

# The Virginia Clubwoman

December 2022



*Happy*

*Holidays*





## **GFWC Virginia Annual Convention**

**April 27-30, 2023**

**The Virginian Lynchburg**



### **Tentative Schedule**

**Pre-Convention Board Meetings  
Thursday, April 27, 2023**

**General Sessions  
Friday, April 27, 2023 ~ 1:00 p.m.  
To  
Sunday, April 30, 2023 ~ 12 Noon**



**GFWC OFFICERS**

*President:*

**Deb Strahanoski**

GFWC Illinois

*President-elect:*

**Suellen Brazil**

GFWC Alabama

*First Vice President:*

**Wendy Carriker**

GFWC North Carolina

*Second Vice President:*

**Jolie Frankfurt**

GFWC Florida

*Secretary:*

**Mary Beth Williams**

GFWC Colorado

*Treasurer:*

**Becky Wright**

GFWC Mississippi

*Director of Junior Clubs:*

**Katie Moydell**

GFWC South Carolina

***The Virginia Clubwoman***

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**Bonnie Rosemond**  
**GFWC Virginia President**  
*president@gfwcvirginia.org*



***The President's Message- "Season's Greetings"***

"The joy of brightening other lives becomes for us the magic of the holidays," - Quote by W. C. Jones This quote is evident in the actions of our GFWC Virginia members. We see this happening in a multitude of ways though out. Only to name a few- Veterans Day ceremonies, Sweats for Vets, Ronald McDonald House, Boxes of Basics, Communities in School Groups, Food Banks, in addition to the other multitude of projects that fall under Community Service Programs (CSP), GFWC- Signature Program and Advocates for Children. Not only do we see the joyful smiles on the faces of the receivers but the magical smiles of our members throughout the year.

Members received a warm welcome from the host, GFWC Kentucky members at the GFWC Southeastern Region Conference held in Lexington, KY. Ten GFWC Virginia members joined another 138 members from Maryland, North Carolina, Tennessee, West Virginia, District of Columbia and Kentucky to reflect SER President's theme "The Need is Great & The Need is Now". Members dressed in Derby attire, hats and fascinators enjoyed an evening banquet hearing from author, Abigail Keam. Friday's Fun Night held by GFWC Kentucky Juniors ended with yours truly, GFWC Virginia Family Feud Team coming in 2<sup>nd</sup> place to Tennessee. You would have been proud of your Virginia Team. Keynote speaker for the Saturday evening banquet was GFWC International President, Deb Strahanoski. The banquet was followed by a reception honoring the 2022-2024 GFWC Southeastern Region Officers, which was a bit different since the requested attire was our favorite pajamas. Business sessions were complete with information from SER Chairmen, "Sparking Jewels" and guest speaker GFWC President-elect, Suellen Brazil. We are very proud to have our own Kelly Lane now serving as GFWC Southeastern Region Treasurer.

Friends of our GFWC Virginia FB page have you invited members of your club? Our GFWC Virginia FB page is a great way of staying in touch, sharing your club's news of events and projects, getting great ideas and much more. I get excited seeing all the energy of our club members. There are other FB pages also--- GFWC Virginia Juniors, GFWC Virginia State Project and the GFWC Advancement and Forum Facebook page. Please take time to join to stay in touch with current and future news of our GFWC Virginia friends all across our state and beyond. Not only is there FB but we are using many avenues to communicate news, updates, and forms through GFWC Virginia's website, Cornerstone Connection, Constant Contact and Virginia Clubwoman and State Chairmen are holding meetings virtually.

January 25, 2023 is that magic date! Yep, reporting season is near. I look forward to reading all of your club reports. Remember to send me your Affiliate Reports and please feel free to simply email to me you club reports. Reach out to Susie Mowry, GFWC Virginia Reporting Chairman if help is needed to navigate through the reporting process.

In this Virginia Clubwoman issue you will be reading wonderful articles from your State Officers, Parliamentarian, Chairmen and District Presidents and Junior Directors. You will be learning about a new challenge from Mary Driver-Downs, GFWC Virginia Health and Wellness Chairman and new information in the State Project article by Dale Fisher, Chairman on the two wonderful foundations chosen that has received a stamp of approval from your GFWC Virginia Executive Board.

Please mark your calendar for our Annual Convention April 28-30 at the beautiful historic hotel, The Virginian Lynchburg, Curio Collection by Hilton. Guest speakers, fun activities, arts and craft show and service projects are on the agenda and of course that time of clubs receiving recognition of their many efforts of that GFWC Volunteer Spirit.

May your hearts be enlightened by nature's beautiful season. Good cheer, merriment, and love to all as we look to 2023 chiseled in our cornerstone of continued growth, generous giving, good health and friendships.



**GFWC VIRGINIA**

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***The Virginia Clubwoman***

Editor:  
Barbara LaPrade  
[Editor@gfwcvirginia.org](mailto:Editor@gfwcvirginia.org)  
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.

A minimum of 6 issues are published during the administration.

Deadlines for submission for future issues:  
February 16, 2023, for March issue  
June 2, 2023 for July issue



**Denise Price**  
**GFWC Virginia Third Vice President**  
**Director of Junior Clubs**  
[directorofjuniors@gfwcvirginia.org](mailto:directorofjuniors@gfwcvirginia.org)

GFWC Virginia Juniors have been Leading the Way since our new club year has begun. The GFWC Virginia Third Vice President/ Directors of Junior Clubs have been busy planning their administration and have had successful fall district meetings. This officer represented Virginia at the Southeastern Regional Meeting in Lexington, Kentucky in October. During this meeting, regional Directors of Junior Clubs had to the opportunity to discuss Junior member and our Junior state projects.

Did you know, that in 1924, Juniors became a part of the Virginia Federation? As Junior celebrated Junior month in October, we must take this time to thank the Virginia Juniors for their 98 years of leadership and commitment to our communities across the commonwealth. This officer would like to personally thank them for their dedication.

Advocates for Children is the focus for this administration. Club women have been working tirelessly to promote not only Advocates for Children week but support our children every day in the varies club activities. Their efforts did not go unnoticed, as Virginia was honored that Governor Youngkin and the First Lady recognized GFWC Virginia efforts for Advocates for Children by sending a letter to congratulate our efforts. This officer looks forward to reading all the Advocates for Children efforts during reporting. Don't forget to review the Advocates for Children award information in the GFWC Virginia Yearbook. This award is open to all clubwomen.

**Susie Mowry**  
**GFWC Virginia First Vice President/President-elect**  
[firstvp@gfwcvirginia.org](mailto:firstvp@gfwcvirginia.org)

**Joanne Dixon**  
**GFWC Virginia Assistant Director of Junior Clubs**  
[assistantjrdirector@gfwcvirginia.org](mailto:assistantjrdirector@gfwcvirginia.org)

The new club year is underway, and I am sure you have all hit the ground running with many projects to plan, funds to raise and ideas to explore. A busy time for sure. With all the planning, it is our hope that you will take advantage of training for leaders, both those elected and those who have emerged through all the planning.

Each year GFWC affords each state the opportunity to send one member to LEADS. For those who are not familiar with LEADS, it stands for Leadership Education and Development Seminar, and it is held the day before the official opening of the GFWC Annual Convention. If you are interested or if there is someone in your club or district who demonstrates leadership potential, please take the time to submit applications. For further details and the application form look on page 107-109 of the GFWC Virginia yearbook. **The due date for applications to GFWC Virginia is January 15, 2023.**

Another great opportunity is on Facebook, under GFWC Advancements and Programs Forum. The amount of information presented is extraordinary. New information is presented weekly and is invaluable to every club member. Take the time to read, and subsequently share, the information presented. Here is an example of the information presented on Leadership:

**Identity matters**- As a leader our identity must be consistent and well known. To be most effective a leader must be real, transparent, and authentic.

**Engagement matters** - When people are engaged in an activity, the effort isn't their focus. They will do whatever it takes. How can you raise the level of engagement on your team?

**Creativity matters** - When a leader gives people an outlet and purpose for their creativity, they will be creative. As a leader That is an important part of your job.

**Fun matters** - As a leader you must remember people need to have fun sometimes to be most productive all the time.

The information is not only pertinent to elected leaders, but it is important for committee chairs and project leaders as well. One way in which you can recognize and show appreciation for your members is to consider nominations for the GFWC Jennie Award. This award honors one club woman from each GFWC region for outstanding commitment to club, community, and family.

All GFWC Virginia clubs are invited to nominate one member who demonstrates exceptional commitment to club, community, and family. The nomination process is in the 2022-2024 GFWC Club Manual in the member portal at GFWC.org. <https://www.gfwc.org/news-publications/club-manual/>. There you will find guidelines, judging criteria, nomination form and deadlines.



**Cynthia Barody**  
**GFWC Virginia Second Vice President**  
*secondvp@gfwcvirginia.org*

**Michelle Clary**  
**GFWC Virginia Junior Membership Chairman**  
*membershipjr@gfwcvirginia.org*

## "New Members are...Cornerstones of Membership"

Greetings fellow GFWC Virginia Clubwomen and welcome to the beginning of the holiday season!

We hope you all have had a fun and productive fall recruitment season and have remembered to send in all your membership coupons to your district second vice president/ membership chair so that she was able to forward them on to the state level. You all should have heard that we now have the membership coupon on our GFWC Virginia website for those of you who would like to send the coupons electronically. All you have to do is go to the GFWC Virginia website and sign in and then go to the Members section and scroll down to the bottom of the page where you can find the 2022-2024 Membership Coupon "Cornerstones of Membership". Now you have the options of sending the coupons electronically or you may still send them via the postal service. We have seen that many clubs are doing a great job of recruiting new members and bringing back former members to GFWC Virginia, keep up the great work! Keep giving out those lego blocks for new members. If you need more lego blocks, please let us know we will be glad to get you some more. Remember our Mobile

GFWC Virginia Headquarters is still under construction, the more member coupons we receive the more we can build our building.

Now that you have those new members think about "Mentoring" your new members! Does your club have a mentoring program in place? Does your club have a New Member Orientation Packet? Think about the things that a new member might need and put those things in a packet to be handed out to new members as well as prospective members. Your list might include: Application or form to join the club; A copy of the club bylaws; A copy of the club program for the year which might include officers, other club members, contact information and dates for programs and projects; Dates for all District, State, Regional and GFWC Conferences and Conventions; A copy of the Collect and Pledges; Copies of the GFWC, GFWC Virginia and your club brochure; and anything else that might be helpful to a new member. Always have some of these packets on hand to give out to anyone interested in joining your club.

The holiday season is a great time to thank your members for their time and talents and the ways they contribute to make you communities a better place to live. Talk about all the benefits of belonging to the GFWC Federation. Check out the GFWC National Event, "GFWC Friendsgiving". The goal is to get together for fun and fellowship and what better time than during the holiday season. All the information needed to plan a successful event are located in the GFWC Friendship - Box of Gems located in the "F" Resources Folder in the Member Portal! The Southside District did a "Friendsgiving" recently for example. They had about 26 members attend at Virginia Diner in Wakefield, Virginia. They had some photo props they used for pictures that were posted on social media. Had a game where prizes were given out and just enjoyed each other's company. They all had a great time and are looking forward to next year and making sure to bring more members. What a fun social event!

*Continued*

Stay up to date with all membership information by checking our GFWC Virginia website as well as with the GFWC Membership information with these online resources - GFWC website -Home-Member Portal; GFWC Clubwoman magazine as well as GFWC News & Notes. Join the GFWC Advancements and Programs Forum on the GFWC Facebook Page. Don't forget to check out the new Membership Toolkit in the GFWC Member Portal under "M" - this is a work in progress and is always being updated with new "tools" to help.

As always, we are here to help you with any membership needs you may have - just reach out via email or phone call. We look forward to reading about all your membership activities during the January reporting season and, don't forget to indicate all the time and dollars you have put into these activities.

Our very best wishes for a happy and healthy holiday season!



**JoBeth Wampler**  
**GFWC Virginia Secretary**  
*secretary@gfwcvirginia.org*

**Lynn Chapman**  
**GFWC Virginia Junior Secretary/Treasurer**  
*secretaryjr@gfwcvirginia.org*



In our last article, we got back to basics. Now, as we “navigate” our way into the foreign waters of the New Year, let's consider some of the tools available to aid our secretaries along their journey.

While there might be a few still clacking away at the old-fashioned typewriter or handwriting their minutes in a notebook, many secretaries are now punching their minutes into computers or laptops. They're emailing their minutes to their presidents and parliamentarians for review, as opposed to mailing or delivering a copy to be red-inked. Plus, they're correcting them in a word processor (like Microsoft Word or Apple Pages), instead of noting changes in the margins. And before you know it, it's, “So long, filing cabinets. Hello, USB drives!” However, there are many more tools secretaries today can utilize with the tap of their fingertip that can save time, space, and money. Before we dive into some wonderful free apps, some features are built right into your cell phone. No downloading required!

iPhone users can use the Notes app or the camera to scan all those pesky attachments, like the treasurer's report. Open Notes, create a new note by tapping the icon in the lower right corner of the screen. Tap the camera button at the bottom of the screen and select Scan Documents. Then, simply point and click if it doesn't automatically snap the scan itself! You can drag the corners of the image to adjust the scanned image and then, tap Keep Scan or Done and Save to keep it for later. What's more, you can even add your signature by using the Markup tool! Additionally, snapping a photo with your camera can now be used to copy text and paste it right into a document. All you do is point and click. Then, pull up the photo and hold your finger on the text in the picture to copy. Go into the email on your phone or the Notes app, tap, and Paste. Just make sure you read back through it to check for any errors.

Full disclosure: I'm not an android user. However, I love a good deep-dive into research. And from what I understand, Android users can do virtually the same thing with the Google Drive app. (Yes, that requires a download and creating a new account if you don't already have one. If you're new to a Google/Gmail account, it's easy to set one up and includes 15 gigabytes of free storage.) Open the Google Drive app and tap the large plus sign to Add. Tap the Scan icon, take a photo of the document you want to scan, and tap Done. You can crop the document to readjust the borders of the scanned document and just tap the Add + symbol again to scan as many additional pages as needed. When you're finished, hit the Save button.

Now, let's talk about some additional free apps that can make the life of a secretary easier.

**Google Drive** – Did you think we were done singing the praises of Google Drive? The ability to scan in all your old minutes and attachments and upload them onto a Google Drive, where you can share them with your members with the click of a button (or the tap of a finger) definitely deserves a second mention. And while documents (or even folders of documents) can be shared seamlessly with other Google account users, your fellow members don't have to have a Gmail account to access them.

**Dropbox** – While there are paid Dropbox plans that include more storage, the Dropbox Basic plan is free. Just like Google Drive, you can share your files with anyone and collaborate with ease. Your club president and parliamentarian can leave notes on documents to let you know you misspelled someone's name or suggest some other edit to your minutes. Plus, like Google Drive, you can create customizable folders to sort all the attachments and minutes of one meeting into one place.

**Adobe Scan** – All cell phone scanners we've mentioned so far provide the ability to reconfigure those warped edges of a document and, using the brightness/contrast tools, can give you the added ability to eliminate those annoying shadows or ripples on a page that's not laid perfectly flat when scanning. But Adobe Scan (available for both iOS and Android users) is definitely the most user friendly for scanning. It automatically detects the borders of your document – far better than most others in my opinion – and sharpens scanned content. You can ‘clean up’ a document with the swipe of your finger to erase

pencil marks or notes you don't want included in the scan – a tool that allows you to choose the color that will replace those little blemishes. Why is that helpful? Let's imagine your treasurer provided her report on beautiful blue paper. You can sample the color and replace any notations you made with the same color as the rest of the page – leaving it mark-free and eraser mark-free.

**Voice Memos or Otter** – Another iPhone app that comes standard is the Voice Memos app. But if you're an Android user, I've heard the Otter app is unsurpassed. For the minute-taker who's fearful of missing something, there's no better back-up than a recording. Gone are the days of the clunky cassette recorder. Simply hit record and place your cell phone on the head table. Be advised, however, that there are several factors to consider *before* you hit the little red button, including

privacy concerns, discovery in a litigation sense, and consent. (Secretly made recordings can land you in deep trouble.) Remember that recordings should never substitute the minutes; so, if you do utilize this tool, my advice is to delete all recordings after your written minutes are approved.

We hope you'll consider utilizing the technology that can be found in all directions. As we set our course for the New Year ahead, we pray you'll bravely consider trying something new and wisely remember we're just a phone call, text, or email away if you need us. Whether your club is located North, South, East, or West, we're happy to hone in on your coordinates and lead you back to clearer waters.

**Happy Holidays!**

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**Lynne Wherry**  
**GFWC Virginia Treasurer**  
[treasurer@gfwcvirginia.org](mailto:treasurer@gfwcvirginia.org)

**Lynn Chapman**  
**GFWC Virginia Secretary/Treasurer**  
[JRTreasurer@gfwcvirginia.org](mailto:JRTreasurer@gfwcvirginia.org)



Reporting time is drawing near along with the holidays. To enjoy both, you can follow some of these reporting tips as treasurer! Combine and calculate all donations for each chairman in your club and report them to your reporting chairman for your club as soon as possible. Remember, this is all the financial activity from January 1st through December 31, 2022. This will make their job and yours a lot easier. Money will be reported in the reporting area and will be easier to verify when doing reports. If each Chairman has a budget for their committee, as the treasurer, let the chairman know what their available budgeted amount remains for the first of the year.

Review your district and club budgets to see how you are doing by meeting your budget-to-actual usage of club monies. And don't forget to allocate and write checks to charities for funds raised from all fundraising activities this year by December 31, 2022.

As a reminder, ensure your club pays dues to your district and GFWC Virginia. The deadline for sending the dues to GFWC Virginia is January 25. Check your district handbook to see your district dues deadline. You may also contribute additional funds from your club; please see suggestions on page 79 of your GFWC Virginia Yearbook. Juniors, you have additional contribution suggestions on page 149 of the same handbook.

As always, you can forward your questions on anything Treasury related to the two "L's," Lynne and Lynn. We are always here to help! Merry Christmas, Happy New Year, and most of all, Happy Reporting!

If you have any questions or concerns about your position as treasurer position, please do not hesitate to contact either of us.

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**Sarah Entsminger, Parliamentarian**  
[parliamentarian@gfwcvirginia.org](mailto:parliamentarian@gfwcvirginia.org)



As the cool days slide into winter, it is a perfect time to clean house. In particular, a good time to put your club and district records in order. Each club and district should have an official record book that includes all of your governing documents (kept current), any notices or letters from the IRS or local government regarding taxes, business licenses, or permission to raise funds within the Commonwealth, as well as minutes of your meetings. Your records are extremely important, not just for you to be able to access when there are questions, but also to provide any requested information to the IRS or to the court in the event of a lawsuit. These documents and minutes comprise the "official documents" of your organization and must be maintained with diligence and respect.

A number of clubs and districts have contacted me about "missing" documents or minutes. Please do not let any more time elapse in your quest to gather and maintain these documents. It may require a little research to determine who was an officer at the time of a

break in the records and request assistance in obtaining those documents. It would be a good investment to consider offering dinner, tickets to an event, or even a good bottle of wine as enticement for others to help in the search for records.

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

GFWC Virginia members have been busy beautifying our surroundings and educating and promoting Virginia’s natural resources. Our Flower Power Fall and Holiday Campaigns were successful in raising funds for our state project. Thank you to those who placed orders. These funds will be used to sponsor hands-on projects, provide awards for our Arts contest and support two Virginia non-profit organizations – The Wildlife Center of Virginia and the Virginia Forestry Educational Foundation.

The Wildlife Center of Virginia is a teaching hospital, with the mission of teaching the world to care about and to care for wildlife and the environment. The Wildlife Center has a wide variety of educational opportunities for a range of audiences. <https://www.wildlifecenter.org>

VFEF’s goal is to support educational programs that speak to the benefits of forests and forest products and to provide scholarships for qualified students enrolled in forestry and forest products programs at Virginia Tech.

The Foundation supports programs that demonstrate that sustainable forestry can protect watersheds and wildlife while preserving the aesthetic and recreational values of the community. They provide programs for all age groups. [vfef@vaforestry.org](mailto:vfef@vaforestry.org)

A big thank you to all that participated in our exhibit at the State Fair. Our wildflower and pollinator display was visited by mostly home-schooled families. We were able to distribute approximately 75 packets including seed mix, information, instructions, and activity sheets. Let’s hope there will be many wildflowers blooming next year as a result of our promotion.

Actionable Steps to Support Winter Wildlife in your Garden

*Let Your Garden Go Wild:* Resist the urge to rake leaves and pull up dead plants. Leaves provide a natural mulch and suppress weed growth. And leaves and dead and dried plant stems offer a cozy place for small animals and insects (even bees) to hunker down and hide during the cold weather. Plus, flowering plant material provides a source of seed for birds and rodents. Leave garden cleanup for late winter/early spring.

*Care for the birds:* Add feeders, nesting boxes, and birdhouses. A fun craft to do with children or grandchildren – make pinecone peanut butter bird feeders.

*Add water:* Just like trees, animals need water during the winter to prevent dehydration. Include a birdbath or pond in your landscape. Birds also use water to fluff their feathers which adds extra protection from the cold.

Please visit the new GFWC Virginia State Project Facebook page. Thank you, Kathy Cain, for your creativity. Resources, tips, and project ideas will be shared.

link: [https://www.facebook.com/groups/5592199284199799/?ref=share\\_group\\_link](https://www.facebook.com/groups/5592199284199799/?ref=share_group_link)

Wishing you and yours a happy, healthy, and safe holiday season.  
Your State Project Committee: Dale, Pat Bickel, Kathy Cain, and Jenny Hinegardner



**Susie Mowry**  
**GFWC Virginia Reporting Chairman**  
*reporting@gfwcvirginia.org*

It is that time of the year, time to get prepared to submit the reports on activities completed by your clubs. Reports are so important for clubs to complete. Not only do the reports form the basis for club history, but they also allow the opportunity to brag on members

and all the amazing work that has been accomplished. Use reports as a celebration of the positive changes made to the community. Don't look on reports as drudgery, look on the reports as a chance to let clubs and GFWC shine.

Hopefully everyone knows the reports cover a calendar year, not a club year. These reports will cover activities from January 1, 2022 until December 31, 2022. **Reports are due NLT January 25, 2023.** If you e-mail your reports to the district chairmen make sure the reports are Time Stamped no later than 11:59 pm January 25, 2023.

When reports are e-mailed to District Chairman, please only send Narrative and Affiliate Narrative Forms. District chairs do not need the statistical form. If you are not submitting a report in a specific CSP or Advancement area, please be courteous and send an email letting the chair know that there will be "No Report." When the District Chairmen receive their training they will be advised to reply advising that your report was "Received."

If you club decides not to do narrative reports, GFWC is requesting that all clubs send a GFWC Virginia Statistical Form and Annual Club Record. This information is crucial to the work that GFWC is doing on behalf of all GFWC members, as well as women all over the world.

Please remember to fill out the GFWC Virginia Club Presidents Affiliate Organizations Data Form. This form gets submitted directly to the GFWC Virginia President Bonnie Rosemond at **president@gfwcvirginia.org**.

We are fortunate that our GFWC Virginia President, Bonnie Rosemond, has agreed to accept e-mailed copies of your reports. Send your reports to her at **president@gfwcvirginia.org**. She in turn will let you know that the reports have been received.

All forms, to include Narrative Report Form, Statistical Form and Annual Club Record Form can be found on the GFWC Virginia website **www.gfwcvirginia.org**. If you have a GFWC Virginia 2022-2024 Yearbook, the reporting information is contained on pages 91-105.

**Dates to Remember:** (Check matrix in GFWC Virginia Yearbook for complete information)

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|--------------------------|---|
| <b>January 25, 2023</b>  | <b>REPORTS ARE DUE</b>                              |
| <b>February 10, 2023</b> | <b>District Junior Chair Reports Due</b>            |
| <b>February 20, 2023</b> | <b>District Chairs Reports Due</b>                  |
| <b>February 20, 2023</b> | <b>District Director of Junior Club Reports Due</b> |
| <b>February 28, 2023</b> | <b>District President Reports Due</b>               |
| <b>March 15, 2023</b>    | <b>State Chairmen Reports Due</b>                   |

As always, if you need any help or if you have a question feel free to contact me by phone, text, or e-mail. I give it my best to get back to you as soon as possible. Acknowledging that it is a busy time of the year, and I may overlook a message, if you do not hear back from me in a reasonable amount of time, please try again ☺

**Amber Holdren**  
**GFWC Signature Program**  
**Domestic & Sexual Violence Awareness & Prevention**  
**GFWC Virginia Chairman**  
*signatureprogram@gfwcvirginia.org*



In this issue of the Virginia Clubwoman under GFWC Signature Project - Domestic & Sexual Violence Awareness & Prevention, we will be focusing on Child Abuse – Foster Care.

When a foster child becomes 18 and leaves the foster care safety umbrella, what will they need? Many still be in high school, these teens find themselves in need of jobs, a place to live, and a means of transportation to survive. We all dream of a foster family willing to continue to provide a safety net and guidance. But many are not so fortunate. Each year approximately 24,000 American teenagers in foster care turn 18 years old. National studies have shown that within two to four years of leaving foster care at age 18: 40% were homeless 46% had not finished high school 40% were receiving public assistance or were incarcerated 40% experienced drug or alcohol abuse 51% were unemployed 84% became parents \*Statistics from Forever Family.

So how can our GFWC Club Members help these youth? Meet with your local foster care agency and then brainstorm how to fill the urgent needs. The Foster Care Independence Act of 1999 gave states more funding and greater flexibility to provide support to youth transitioning from foster care to independent living. Some youth aging out may choose to continue care and supervision of the child welfare system. These youth experienced better outcomes than those who chose or were forced to leave care. So, what can my local club do to help? The best thing one can do for a teen in foster care is to become their mentor. Get involved by connecting with them on a regular basis and helping with anything they need. Often they just need help in filling out forms, applications and deciphering what is wanted. Clubs can also donate money so that they have the resources they need to fulfill their academic and career potential. Clubs can

offer a scholarship to a child in foster care. Clubs can become involved with a homeless program. Clubs can provide full size toiletries, towels, and linens.

**Amanda Paez**  
**GFWC Virginia Juniors’ Special Program Chairman**  
**Advocates for Children**  
*advocatesforchildren@gfwcvirginia.org*



Whether you are a Junior Clubwoman or a General Clubwoman, we all recognize the importance of supporting youth in our communities. I’ve heard from many of you that your district Advocates Chairman gave updates at your Fall meetings and that you are excited about the “community” focus this administration. In addition to addressing specific issues in our hometowns, we can also shine a light on the efforts of GFWC at a national level. We can do this by ensuring that children are protected from harmful situations, encouraging healthy physical and emotional lifestyles, and advocating for policy to improve children’s lives. Federation is encouraging advocacy for children in areas such as child abuse, cyberbullying, depression, and suicide, foster or residential care, homelessness, human trafficking, life-threatening illness, limits on screen time, poverty, and texting while driving.

Advocates for Children Week was October 23-29. This year, the focus was on collecting and donating personal hygiene items, clothing, and blankets to local organizations for children removed from homes due to unsafe conditions. If you have pictures of your events held that week, please share them! Also, remember to write it all down as reporting is just around the corner. Our efforts were recognized by Governor Glenn Youngkin, as he sent a letter of thanking GFWC Virginia for our work in the Commonwealth. The letter, sent in honor of Advocates for Children Week, cites our efforts focusing on the well-being of children and our dedication to community service. Ladies, we have much to be proud of!



Glenn Youngkin  
Governor



**COMMONWEALTH of VIRGINIA**

Office of the Governor

October 23, 2022

Dear General Federation of Women’s Clubs of Virginia,

On behalf of the Commonwealth of Virginia, it is my distinct pleasure to congratulate the General Federation of Women’s Club of Virginia on your volunteer service to promote and bring awareness to the well-being of children.

Thank you for continuing your tradition of supporting volunteerism and community service. For 130 years, countless people across Virginia have benefited from your commitment, dedication and generous work. In 2021 your 129 clubs with over 3263 members served a total of 213,139 hours.

The First Lady and I wish the organizers and volunteers much success in highlighting the Advocates for Children Week from October 23<sup>rd</sup> to 29<sup>th</sup>. Thank you for strengthening the Spirit of Virginia.

Sincerely,

Glenn Youngkin

**Pat Jeffress**  
**GFWC Virginia Arts and Culture Chairman**  
*art@gfwcvirginia.org*



*Easy and Simple Holiday Project Ideas*

- Holiday Wreath/Centerpiece Decorating Contest! Have your club members make a holiday wreath or centerpiece. Take a picture on the set table or not, you make the rules; or wreath on the front door. Send it to the art committee judge before the end of the year.
- During Storytime at your local library sponsor Holiday cookie decorating.
- Connect with a local nursing home and sponsor cookie decorating as an activity.

Most of all have fun and enjoy the holiday season!

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



When you receive this, you may be wrapping a present, packing a suitcase, or baking pies. When you take a well-earned break, please consider the Education goals for this administration as identified in the *Community Connection Initiatives*. These include creating activities for teens emphasizing using library resources to assist with the issues they face, programs in schools to encourage reading and resources, establishing a reading program for veterans and senior facilities, and when spring returns join with day cares and/or summer camps to produce reading activities for children. Also consider sponsoring a Book Festival that includes a book character parade for children with prizes and library themed activities for all ages.

Please take advantage of the Education and Libraries section of the GFWC Club Manual 2022-2024. Page 8 is a list of resource links. Here's an example: DEAR-Drop Everything and Read. In April when your club is preparing for Federation Day, consider having a DEAR Day on April 12, 2023 Take pictures of your club president, club members, teachers, librarians, and community leaders. Take the pictures when their nose is in a book and post them on social media. What fun!

ESO is an important part of Education and Libraries. Be sure to read our ESO coordinator's article in this publication. Consider contacting Wanda Alvis to attend our next ZOOM on January 17<sup>th</sup> at 7:30 p.m. We would love to share an hour with you.

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**Epsilon Sigma Omicron—ESO**  
**Wanda Alvis, GFWC Virginia Chairman**  
*eso@gfwcvirginia.org*



If you are asking yourself, "What is ESO?", you can find the answer in the GFWC Virginia Yearbook on page 87. If you are interested in becoming a Pledge, the application is on page 89. Just fill out the form and send it, along with your check for \$1.50, to me at the listed address. Then choose a book and start reading.

Our chapter, Alpha Theta, has grown since the last Clubwoman issue. We have added five new pledges and three new members. Remember, to become a member you must read and report on four books from four categories. We congratulate the new members and welcome the new pledges.

The Virginia ESO Book Club met on November 15 and had an interesting discussion on the book "The Sewing Girl's Tale". Many felt the book interesting but difficult to read. We missed those members who were unable to attend the zoom meeting. Our next meeting will be on January 17, 2023, at 7:30. The book for discussion is "The Essay" by Robin Yocum. We hope many of you will join us on zoom even if you do not get to read the book. It is always great fun to spend time with other ESO participants. See you then!  
Happy Holidays!

**Carol Outten**  
**GFWC Virginia HOBY Coordinator**  
*hoby@gfwcvirginia.org*



HOBY – Hugh O’Brian Youth Leadership Foundation is an international organization dedicated to the recognition and development of leadership potential commencing with high school sophomores. The HOBY Leadership Seminars held in each individual state empower high school sophomores to develop their leadership talents.

HOBY is a GFWC Affiliate Organization and is dedicated "to inspiring and developing our global community of youth and volunteers to a life dedicated to leadership, service, and innovation. HOBY Virginia has over 200 schools represented each year from across the Commonwealth representing each of our eight Districts. It has reached over 8,500 Virginia Students with many continuing to serve the organization as “HOBY Alumni”.

**Registration for the 2023 HOBY Virginia Seminar is officially open, and it will be held on the campus of James Madison University June 2-4, 2023.** Public and private High Schools are busy selecting and registering students for this life changing opportunity. To attend seminars, a student must be chosen by their high school out of all students in that school's sophomore class. At the seminars, students participate in programs designed to enhance their leadership and teamwork skills.

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

HOBY held its “in-person” Seminar at Randolph Macon College in Ashland June 10 – 12.

It was **O-U-T-S-T-A-N-D-I-N-G!!**



*Wishing you HOBY HOLIDAY HUGS!!*

## Environment

**Carol Pridgen, GFWC Virginia**  
*environment@gfwcvirginia.org*



WOW! What happened to “Fall”? We went from having weather in the 70’s and 80’s to mid 20’s with the high 40’s in a matter of a few days. I know one day I had the air conditioner on and the next day I had the heat on. I just realized, I finally got my wish, to reach that magical age that instead of being hot all the time, I am now cold all the time. Either that or I am turning into my mother who is always freezing!

The best thing about the weather turning colder is that my favorite time of the year will soon be here. Winter, which to me means CHRISTMAS! I enjoy the other seasons, but I have always loved Christmas time the most. I enjoy celebrating the birth of Jesus Christ, the music, the songs, decorating, shopping for gifts, gift wrapping, cooking, visiting family and friends, and even cleaning. Another reason I love Christmas is my first child, a son was born on Christmas Day.

What I really enjoy most is putting up my Christmas Tree. I love getting out all my ornaments and arranging them on my tree in their own special place. I have a lot of special ornaments on my tree, all of my children’s first Christmas baby ornaments, then my Grandchildren’s first ornaments and last year I got to add my first Great-Grand daughter’s ornament to my tree.

You are probably thinking “What does all this talk about a Christmas Tree have to do with Environment?” Did you know that if you buy a real tree (not artificial like mine), you are actually helping the environment. Every time a real tree is cut down at a Christmas Tree Farm a new tree is planted in its place. A new tree helps the environment by absorbing carbon dioxide and produces fresh oxygen.

Trees purify the water supply after sucking water up from the ground, its filtered through their roots and eventually released back into the air as oxygen and water vapor, that filtered water then returns to the earth as purified rain. Trees help stabilize soil erosion.

After the holidays and you are ready to take down your tree, why not recycle and reuse your tree to protect the Environment?

Donate your real tree for habitat sanctuaries and restoration projects. Depending on the city or town where you live you may be able to donate your tree to help nature preserves and wildlife. Some municipalities and organizations will sink trees into ponds to create fish sanctuaries, use trees in stream restoration projects, or use trees to build dunes to help along the seashores.

Most communities have places to take your used tree (minus the ornaments, lights and garland) to a waste center where it gets recycled into mulch. Some cities turn used Christmas trees into wood chips to create pathways in parks.

If you don’t want to hassle carrying your tree off to a waste site, you can always create a backyard bird sanctuary. Place your tree next to a bird feeder (one a safe distance from your house), and watch the different birds, nest in the tree’s branches. Some people feed the birds the rest of the winter by putting peanut butter and bird seed on tree’s branches.

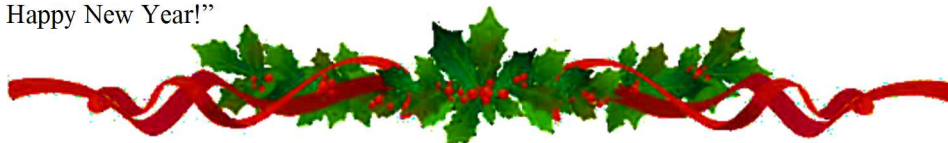
And if you are like me and have an Artificial Tree, if it has been used for several years or more and has seen better days, either donate it to a thrift store or use the branches to make garland for stairs or doorways. You can always call your local waste disposal company and follow their instructions on how to properly dispose of you tree. Just remember before you recycle be sure to remove all of the ornaments, lights and garland. Artificial Trees should be reused, reused and reused as much as possible before being sent to a recycling center.



I look forward to reading about all of your Club’s Environment Projects for this year.

Take care and keep smiling!

“Merry Christmas and Happy New Year!”



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## COMMUNITY IMPACT PROGRAM AWARD

### Carolyn Fellers State CIP

*cipa@gfwcvirginia.org*

#### *Important Things to Remember*

2-year project - Time frame for work on the CIP is 1/1/2022 – 12/31/2023.

Come together as a club to brainstorm the needs in your community and the partnerships you can build with other agencies in your area.

#### **Community partnerships are important for this project.**

Find ways to serve one or more groups in your community.

Can be one large project or a group of small projects.

Be creative. Advertise your project – Social Media, Newspapers, TV.

What obstacles did you overcome?

Fundraising – how did you obtain funding for this project?

Include photos, copies of advertisements, newspaper articles, etc. in your report.

Monetary awards available on State and International levels.

One \$100 award one the state level.

One \$2500 award per state category on the International level.

Time frame for work on the CIP is 1/1/2022 – 12/31/2023. Reporting to be completed by 1/25/2024 to your district chairman. They will forward to the State Chairman.

As your state chairman, I will ask three people not affiliated with GFWC to review the reports and chose the winner.

Cannot be an extension of a previous project reported under this program.

Forms online at [gfwc.org](http://gfwc.org) pages 180-183 in the GFWC handbook information about the CIP project on pages 176-179.

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## Health and Wellness

### Mary Driver-Downs, GFWC Virginia

*health@gfwcvirginia.org*

Happy Holidays to all GFWC Virginia friends,

It's time for another wonderful update from the Health and Wellness Community Service Program.

In the last Clubwoman newsletter I highlighted our goals for physical fitness because we all know that “wellness” (the process) must have active participants to thrive and grow.

Here's a little Sneak peek at 2023...

This GFWC Virginia Health and Wellness chairman, is declaring that 2023 is  
“All about Me!- Self Care that one can share.



Self-care ensures a strong footing in our health cornerstone. Self Care is giving yourself a present you deserve. One of the best ways to give yourself a strong health foundation is through physical movement.

The Health and Wellness CSP will be asking each member to “Step in Time” through a 2023 fitness movement challenge. Your District Chairman will be unveiling this challenge (during late December 22, early January 23) this program is open for each GFWC Virginia member who takes on the challenge to do some self-care and participate in 2023. More details to follow.

As promised in the last issue of the Clubwoman, I am highlighting component areas of health and wellness that GFWC is focusing on for the 2022-2024 administration. These are Physical Fitness, Disease Prevention, Nutrition and Physical and Emotional Care.

**Disease Prevention** is the health component for this issue. Instead of reinventing the wheel, I have chosen to search on Google about how to prevent disease- The Alameda County Public Health Department had this to say:

### **Protect Yourself from Disease**

Learn these healthy habits to protect yourself from disease and prevent germs and infectious diseases from spreading.

#### **1. Handle & Prepare Food Safely**

Food can carry germs. Wash hands, utensils, and surfaces often when preparing any food, especially raw meat. Always wash fruits and vegetables. Cook and keep foods at proper temperatures. Don't leave food out - refrigerate promptly.

[Learn about Food Safety](#)

[Safe Food Handling Resources \(English and Spanish\)](#)

#### **2. Wash Hands Often**

[Learn how to Clean Hands and Help Prevent Flu](#)

#### **3. Clean & Disinfect Commonly Used Surfaces**

Germs can live on surfaces. Cleaning with soap and water is usually enough. However, you should disinfect your bathroom and kitchen regularly. Disinfect other areas if someone in the house is ill. You can use an EPA certified disinfectant (look for the EPA registration number on the label), bleach solution, or rubbing alcohol.

#### **4. Cough & Sneeze Into Your Sleeve**

[Learn how and when to cover your cough and sneeze.](#)

#### **5. Don't Share Personal Items**

Avoid sharing personal items that can't be disinfected, like toothbrushes and razors, or sharing towels between washes. Needles should never be shared, should only be used once, and then thrown away properly.

[Learn how to guard against germs](#)

#### **6. Get Vaccinated**

[Vaccines](#) can prevent many infectious diseases. There are vaccines for children and adults designed to provide protection against many communicable diseases. There are also [vaccines that are recommended or required for travel](#) to certain parts of the world.

#### **7. Avoid Touching Wild Animals**

[Be cautious around wild animals](#) as they can spread infectious diseases to you and your pets.

#### **8. Stay Home When Sick**

(Something fun to remember to teach others)

#### **I Whack Germs**

Try this fun way of remembering the most important steps to staying well.

- I** Immunizations are important to protect you from diseases
- W** Wash your hands often with soap and water.
- H** Home is where you stay when you are sick.
- A** Avoid touching your eyes, nose, and mouth –especially when you are sick.
- C** Cover your coughs and sneezes so you do not spread germs to others.
- K** Keep your distance from sick people so you don't get sick too.

I WHACK you a very happy holiday season and the happiest and healthiest 2023 -New Year ever,

Bee Happy, Bee Healthy

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## **Legislation & Public Policy**

**Elizabeth Sabbatini, GFWC Virginia**

*legislation@gfwcvirginia.org*

Your 2022 - 2024 GFWC Legislation/Public Policy Committee have chosen the theme “*Together We Advocate for Those in Need*” and have set several goals, the first of which is to increase participation in the Legislative Action Center (LAC). To participate in the LAC, to the GFWC website (), click on “What We Do”, then click on “Legislation/Public Policy” and scroll down to the Legislative Action Center. Here you will find a wealth of information on the legislation that GFWC is supporting and the action they have taken - copies of the letters written to legislators, etc. As a member, you can join (click on the blue “Join Now” button and follow the instructions). You will then be kept up to date on LAC actions. You can also let your Senators/Representatives know how you feel by clicking on “Take Action”. You could even take a computer to a club meeting and sign up fellow clubwomen to encourage interest.

If you click on GFWC 2022 - 2024 Legislative Priorities, you will find a two page list, by CSP, of actions to be supported. Share this with your CSP club chairmen and encourage them to participate in legislative action!

In a few months, we will have the Mid-Term Elections, so make sure all your members are registered to vote. Remember that GFWC is a nonpartisan, nondenominational organization: we are allowed to advocate for policies or legislation, but NOT allowed by law to endorse candidates or engage in partisan politics.

If you have any questions, please feel free to contact this officer. She would love to hear from you!

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## **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.

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## **Headquarters**

**Lynn Osborne, GFWC Virginia**

*headquarterschairman@gfwcvirginia.org*

As you prepare your club reports and distribute your annual donations, please remember to include Headquarters. A simple \$5 or \$10 donation will go a long way to help keep your Headquarters in tip-top shape. To go a step further, add Headquarters as a budget line item when you prepare your club’s annual budget.

If you are in the Richmond area and would like to visit GFWC Virginia Headquarters, reach out to me or Heather to set up a time for you to come by to see your Virginia Headquarters. It’s not a big space, but has a lot of the history of our Federation and a gallery of pictures of Past GFWC Virginia Presidents.

I would like to take this opportunity to wish you all a healthy, happy and blessed Holiday Season.

# Women's Club Of Arlington 90<sup>th</sup> Anniversary



## District News

**Alice Kyle District**  
**Gwen D. Hamlet, President**

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

Tis the Season, and what season is it?

Start with the Thankful season. . . BE THANKFUL for all the Blessings given us in our daily lives. As a District President, I am most thankful for both my local club, district and state friendships: the new ones and “those that have been around for awhile” friends. This holiday season of gratitude and appreciation give a shout out to a fellow club member with a “Thank You” for contributing to our club and also the blessings you bring to my life.

. . . to the season of giving and caring; the season of calm and bright, celebration and joy. Use this season to reflect on your club and its projects, and then count the number involving “giving and caring” about others and the community. Projects such as donations to local Food Banks, gifts for a name pulled from an Angel Tree, carols and hymns sung at the local Retirement/Nursing homes; or time spent decorating a public office or hospital waiting area. These are the projects GFWC/Alice Kyle District and your Club have participated in to show your generosity and caring spirit. The return is your celebration of club work and friendships. They are the calm and peace found in knowing that while it may be only one small part contributed, it adds up to a larger contribution of goodness and kindness displayed this season. And that is the complete season.

***THE SERENITY PRAYER***

*God grant me the serenity*

*To accept the things I cannot change,*

*Courage to change the things I can,*

*And wisdom to know the difference*



**Blue Ridge District**

**Carol Guilliam-Mills, President**

The Ladies of the Blue Ridge District took a much-needed rest after hosting Summer Conference at Natural Bridge. The GFWC Blacksburg Junior Woman's Club were hosts for our Fall District Meeting. Members attending Fall District brought pet food and supplies for our President's District Project, Animal Welfare. Members also brought diapers and baby supplies for Blacksburg Junior's Diaper Drive. The members were entertained by the Blue Ridge Cloggers who danced for us. Our District President is a member of this ensemble.

Clubs have hit the ground volunteering this Fall. The GFWC Totera Woman's Club hosted a Halloween dance complete with costumes for the local special needs adults. The GFWC Floyd County Woman's Club and the GFWC Bedford Woman's Club held successful Craft Shows. Unfortunately, Hurricane Ian interrupted Floyd County's show as the rain cancelled the outdoor vendors. The GFWC Botetourt Town and Country Woman's Club also hosted a Craft and Vendor Show as well made and filled toiletry bags for women in local shelters in support of Domestic Violence Month. This club's project was featured in the GFWC's News and Notes. Congratulations Ladies. The GFWC Woman's Club of Vinton prepared and served dinner for the staff and guests at the Ronald McDonald House. They also collected gift cards for gifts to the needy at Christmas. The GFWC Woman's Club of Roanoke continued their monthly projects. Sheet sets were donated to Camp Easter Seal, drink tabs were collected for the Ronald McDonald House and canned goods collected for a local food pantry. The GFWC Woman's Club of Roanoke County continued to support our Veterans by making 160 Halloween treat bags for the residents of the Virginia Veteran's Care Center and had our own Kathryn Sowers to present a program on International Clubs. The District President attended a planning meeting for Spring District on April 1, 2023 with the GFWC Floyd County Woman's Club and the GFWC Bent Mountain Woman's Club. The lunch for the meeting will be a Typical English Tea, so ladies wear your hats, gloves, furs and pearls to the meeting



**Lee District**

**Sally Cary, President**

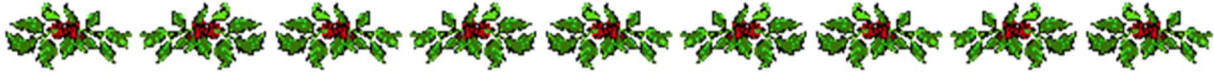
**Jessica Thomas, Third Vice President / Director of Junior Clubs**

Fall has come and winter is just around the corner. Lee District had its Fall Meeting and Leadership Workshop October 22<sup>nd</sup> with 75 attendees. Our speaker, Bethany Fisackerly, Child Supervisor at Children's Hospital of Richmond at VCU, talked to us about our volunteer opportunities. She elaborated on what their needs are and about the New Tower that will be open in Spring of 2023. Children's Hospital of Richmond at VCU is our Lee District project for the next two years.

Lee District Chairman and Special Appointees had displays and handouts with lots of information about their various CSP and Affiliate areas. The Club Presidents had a special breakout session to discuss their many duties and concerns.

Lee District held a reporting workshop lead by Becky Pollard for the Lee District Club Presidents and reporting chairman. Everyone left knowing much more about reporting. This workshop was in connection with our Richmond Area President's Council meeting. Our lunch was prepared and served by The Tri Club at St. Matthews Episcopal Church.

All of us in Lee District would like to wish everyone a wonderful Holiday season. Stay Safe.



## **Northern District**

### **Joyce Jolly, President**

The GFWC Virginia Northern District kicked off the 2022-23 club year at its Fall Meeting on October 15 with eighty-five members in attendance. The marketplace was abuzz with shoppers purchasing everything from raffle tickets to “boozy” cakes. Although our keynote speaker came down with covid two days before the meeting, his video presentation was quite inspirational. Rob Scheer, founder of Comfort Cases, shared his experience growing up in the foster care system. Rob’s mission is to eliminate the demoralizing practice of having children use trash bags for their belongings when entering the foster care system. Instead, through Comfort Cases, children are given backpacks or duffle bags filled with brand new personal items. Club members were asked to bring stuffed animals to the meeting for the backpacks and they certainly responded. Over 233 stuffed animals were collected, as well as over 75 backpacks and many, many toiletries.

As the lucky winner of the “Hop on the Bus” proceeds, the district members voted to donate half of the money to Heifer for their Bee Project and the other half to Comfort Cases for the Backpack Program. These organizations support women and children.

Our district brochure is hot off the press. Karen Paris, Second Vice President for membership, is busy scheduling meetings with individual club chairwomen to discuss plans for the distribution. Getting new members to join our clubs is a high priority for this administration.

If you are interested in the activities of the Northern District, do visit our web site at [ndgfwcva.org](http://ndgfwcva.org).



## **Shenandoah District**

### **Judy Gough, President**

### **Ilia Desjardins, Third Vice President / Director of Junior Clubs**

Fall is here and the Shenandoah Clubs are enjoying lots of events during the beautiful fall weather.

On Sunday, October 9th, 2022 the Covington Woman’s Club of GFWC gathered at the Alleghany Highlands Discovery Center for a reception to celebrate the club’s 90+ years of service to the community. Photographs, newspaper clippings and scrapbooks chronicling the club’s history were on display.

The public as well as guests from the Shenandoah District and club members enjoyed refreshments along with singing a chorus of "Happy Birthday." In addition, several members were honored with service pins: Bea Kasnick and Nancy Moga 25 years; Gayle Kitchen 20 years; Cecelia Moorman 15 years and Anita Proffitt, Bonnie Keyser and Cynthia Baroody 10 years. The club was organized in December 1931 and the following year it joined the Federation.

The Woman’s Club of Greene County held their Annual Fall Bazaar in October. They had 47 vendors (5 of them outside!) and 1 food truck. Advertising has been stellar and it was a great turnout of local residents.

Buena Vista Woman’s Club members are sending, " good wishes" cards to residents at health care facility in Buena Vista. (70 cards each time). The members are also supplying cleaning supplies, paper products and snacks to Project Horizon (shelter) quarterly and are distributing the supplies from Advocates for Children Project at Conference/Fall District to elementary schools & shelter.

The Lexington Woman’s Club most successful fundraiser “Just Desserts” will feature local chef sample sized dessert creations. Tickets are \$30. Event date Sunday, February 26, 2023 from 2-4 p.m. Advance tickets must be purchased. Tickets available on Eventbrite December 1, 2022. (Search “Just Desserts 2023”). For the second year on Veterans Day, the Lexington Woman’s Club will present the program in honor of our veterans in front of the old courthouse on Main Street in Lexington.

Waynesboro-Augusta Woman’s Club of GFWC held its annual Fashion Show several weeks ago and it was an amazing turnout. The fashions were from Fashion Gallery, husbands and sons worked as the waiters while the club’s kitchen committee did all the food. A fun time was held by all with the proceeds going to the Club’s Educational Project for Scholarships to local students.

The Staunton Augusta Juniors donated coloring supplies for two organizations for Advocates for Children week, in addition to the hygiene supplies collected at Conference. Their annual ornament will be available soon, honoring the 50th anniversary of Staunton Parks & Rec, and will feature the newly renovated Gypsy Hill Park entrance gate.

Shenandoah District meeting was held on October 22 in Fishersville with the Waynesboro-Augusta Woman’s Club of GFWC hosting. Cynthia Baroody, GFWC Virginia Second Vice President and Georgia Ahalt gave a very informative and interesting presentation on membership. The Advocates for Children’s bags were given out to the Clubs for distribution within the entire district area along with membership information and other program materials. Every Club President present had the opportunity to talk about their club and it’s involvement in the community as well as the District Chairs.



**Southside District**  
**Amy Riggs, President**

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

Southside District has been busy since August Conference at Natural Bridge. We held our Fall District Meeting in Franklin on October 8<sup>th</sup> with about 75 club women in attendance. The District Project was voted on and approved and is focused on children’s mental health with a special emphasis on the mental health hospital at Children’s Hospital of the King’s Daughters. District Club women collected over 350 items including coloring books, crayons, journals, colored pencils, stress balls and puzzles for the prize closet at CHKD. District President Amy Riggs, along with her son, Jacob and club woman Teresa Jernigan delivered items to hospital representatives on October 14<sup>th</sup>. The hospital is appreciative of the ongoing partnership and we look forward to helping the hospital over this next two years.



**Southwestern District**  
**Eleanor Armes, President**



**Heather Dunn, Third Vice President/Director of Junior Clubs**

On October 1, 2022, Hurricane Ian dashed our plans for our Fall District Meeting in Wytheville. With heavy flooding and high winds forecast and Wytheville being in the center of Ian's projected path, our Executive Board agreed to reschedule out of concern for member safety. While rescheduling proved a bit more difficult than first anticipated, we were finally able to schedule a virtual meeting on the evening of November 29<sup>th</sup>.

Juniors and Generals have been busy with many projects this fall! GFWC Appalachian Leading Ladies Junior WC's Haunted History Walk was a huge success! GFWC Grundy Woman's Club has been very involved in Buchanan County's elk program. They recently were one of the sponsors of the annual Elk Fest. As in years past, Pennington Gap Woman's Club continued to hold events to honor veterans for their service. They also sponsored the 2022 Lee County Fair Queen event. Narrows Junior WC of GFWC hosted a three-day TV Auction-a highly anticipated annual fundraising event. At a time when food insecurity is at an all-time high, GFWC Pearisburg Junior WC began a food collection project called Home for the Holidays. Richlands Woman's Club joined Friends of the Library and has been helping with the area library's building fund campaign. Wytheville Woman's Club hosted their annual club craft fair, bringing together 72 vendors for the public's holiday shopping. These are only a small representation of Southwestern District's busy clubwomen's community involvement. Our members' commitment is truly inspirational!

Southwestern District has suffered the loss of a dedicated and much-loved member, Ms. Shirley Barazzone. Shirley was a member of Richlands Woman's Club and served as Southwestern District President in the 2008/2010 Administration. Her membership spanned more than 25 years. Shirley will be greatly missed.



**Tidewater District**  
**Nancy Vadersen, President**

Tidewater District clubwomen have been very busy this fall. As the end of 2022 approaches, we are thankful for all that they have accomplished.

Our Fall District meeting was held on September 24, 2022, in Hampton. At that meeting, we voted to rename the Tidewater District Volunteer of the Year award the "Millie Brown Volunteer of the Year Award." By doing this, we honor Millie Brown and her many years of Federation service to Tidewater District, GFWC Virginia, and GFWC.

Clubs are supporting the Tidewater District Project, "Sharing Because We Care about Food Insecurity," with donations to the area Food Banks, to church food pantries, to military families for the holidays, and by "rounding up" at grocery store checkouts.

Many Tidewater club members are supporting the GFWC Virginia State Project. Several clubs have provided members opportunities to enjoy the beauty of nature in State Parks and local environments. The Great Dismal Swamp and Fisherman's Island are just a few of the areas visited. The Woman's Club of Accomack County is partnering with the Land Shore Trust of the Eastern Shore to provide field trips for students at the Brownsville Nature Preserve.

Four clubs, Cape Henry Woman's Club, Great Bridge Woman's Club, Woman's Club of South Norfolk, and Woman's Club of Tidewater are collecting 500 pounds of plastic for a Trex bench for the Girl Scout Headquarters in Chesapeake.

Clubs sent Hope and Cheer cards to residents in nursing and convalescent homes as well as assisted living facilities. They have donated tray favors for spinal cord injury patients at the Hampton Veterans Administration hospital. When the VA needed clothing for homeless veterans, our clubs donated 145 items and the VA filled their clothes closet in just a couple of weeks! Becky Morrison spoke to the Poquoson Woman's Club about the Veterans Project at Poquoson High School that she started, and clubs are filling stockings for the

Salvation Army. Schools have benefitted from clubs' collections of school supplies and treats for teachers. The Woman's Club of Newport News held a bottle auction with the proceeds going to the FreeKind Prevention Project Curriculum to prevent human trafficking. This project was featured in the November 10 GFWC News and Notes. GFWC Great Bridge Woman's Club's entry into the Bra Ha Ha event won Honorable Mention for its creativity.

Membership continues to be a priority in the District. This fall, we have received membership coupons for eleven new members! Clubs have reached out to prospective members and their elderly or homebound members to let them know they are important to their clubs. We are working diligently to spread the news about what we do!

We look forward to welcoming GFWC Virginia President, Bonnie Rosemond, and GFWC Virginia Third Vice President, Denise Price, at our Spring Meeting on March 25, 2023.

The Terrific Tidewater club women continue to prove that we are "Sharing Because We Care" in all that we do!





**Epsilon Sigma Omicron—ESO Book Club Meeting**  
January 17, 2023 at 7:30 Via Zoom

The book for discussion is “The Essay” by Robin Yocum.

We hope many of you will join us on zoom  
even if you do not get to read the book.

For more information  
Contact:

**Wanda Alvis, GFWC Virginia ESO Coordinator**  
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**DECEMBER 2022**

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