuses on unity as strength to move forward from hidden traumas. Hidden traumas, such as body dysmorphia, miscarriage and infertility, traumatic brain injury and sexual assault, often result in people suffering in silence due to lack of resources, feelings of isolation, feeling as if no one can relate or understand, guilt or shame, rejection, judgment, or due to our own pasts. Focusing on these hidden traumas within their different community service programs, we hope to bring awareness to these issues and educate our communities about the resources available to fight such traumas.



Shenandoah District
Laura Coburn, President
Allie Surratt, Third Vice President/Junior Director

We have returned from GFWC Virginia Conference 2024 at the Inn at Virginia Tech in Blacksburg, full of excitement and encouragement for the 2024-2026 administration.

Our district was represented with 13 members attending, all of whom gained new ideas and information while there.



The district president’s theme is Growth.Strength.Renewal. The symbol is starfish, who are known for their ability to grow, be strong in their milieu, and renew themselves when needed. All clubs are encouraged to grow their members, strengthen their programs, and find renewal for their clubs.

Finding Beauty in Volunteering is the theme of the District Third Vice President/Director of Junior Clubs, with a hand mirror as the symbol.

Two organizations have been selected as district projects. Hope for Justice, an affiliate of GFWC and the Evie Key Campership at Camp Easter Seals will be the recipients of donations given by the clubs in the district. District Fall Meeting is September 28 in Charlottesville. Since it is also GFWC National Day of Service, the district project is collecting basic cosmetics and toiletries for middle schoolers at one of the Charlottesville schools. We are looking forward to GFWC Virginia President Susie Mowry and GFWC Virginia Third Vice President/Director of Junior Clubs Joanne Dixon visiting with us and providing inspiration to our members.

Southside District –

Julie Johnson, President

Mary Katherine Steed, Third Vice President/Junior Director

The eleven adult clubs in Southside ended their year by installing new officers; recognizing members, and awarding a whopping total of 27 scholarships. The Juniorette club will install new officers once school begins. One fortunate club welcomed Madam President Susie Mowry as their guest speaker and installing officer. This officer was honored to install new officers for three District clubs. Southside had the largest delegation of all the districts at the GFWC VA Summer Conference where we had fun greeting old friends, making new ones and had our heads stuffed with information. All eleven clubs sent members to that and are sending members to the District Orientation in late August. Plans are in the works for our Fall District Meeting October 12th at the 4-H Center in Wakefield.

Some clubs have taken the summer off, while others kept working and planning for the coming year. Several have held fundraisers, participated in their local National Night Out and held member orientations. One club volunteered as helpers at their local police department's 2024 Youth Police Academy; another donated activity books and crayons to their local ER. One helped their local animal shelter's clinic during their recent crisis. For July 4th, one held a Veterans Recognition Program and another manned a tent and sold t-shirts for their town. One has invited a candidate for Mayor to speak at their September meeting. Just for fun social outings, one club held a pizza party and another club held a pool party. The hot, humid days were a perfect time for members to work inside on their art projects for the spring contest.

Southside members are an incredible bunch of women and the next two years will be an exciting time for all of us.



BIO: Mary Katherine joined GFWC Junior Woman's Club of Hopewell in 2008 as a way to give back to her community. What started as a monthly fellowship with friends turned into a lifelong love of friendship and volunteering. She has held many Club positions, including 3rd Vice President, 2nd Vice President, 1st Vice President, President, and numerous club chairmen positions.

She has served as SSD Junior Treasurer, SSD Advocates for Children chair, and is ready to continue leading the Juniors..



Mary Katherine is currently a teacher of over 20 years and enjoys sharing her love of healthy living and physical activity with her students. She and her husband Jason have two boys, Zachary (20) and Gibson (11). Inher down time, you can find her reading or training for the next marathon or half-marathon. Southside District Juniors will continue our mental health and physical health focus by combining the two and focusing on overall health. My theme for this administration is

“Embrace Your Strengths” and my symbol is a lotus flower. The lotus flower is a powerful symbol of transformation and resilience, reminding us that even in the most challenging circumstances, it is possible to rise above and achieve greatness. The lotus flower represents a journey from darkness and pain, represented by the muddy pond in which it starts to grow, to the light and wisdom seen in the perfect flower that sits above the water. Miraculously growing in the murkiest of conditions, the lotus is a lucky symbol that’s revered for its resilience, and of course, its beauty. So with this symbol, I encourage each of us to commit ourselves to embrace all aspects of our lives. When we make it a priority to focus on being mentally and physically healthy, we embrace our strengths and are better equipped to continue to spread our positive messages through our volunteerism.



Southwestern District
Amy DeWilde, President
JoBeth Wampler, Third Vice President/Director of Junior Clubs

I am super excited to jump into the Southwestern District President role. Already my life has gotten a little bit busier, which I am ok with. I have enjoyed all the phone calls and emails that I have gotten from everyone. It’s exciting to listen to everyone talk about their clubs and the work they are doing in their community. I am excited about the energy, enthusiasm, and fresh ideas club members have. I am confident that our District will continue to thrive and make a significant difference in our communities.

My theme for this administration is “**Empowering Women.**” Empowering means having the power to make someone stronger and more confident. We, as volunteers in our community, have the power to help boost self-esteem, confidence, inspiration, and, most of all, laughter.



It’s an honor to serve as the Third Vice President/Director of Junior Clubs for Southwestern District. Since joining the Grundy Woman’s Club in September 2014, I’ve served in various leadership roles within the club, district, and state levels of GFWC. In 2020, I was selected as the Virginia candidate for GFWC LEADS, graduating in 2021 in Atlanta, GA. Today, I continue to volunteer as a proud Grundy clubwoman and a founding member of the Appalachian Leading Ladies Junior Woman’s Club. My theme for this administration is ‘Curious Joy in Every Turn of the Page.’ My symbol, a subtle reference to the Women’s Suffrage Movement, as well as my love of reading, is the cat seated on a book. After being used in anti-suffrage advertisements to symbolize the emasculation of men, women took back the cat in 1916. That year, **suffragettes** Nell Richardson and Alice Burke adopted a cat named Saxon to join them as they ramped up support for the cause on a multi-state publicity tour of the U.S. Taking every perceived setback and seeking out the positive is incredibly freeing. My junior special project, ‘Empowering Girls,’ focuses on that very ideal. With District President Amy DeWilde, I’m ready to roll up my sleeves with the confidence that “**We can do it!**”



Tidewater District Jane May, President

The 2024-2026 Tidewater District Administration theme will be “Bee Kind to Mankind” and the bee will be the symbol. The Bee like GFWC volunteers works without fanfare or credit to benefit mankind. Mankind does not notice the contribution but would feel the effects if either were to disappear.

Our Executive Committee and District Chairs have plans in place for a successful first year. District Officers, Club Presidents, and District Chairmen met on July 20th for a District Orientation. Member portal login guidance for the new GFWC and GFWC Virginia websites was provided. In preparation for our Fall District meeting, conducting workshop guidance was also provided. The 2024-2026 Administration has two goals. One goal is to address human and pet food insecurity. The second goal is to increase GFWC awareness among members.

At our Fall District Meeting, the Executive Committee will recommend approval of the 2024-2026 District Project, “Feeding Families and Furry Members.” Food insecurity continues to haunt our communities. This project will include food for people and pets. We learned from Meals on Wheels volunteers that some recipients may give or share the food with their pets because they cannot afford pet food. Clubs may donate funds, and food, or hold food drives. Since our Fall District meeting and GFWC National Day of Service are on September 28th, clubs are donating canned goods to prepare meal kits for a local food pantry. During our meeting, we will assemble the 50 meal kits.

The second goal is for GFWC awareness to include resources such as Legislation Action, Digital Library, and GFWC accomplishments.



Conference Pictures







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