

The Virginia Clubwoman

December 2023



Alice Kyle



Blue Ridge



Lee



Northern



Shenandoah



Southside



Southwestern



Tidewater



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

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The Virginia Clubwoman
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“Let your joy be in your journey-not in some distant goal.”-Quote by Tim Cook
Reflecting back over just the last few months of this administration’s journey, it has been the joyfulness I have felt and the joy I have seen in our members all across our beautiful state. Joy can be defined as comfort, pride, satisfaction, even humor and much more. There was pride in seeing the names of Virginia clubs participating in our General Federation of Women’s Clubs, National Day of Service. Seeing photos and hearing of club members dedicated to volunteering to help alleviate food insecurity in their communities, you knew that it brought joy not only to the receivers but to our members, probably wishing that they could do more. GFWC Virginia members volunteered to help “Milk for Good” through the Federation of Virginia’s Food Banks at the Virginia State Fair. Heavy rains caused members unable to make the trip to the Meadow Farm the first day set aside to volunteer but the second day (yet muddy) proved to be very rewarding. Due to the many National Day of Service projects and information obtained though out Virginia, we became further educated on the needs of our food banks that members will act upon to better the needs of our communities.

Each one of four official district visits all across our state were memorable. What a joy it was to share the camaraderie and common interest of members. Thank you to Southwestern, Blue Ridge, Alice Kyle and Lee Districts gracious hospitality and all that you do to help support GFWC Virginia.

Nineteen Virginia clubwomen traveled a beautiful November weekend to Huntington, WV where we joined Kentucky, Maryland, North Carolina, Tennessee, District of Columbia and West Virginia for the annual GFWC Southeastern Region Conference. This officer and Denise, GFWC Virginia 3rd Vice President and Director of Junior Clubs proudly presented the report of GFWC Virginia, and with joy ended with our GFWC Virginia members singing the Commonwealth of Virginia’s state song, “Our Great Virginia.” We were proud to have the assembly learn of the service to her community and to GFWC of our GFWC Virginia Jennie Nomination, Pat Riedinger. Thank you, to Pat for her continued dedication to improving our communities and Living the Volunteer Spirit.

I truly look forward to reading your club reports, knowing that 2023 has made for a very interesting journey of carrying out new project challenges that were added to club’s activity norms. Please make every effort to send me your Affiliate Reports, also please include a brief narrative in your report. Please feel free to simply email to me your club reports. I’m sure your calendar is already highlighted for January 25, 2024 club reporting deadline.

Please also mark your calendar reminding you to make a trip to our beautiful Virginia State Capital for February 19, 2024, GFWC Virginia Legislative Day. Please take this opportunity to visit your state delegates, to be a part of GFWC



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The Virginia Clubwoman

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Send articles, photos and newsletters
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A minimum of 6 issues are published during the administration.

Deadlines for submission for future issues:

February 13, 2024
June 7, 2024

Virginia’s recognition in our state’s senate and house. Liz Sabbatini, Legislation Chairman and Committee members have been working diligently to make for an interesting and fulfilling Legislative Day.

Have you had the opportunity to be a guest at the Hotel Madison & Shenandoah Conference Center, Harrisonburg, VA? Either way please plan for a beautiful Shenandoah Valley trip to Harrisonburg, April 18-21, 2024 to attend our GFWC Virginia Convention 2024 hosted by our GFWC Virginia Northern District. Service Projects, guest speakers, fun activities, Arts and Craft Show are already on the agenda, along with time for clubs recognition of their many efforts of our GFWC Volunteer Spirit of 2023.

Love to all member cornerstones as you Repeat, Repeat the sounding Joy of friendship, merriment and giving.

Federation Hugs,

Bonnie



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It is that time of the year when we need to look within our clubs and districts and see who may benefit from participating in GFWC LEADS. As it says in the GFWC Virginia manual on page 107, “The objective of GFWC LEADS is to identify GFWC members who have the potential to assume leadership positions beyond the club level and provide them with skills, confidence, and commitment to become future federation leaders.” We encourage each of you to look within your clubs, or more importantly, to look within yourself to see if there is a future Federation Leader in there. **The due date for the application is January 15, 2024.** The criteria are in the manual from pages 107 to 110 and is clearly delineated to make the application process easy for you or your club members. We would love to see at least one application from each district. If you have any questions or concerns, contact either of us and we will gladly point you in the right direction.

It is also reporting time. What better way is there to demonstrate your leadership. One of the important aspects of leadership is Acknowledgement and Appreciation. Who doesn’t want to be valued? It is essential as a leader to give people credit for the work that they do. A good leader is a generous person who recognizes people. Work recognition into the culture of your club. Write a report that clearly recognizes the members of your club for the good, important work that they do in the community. Leadership is both a gift and a privilege. You can erode the cohesion of your club if you fail to value your members. Each one of them is important and performs an essential part to keep the engine of your club running. Brag a little in the reports, tell the whole story of the great work that your members have done. Let your members read the reports and see the value that you place on them and their work.

We again remind you to use the GFWC website and the Leadership Toolkit to examine yourself and your clubs or districts to see what your best practices are for

leading your clubs or districts to be the best they can possibly be. The information contained in the toolkit has been included because it is, and has been, working. There are a numerous books identified that deal with the topic of leadership. If you have a few moments, take the time to check out the contents of the books. Whether or not you change because of them, it will certainly get you thinking about what you are doing, what you have seen being done and the possibility of what is to come.

Remember, leadership includes all of us. We all fulfill a leadership role of some kind. Work together to make sure the leaders within each of us are given the opportunity to be able to grow.

If you need anything from us, please do not hesitate to contact us. May your holidays be safe and happy.



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"New Members are...Cornerstones of Membership"

Hello fellow GFWC Virginia Clubwomen! Our membership is growing strong thanks to all our state, district and club membership chairs working diligently to recruit new members and keep the present membership thriving. We have received over 100+ membership coupons from 30 clubs since GFWC Virginia Convention. Keep sending in those coupons so we can reward your clubs and recruiters for their efforts. Remember, it's like the lottery, you must be in it to win it. The membership coupons are available online on our GFWC Virginia website as well as in your district yearbooks.

With the holidays approaching what better way to recruit new members than by inviting them to your club's holiday parties and other festive events. Many clubs hold bake and craft sales during the fall and pre-holiday season which is a perfect time to highlight your club and its service to the community. Make sure you have business cards, flyers, or brochures to handout to prospective new members. Ask these newcomers to attend a club meeting or holiday party. Remember to ASK, it's the best way to gain new members, and then follow-up with a written invitation, phone call or email. You can also do a "Friendsgiving" to invite new members to help celebrate our blessings of friendship. You can find resources on a "Friendsgiving" in the digital library on GFWC member portal.

Our two goals for membership during this administration: First, to realize an increase in club membership, which thanks to all the hard-working clubs, we continue to realize. The second goal, to form new clubs in every district. To date, we have chartered a new club in the Tidewater District and are nearing completion for chartering a new club in Lee District. We are hopeful that by our Mid-Winter Executive Board Meeting in February we will be able to charter new clubs in the other districts. It's not difficult to charter a new club and you only need eight (8) individuals to do so. Please reach out to us if you have any questions or concerns, we are here to help you along the way.

We continue to add to our Mobile GFWC Virginia Headquarters building!! The Lego Headquarters was on display during the conference in August, and if you had the chance to see it, you might have noticed that it doesn't have a roof. Continue recruiting those new members so we can give Mobile Heather a roof over her head. Let's finish the headquarters building this club year!

Continued

Michelle and I would like to extend our sincere appreciation for all that you do for your clubs, GFWC Virginia and GFWC. As Federation members you volunteer to make your communities and the world a better place. Thank you for your time and service and have a safe and happy holiday season. Please don't hesitate to reach out to us if you have any questions or concerns, we are here to serve you.



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The treasurer is integral to the smooth running of the club or district, so you'll need to work closely with the entire club or district. Know what your role can and can't be so that you don't end up doing more than you can manage. A treasurer's role is easier if everyone else in the club knows what the role includes.

We are sure everyone in the club/district appreciates what an important role the treasurer has. Set expectations early. During your busy time, your treasurer's responsibilities increase. Keep in touch with your president and let her know the status of the accounts. If you are working on a line-item budget, let the officers or chairs know the status of their individual line items.

The most important duty of a treasurer is to be a good guardian of money. That's probably obvious even to brand-new treasurers. But there is a second treasurer duty that's almost as important as the first: You must provide financial information to support decision-making. Be available for all board meetings and other meetings where financial information is critical to decisions made for the club/district.

We are coming upon the time for reports. The treasurer's records are the most accurate representation of what you spent on a particular project or what contributions the club/district has made during the calendar year. Be available for this process and print out the details if needed. As we all know, GFWC uses the information in many ways. The information needs to be accurate and reflect what we, as clubwomen, do daily: making our communities stronger.

We are your resource at the state, please ask and happy reporting!



Sarah Entsminger
GFWC Virginia Parliamentarian
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Teamwork. Your governing documents outline a variety of teams that are needed to run your organization effectively and efficiently. No organization can survive with a single person, at least not one that hopes to be able to achieve all that is possible when clubwomen work together. The most common teams are an executive committee comprised of the elected officers, an executive board comprised of the elected officers plus chairmen and appointees, standing committees, and special or ad hoc committees. Each type of committee or team fulfills a specific purpose, and each type requires cooperation, respect, adherence to procedure, and a focus on mission to be successful. Not only is it necessary for everyone within a team to work well together, but it is also necessary

for all the teams to work together to benefit the organization. Take the time to review your governing documents to understand how you and your members can work together and strengthen the relationships between your teams.

It will always be tempting to try to reduce the number of decision makers to as small a number as possible, *please do not make this mistake*. Our clubs are membership-based organizations, meaning that the members are the decision makers, and not just a few of them, but the body as a whole. No effective leader wears a crown or has the authority to override the decisions of the membership. Respect for our fellow clubwomen requires that we accept the decisions of the majority, allow all viewpoints to be heard, and understand that our mission must lead our work, not our personal preferences. Experience has taught us that many heads, hands, and hearts will always achieve better results than any of us could alone. Standing together, we are a powerful force for good.

As always, please contact me if you have any questions or concerns.



Dale Fisher
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*“He who marvels at the beauty of the world in summer
will find equal cause for wonder and admiration in winter”. ~ John Burroughs*

The winter months are still a good time to enjoy the natural world around us. Gather greenery, pinecones, and berries for holiday decorating, create pinecone/peanut butter birdfeeders with your grandchildren, <https://www.youtube.com/watch?v=vcquk8dhhtw> or participate in the 2023 Audubon Society’s 124th Christmas Bird Count. <https://www.audubon.org/conservation/join-christmas-bird-count>.

In a quandary as to what to purchase that hard-to-buy-for friend or family member? How about a nature-themed cocktail table book? Or, a birdhouse or feeder, or a gift certificate to a local nature center, museum, or aquarium.

Want ideas on the Eco-Friendly ways to dispose of live Christmas trees?

Make mulch and compost

Pine trees are full of nutrients that can help balance soil PH levels and add nutrients to your yard, flower beds, or garden. Remove the needles from the tree, mist with water, and work into soil where desired. Then, cut branches into small pieces and add them to the compost pile.

If it’s possible to shred the tree, the resulting sawdust will break down in compost even faster.

Use it for garden insulation.

Limbs can be broken off of Christmas trees and used as a covering for plants during the winter. These branches will help provide natural insulation and add nutrients to the soil as they break down over the season.

Use it for garden mulch.

Turn it into mulch for borders by shredding it or cutting it into small pieces and spreading it over your soil

Craft with it

Christmas trees can be upcycled into simple crafts and gifts. If needles are still green, strip them and store them in paper bags to use as natural air fresheners. You can also slice the tree trunk into 1-inch thick slices and varnish the slices to use as coasters.

To make natural garden stakes and barriers, simply strip the needles, branches, and bark from the tree trunk.

Return it to nature.

Consider securing the tree in a spot in the yard to serve as a temporary shelter for animals as it breaks down over the winter. You can even add bird feeders to attract local birds and turn it into a mini cold-weather bird sanctuary.

Donate it

Donate the tree to local wildlife sanctuaries that can use it as habitat or food for their animals. Zoos and wildlife reserves often look for old Christmas trees to use for feeding and other needs.

We hope your club is promoting GFWC Virginia’s Arts & Crafts Contest’s State Project categories: Member Watercolor and Student Photography. Guidelines may be found in the Arts & Crafts Contest booklet on the state website. We look forward to seeing how participants capture the beauty of Virginia’s natural resources.

Madam President and this committee thank everyone for your financial support of our 2022-2024 State Project. Fundraising proceeds will benefit the Virginia Forestry Education Foundation and the Wildlife Center of Virginia.

Clubs may make monetary contributions using the Annual Club Dues and Contributions Form found on page 79S of the GFWC Virginia Yearbook Supplement.

Members may also assist in our efforts by purchasing tickets (dogwood blossoms and leaves) for *our Federation Forest* Opportunity Drawing. The recipients of three lovely prizes will be chosen at the GFWC Virginia Convention in April. Thank you to those who purchased tickets at their respective Fall District Meetings. Tickets will be available at our District Spring Meetings and at the Annual Convention.

“Nature can be a bright fire on a cold winter's day”. ~ Robbie George

Happy Holidays! Dale, Pat, and Kathy



**Amanda Paez
GFWC Virginia Juniors’ Special Program Chairman
Advocates for Children**

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ADVOCATES FOR CHILDREN

All across the nation, Thanksgiving and the December holidays are a special time for families, schools and communities. Everywhere we look, there are signs of celebration. In schools, there may be pageants, food or toy drives, decorations, and parties. At stores, we hear familiar music or hear the ringing of familiar bells. On the streets, people wish each other happy holidays and talk about getting together with extended family and close friends. It is a time of joy, reflection, and anticipation.

But, not everyone will have a holiday season fit for a Hallmark movie. Let us as Advocates for Children, realize, accept, and act on the notion that not all children will have a magical holiday season. Children often cope with an environment or situations they did not create. Many rely on their school for food or personal hygiene products, making the long winter break a barrier. Many local organizations, food banks, or churches provide meals for students on holiday break. Seek those organizations out and support them this holiday season. If you know a teacher, they may often know of such organizations as they may refer their students to them.

So, as you pack shoeboxes for children overseas, don’t forgot to donate toys or clothes to a drive locally. Reach out to your local social services agency to find out how they are supporting children receiving services. Have your club host a coat and mittens drive to ensure children are prepared for the winter months. If your place of

worship has an Angel Tree or prepares meals for the hungry at the holidays, take time to volunteer and bring your family. A family that serves together can build a culture of community that ensures no one is left behind.

As 2024 approaches and we head to the last direction on our compass, let us remember that all of us can live the volunteer spirit and make an impact on a child's life.



Pat Jeffress

GFWC Virginia Arts and Culture Chairman

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Clubs are winding down their year and should be getting project hours and “monies spent” together for club end-of-year reports. This chairman looks forward to reading what you have accomplished and feels sure clubs have brought awareness of the arts through contests, art shows, and decorating spaces, to their communities.

However, there is still time to plan an Art event such as a tablescape contest at a club holiday event. Whatever you choose to do going forward, involve all your club members and have fun.

And don't forget the GFWC Virginia Project Student Photography, and Member Watercolor Contest. — Education of Virginia's Natural Resources Flora and Fauna, Water, Soil, and Woods. Work must be completed in the January 1- December 31st year. There is a twenty-five-dollar award for first place in both contests. See page 9 of the Arts and Crafts Contest Awards booklet on the GFWC Virginia website, <https://gfwcvirginia.org> for details about these two contests. If you have trouble assessing the contest rules please email me, and I will forward the contest booklet.

Wishing you all the best as you paint, dance, write, photograph, and sculpt through the holiday season.



Marilyn Banes

GFWC Virginia Education and Libraries Chairman

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The 21st century includes many wonderful times and innovations, but it also includes a great many ideas that defy consensus. These ideas often generate an emotional response, which triggers our ability to be passionate about our beliefs but can also interfere with our ability to reason. Education and Libraries are universally loved but have not been immune from ideas or policies that attract disagreement. The most obvious is the policy to ban books from classrooms and libraries.

This is a difficult subject, and this chairman needed more knowledge on the subject. Computer searches and a little reading revealed that censorship and banning books occurred at various time periods over several centuries. While banning books is often for religious or cultural reasons, there have been many other reasons. As early as 212 B.C., the Chinese emperor Shih Huang Ti had every history record destroyed because he wanted written history to start with him.

The first book written in the U.S. and banned was authored by Thomas Morton who came to Massachusetts from England with a group of Puritans in 1624. After living with them he rejected their strict rules and wrote a book called The New English Canaan which by all accounts failed to have a single kind word for the Puritans. Not surprisingly, the Puritans banned his book.

However, the first book banned on a national scale in the U.S. was Harriet Beecher Stowe's Uncle Tom's Cabin. The Confederacy banned the book because it supported ending slavery and tended to generate discussions about slavery. However, in the 1920's, political ideas and social mores were changing, and booksellers began encouraging people to read whatever they chose.

In 1933, a court case United States vs. A Book Called Ulysses set another precedent. Judge John M. Woolsey reversed the federal ban on Ulysses in place since 1922. In 1957, the U.S. Supreme Court in Roth vs. the United States ruled against Mr. Roth who wanted to continue mailing pornography to his subscribers, but the ruling included a much narrower definition of obscenity which was "utterly without social importance." As a result, the next two decades saw fewer requests to ban books and more explicit art and literature.

The trend reversed in the 1980's when school boards and libraries were receiving 700-800 book challenges a year. In 1982, the American Libraries Association held their first Banned Books Week. This served to demonstrate that many banned books are American classics and well-loved books not excessively violent or pornographic. The ALA continues to fight censorship with its annual Banned Books Week and is supported by many other organizations.

This brief look into the history of censorship reveals that attempts at censorship never go away completely and experience temporary resurgences over time while education and libraries work to support freedom of ideas, access to information, and the freedom to read.

Our work under the CSP Education and Libraries will continue our mission as stated in the 2022-2024 GFWC Club Manual: "GFWC members promote education in both children and adults. Projects in the Education and Libraries Community Service Program are designed to foster schools, as well as other educational institutions and opportunities, and to promote libraries, literacy, and the love of a good book."



Wanda Alvis
GFWC Virginia Epsilon Sigma Omicron (ESO) Coordinator
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Do you have a special time of year that is your best reading time? I know ladies who save their books to read in the summer, especially at the beach or on a cruise. Then there are some who like to read in the "dark, cold days of winter" setting by a nice fireplace. Then there are some like me who like to read anytime, anywhere. I always carry a book with me when I go to the doctor, my hairdresser, or any place where I may have to sit and wait. No matter where you choose as your reading place, be sure to keep a list of your books and send me a short report. Also, you need to keep track of the number of pages read and the time spent in reading. Reporting time will be upon us soon and you will need to send your reading time and number of pages read for the 2023 year to your club Education and Libraries Chairman.

If you belong to ESO and what to take part in the Zoom book club but have not yet done so, be sure to send your email to Dale Fisher so she can send you the zoom invitation. We meet every other month on the third Tuesday at 7:30.

Happy Holidays to all!



Carol Outten
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Hugh O’Brian Youth Leadership

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

Ladies of GFWC Virginia, I bring you greetings from the Hugh O’Brian Youth Leadership Virginia Board of Directors. The Board has already begun planning for the 2024 HOBY seminar which will be held again this year at James Madison University, May 31st to June 2nd. Registration for the seminar opened on September 25th, and High School counselors in both public and private schools received 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.

Who Attends HOBY Seminars.....Students across the country who are rising juniors attend HOBY to further their leadership journeys. 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. HOBY Youth Leadership programs encourage young people to focus their energy on making a positive impact on their communities. **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 can be nominated by a community member. 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.

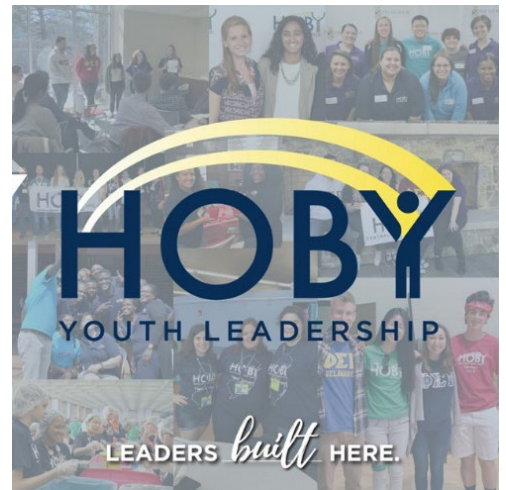
Did You Know.....A student can “self-nominate” themselves to attend the seminar via their schools guidance counselor simply by requesting an application.

Have you Heard.....Have you heard of the Community Leadership Workshop (CLeW)? CLeW is a one-day introductory HOBY leadership training event for high school freshmen. CLeWs provide face-to-face interaction between freshmen students and distinguished mentors from all walks of life in their communities. Students participate in team-building activities, take part in community service projects, and listen to presentations given by motivational speakers and local community leaders. CLeWs are initiated and organized by HOBY’s own alumni and/or members of the community and are sponsored by local service clubs or companies. **There is no cost to the attendees.**

Want to know more.....In October, I visited one of our Clubs and provided a short presentation about HOBY. We had a lovely time together and they graciously kicked off the HOBY “wish list” for the 2024 seminar by donating a Gift Card and several books of stamps. These in-kind donations provide additional support that offset the cost of materials used at the seminar. Please contact me if you have any questions, I am more than happy to chat with you about this wonderful program.

As always, HOBY Virginia is grateful to the ladies GFWC Virginia for their generosity and support of the Leadership seminars and our ambassadors.

Sending HOBY HUGS and wishes for a Joyous Holiday Season !!!!





Carol Pridgen
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It finally happened, fall weather at last! No more days with temperatures in the 90's doing the day and 60's and 70's at night. At least on the calendar it was supposed to be Fall, but for several days we were still having higher than normal temperatures it was hard to tell if summer ever ended.

I always enjoy the fall season, watching the leaves change to beautiful colors of red, orange, yellow and then brown. Once they turn brown and fall of the trees, I know it's not much longer before my favorite time of the year is here. Winter, which to me means Christmas!

I really am not a big fan of being cold, but I can't imagine living somewhere that it would not be cold during Christmas. It doesn't matter if it snows (by now most of you know I'm not an outdoor person), but it should be cold. During the Christmas season, I enjoy putting up several Christmas trees, I love getting out all the ornaments and arranging them on the tree in their own special places. I have a lot of special ornaments on my tree at home, all of my children's first Christmas baby ornaments, then my Grandchildren's first ornaments, last year I got to add my first Great-Grand daughter's ornament and this year I get to add her sister's ornament to my tree. My Grandmother always said that Christmas trees had to be taken down before New Year's Day or else you would have bad luck. Just like eating black-eye peas and stewed tomatoes on New Year's Day, this might be an old wise tail, but my tree comes down before New Year's Day and I eat my black-eye peas and stewed tomatoes....Who knows what season comes after Christmas?....Reporting Season!

By now, we all know the four target areas in the Environment CSP: 1. Preserve Resources, 2. Protect Wildlife and Domesticated Animals, 3. Live Sustainably, and 4. Beautify Communities and Enjoy Nature.

Last year I was amazed at all of the Environment Projects that club members participated in during their club year. I look forward to reading about all of your Club's Environment Projects again this year. Good luck with reporting.

Take care and keep smiling!

“Merry Christmas and Happy New Year”

Recycling at its best:

Ladies if you have an old purse that you don't use any more, fill it up with hygiene products, snacks, and coins. Then keep it in your car for the next time you see a homeless woman, give it to her.

Other items that could be included: Toothbrush, Toothpaste, Floss, Facial Wet Wipes, Shampoo, Conditioner, Comb, Chapstick, Sunscreen, Lotion, Bottled Water, Instant Coffee/Cider/Coco, Tea Bags, Bottled Juice, Canned Soup/Spoon, Fruit Cup/Spoon, Granola Bars, Beef Jerky, Trail Mix, Tuna/Cracker Packs, Raisins/Peanuts, Mini First Aide Kit, and a Bag of Coins.





Mary Driver-Downs
GFWC Virginia Health and Wellness Chairman

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As we move from the season of fall to winter, just remember health and wellness never takes a season off.

STEP IN TIME

I hope that each of you are keeping up your Step in Time exercise logs and will be ready to send a copy to your District Health and Wellness Chairman by January 31, 24. It's been an 11 month adventure trying to focus on our health and well being.... Every small step counts!

<https://gfwcvirginia.org/f/focus-on-self-care-in-2023-with-the-step-in-time-challenge>

Disease prevention



In the GFWC Health and Wellness CSP we are to recognize, highlight and help with disease prevention. As your Virginia chairman, I would like us to take a look at Alzheimer's Dementia.

November is Alzheimer/ Dementia awareness month and Caregiver recognition month.

The definition of dementia below is taken from the Alzheimers website. www.alz.org

“ Dementia is the umbrella term for a person's decline in memory and other cognitive abilities that is severe enough to interfere with daily life. It is not a normal part of aging. The most common cause of dementia is Alzheimer's , a progressive brain disease that results in the loss of brain cells and function. Other forms of dementia are; Vascular, Lewy body, Frontotemporal, Huntington's and mixed dementia.

The CDC has listed below the following ways in which one can help reduce their risk to the disease. (www.cdc.gov)

How You Can Reduce Your Risk of Alzheimer's

You can help reduce your risk of Alzheimer's by making healthy lifestyle choices. [Here's what you ca](#)

- [Prevent and manage high blood pressure](#). Tens of millions of American adults have high blood pressure, and many do not have it under control.
- [Manage blood sugar](#). Learn how to manage your blood sugar if you have diabetes.
- [Maintain a healthy weight](#). Healthy eating and regular physical activity can help you maintain a healthy weight.
- [Be physically active](#). Physical activity can improve thinking, reduce risk of depression and anxiety, and help you sleep better.
- [Quit smoking](#). Quitting smoking now may help maintain brain health and can reduce your risk of heart disease, cancer, lung disease, and other smoking-related illnesses. Free Quitline: 1-800-QUIT-NOW (1-800-784-8669)

- [Avoid excessive drinking](#). If you drink, do so in moderation.
- [Prevent and correct hearing loss](#). Make sure to talk to a hearing care professional to treat and manage hearing loss.
- [Get enough sleep](#). A third of American adults report that they usually get less sleep than the recommended amount. How much sleep do you need? It depends on your age.

If it seems overwhelming to make all these changes at once, try making them gradually. For example, getting an extra 30 minutes of sleep at night, getting an annual physical exam, or simply taking a walk every day may make a big difference to your cognitive health.⁶

Additional Resources

- [CDC Healthy Aging Program](#)
- [Caring for Caregivers](#)
- [Healthy Body, Healthier Brain](#)
- [Alzheimer’s Disease International](#)

Get Involved in the Fight to End Alzheimer's

Besides taking care of your own health, here’s how you can be part of the cure for Alzheimer's.

GFWC is working towards developing a partnership with the Alzheimer's Association.



Please consider donating to the Diamond Daisies of GFWC- our own Health and Wellness National chairman, Dale Fisher has a team who is walking virtually and there is still time to donate to help find a cure!

Click the link below to help support the Diamond Daisies- GFWC’s Alzheimer’s walk!

https://act.alz.org/site/TR/Walk2023/DC-NationalCapitalArea?team_id=831180&pg=team&fr_id=16447

Another idea is to recognize that 6 million Americans are living with Alzheimer’s and over 11.5 million provide their UNPAID care. (Alzheimer’s Impact Movement)

Reach out in your community and find those caregivers who need a special care package or a note of encouragement. Most Alzheimer’s patients are cared for by immediate family members or close relatives.

The Alzheimer Impact Movement (AIM) states on their Virginia 2023 Alzheimer’s statistics page that in 2022 there were 354,000 caregivers and the total hours of unpaid care given -amounted to 529,000,000 hours which amounts to a total value of \$10,350,000,00 dollars.

Caregivers are at risk of health issues too! (2015)

60.4 % of caregivers have chronic health conditions

23.6% of caregivers suffer from depression

13.8 % of caregivers in poor physical health themselves

Isolation from others is also a factor for caregivers and Alzheimer's patients.

More Club ideas-

Host a memory cafe that allows caregivers to bring their family members to meet others who are also dealing with Alzheimer’s . Light tea and refreshments may be served. An Alzheimer’s representative could be arranged to give a small presentation.

Offer to help a caregiver with groceries or other tasks that would ease the burden of 24 hour care. Spending time with an Alzheimer patient gives a caregiver a much needed break. (Encourage a caregiver to take a walk and get outside of the house).

Provide a meal a month with members rotating turns or offer "just dessert" as a way to break up the daily routine of caregiving.

Send cards to caregivers and Alzheimer's patients. Take self-care packages to caregivers (lotions, creams, encouragement book, chocolate, etc..)

Learn about all the resources offered through the www.alz.org website.

Make fidget blankets for Alzheimer's patients for local assisted living and Alzheimer's facilities.

On the birthday of an Alzheimer's Patient make a donation in their honor to let them know you are helping fight this disease with them.

Share the 24/7 Alzheimer's Dementia Helpline with others 1-800-272-3900

Join The Longest Day* for the winter solstice (Dec 21) with the Alzheimer's Association to help light the path to a future without Alzheimer's and all other dementia. Register and fundraise by Dec 21. (see www.alz.org)

"A world without Alzheimer's and all other dementia is within reach. But we can't lose momentum now."- Alzheimer's.org

May each of you have a most peaceful holiday season as you work to make your communities better in healthy new ways. You are appreciated for all that you do.

May peace abide in all our hearts,

Mary D-D



Elizabeth Sabbatini

GFWC Virginia Legislation & Public Policy Chairman

legislation@gfwcvirginia.org

At present, this chairman is working hard on organizing **Legislative Day** - quite a complicated procedure! The following is confirmed:

- GFWC Virginia Legislative Day will be Monday, February 19, 2024 (Presidents' Day)
- A meeting room is reserved in the Capitol building from 9:30 - 11:00 a.m. for an audience of 75. The plan is to have two speakers; Dr. Sandra Treadway, the current Librarian of Virginia will speak to us on the Women's Monument, on which she is an authority. We can then visit it more knowledgeably! The other speaker is 'to be announced' when we receive acceptance - watch this space!
- Tours of the Capitol will be available following the talks. Weather permitting, ladies can also visit the Women's Monument in the Capitol grounds.

We are still working on a meal together, place and time to be determined. There will be a constant contact email that will come out with sign-up information in January.



Hope Royer
GFWC Virginia Bylaws Chairman
bylaws@gfwcvirginia.org

“To amend, or not to amend? That is the question.”

In a recent communication, Barbara Whitaker, PRP, GFWC Bylaws Committee Chairman shared information on how to propose an amendment:

- State the Article(s) of the Bylaws and any subsection where the amendment is to be made.
- State exactly what is to be removed, added, or, otherwise changed and how the bylaw should read if the amendment is adopted.
- Give the reason why the change is proposed.

In accordance with Article XIX- AMENDMENT, GFWC Virginia Bylaws “may be amended at any GFWC Virginia Annual Convention, Conference, or Special Meeting by a two-thirds vote of those delegates present and voting provided the proposed amendments have been appended to the Call.” The Call to Annual Convention will be published in the next issue of *The Virginia Clubwoman*. Amendments to our Bylaws may be proposed by the GFWC Virginia Executive Committee; the GFWC Virginia Executive Board; the GFWC Virginia Junior Executive Board; a District, a District Junior membership, or a club. To allow time for proposal consideration by the committee and to meet the magazine deadline, please be sure to **submit proposed amendments to Bylaws Chairman Hope Royer prior to January 15.**



Marlene Wine
GFWC Virginia Scholarship Chairman
scholarships@gfwcvirginia.org

Hello Ladies

YOU have the opportunity to offer two scholarships to individuals seeking educational goals. Be alert to the folks in your area who will welcome support from us as they begin their college careers. Alert the schools in your area and hopefully there will be candidates. Good Luck.



Linda Beatty
GFWC Virginia Chaplain
chaplain@gfwcvirginia.org

Convention is just around the corner. We want to always be mindful of members who have contributed so much to our organization. Please email the names of deceased club members to me so that they may be included in the Convention memorial.

STATE FAIR “Milk For Good”

Cow fans were a big hit with kids and adults at the "Milk for Good" Federation of Virginia Food Banks - Milk Shakes and Information Booth – Virginia State Fair 2023



District News

Lee District

Sally Cary, President

Jessica Thomas, Third Vice President / Director of Junior Clubs

Lee District held its Fall Meeting on October 28, 2023. It was a very special meeting as Bonnie Rosemond, the GFWC Virginia President was our guest and speaker. Our “Spooky Tea Party” was a total success thanks to the GFWC Varina Woman’s Club who were our hostesses. They decorated our tables with special teacups, tea pots, special spooky tea bags, and many other spooky items. Teacups had been collected by the ladies of GFWC Worthington Woman’s Club for this special meeting. We also had Patti Bickel speak to our gathering about Bonnie’s special project and Celeste Corrigan spoke about the GFWC Virginia and the American Legion project/raffle. Clubs provided baskets for a ticket drop event raising \$695.00 for Lee District’s special project, The Children’s Hospital Foundation at VCU.

Membership grew by 28 new members for the Junior Federated Woman’s Club of Chester. What a successful campaign they did for their membership drive. This officer is so proud of our Juniors for their hard work.

Plans are in the works for Lee District’s Annual meeting which will be held on March 23, 2024. We will be installing a new President along with the other officers. The search for a venue is an ongoing adventure.

Northern District

Joyce Jolly, President

The GFWC Virginia Northern District started off the new club year with its Fall Meeting which was held at the Springfield Golf and Country Club on October 7th with approximately 85 members in attendance. As always, the marketplace was very busy with shoppers viewing all of the wares that were on sale by the clubs. In addition, the 50/50 and the raffle baskets were very successful in raising money for the various causes.

In support of my project, “Care for Kids”, two guest speakers provided information relative to the youth in the foster care system. Marcy Capers, Senior Human Services Worker and Foster Parent Coordinator for the Prince William County Dept. of Social Services, discussed her role relative to servicing these children. Elizabeth Louis-Ferdinand, a member of the Mary Ball Woman’s Club, shared her experiences as a foster parent. Both speakers

were well received. Members donated 243 pairs of pajamas, 11 blankets, 48 stuffed animals, 6 backpacks, 9 books, and various toiletries. Thank you to all!

District committee chairmen provided the membership with revisions of the club history and the Grace Welborn Opportunity Fund. Kathy Cain, District Webmaster explained to the members the importance of accessing the information on the GFWC, GFWC Virginia and the Northern District web sites. She handed out a document that she prepared for them which makes it quite easy to access the sites.

Our Second Vice President for membership, Karen Paris, shared that our district brochure has been sent out to every public library in the five counties that are covered by our district. Hooray for membership!

Wishing everyone a very successful club year.



Shenandoah District
Judy Gough, President

Ilia Desjardins, Third Vice President / Director of Junior Clubs

Fall has descended and is almost gone from Shenandoah. The leaves were gorgeous this year. Snaps of cold spells are happening at night but the days are more than pleasant. Good enough to have Fall festivals of arts and crafts all over the District. Clubs are gearing up for Christmas with the giving of food items, adopting families, giving clothing, helping with Santa and doing what they do best. Sharing the love of the Season. Staunton-Augusta Juniors have their 2023 special “as yet” unnamed ornaments. Covington collected food in a joint effort with our Alleghany Highland Regional library for the GFWC National Day of Service. Club members also adopted a family and a Senior from the Christmas Mother Program. Greene County held the 48th annual “Helping Hands” Holiday Craft Bazaar. The Waynesboro-Augusta Women’s Club helped in October with the Fall Foliage Arts show. Lexington was the hostess for the Fall District Meeting and hosted the International Dinner for Students for 2023. Wayland had the annual Bridge Luncheon. Buena Vista helped with the arts and craft show at the Presbyterian Church . Most all active clubs in the District did a Service Project for the National Day of Service. Great goings on in the Shenandoah District.



Southwestern District
Eleanor Armes, President

Heather Dunn, Third Vice President/Director of Junior Clubs

My goodness! Can you believe this year is almost over? It won’t be long until reporting rolls around, and Southwestern District clubs will have much to report! District members have been busy, busy, busy with projects and fundraisers. Where to start?

Grundy members worked with 4H to help 8th graders learn how to budget money and held their Holiday in the Hills fundraiser. Hillsville has held several online auctions. Jonesville made homemade apple butter and sold it at their Festival in the Park and made Blessing Bags. Mattie Rountree Stephenson members have had booths at several area events to sell their handmade crafts. Pennington Gap continues to honor fallen veterans with bridge dedications and held Soctober to collect socks for those in need. Richlands members are helping the local library with their Story Walk and became Pillow Pals to the area woman’s shelter. Wytheville members have been organizing their 34th upcoming Christmas Crafts and Vendor Fair and frequently supplying snacks and

entertainment to a local rehab and nursing facility. Appalachian Leading Ladies held their annual Haunted Historic Walk and have been busily making blankets for Project Linus. Narrows just held their highly anticipated annual TV auction. Pearisburg Juniors have been collecting clothing for an upcoming career closet and putting the finishing touches on their annual Home for the Holidays project. It also needs to be mentioned how hard clubs worked to help make GFWC's National Day of Service a success. And this just scratched the surface!

The Southwestern District Fall Meeting was held September 16th in Wytheville at the Open Door Café. Wytheville Woman's Club and the Woman's Club of Hillsville were wonderful hostesses! We were honored to have GFWC Virginia President, Bonnie Rosemond in attendance. Southwestern District Reporting Chairman JoBeth Wampler and First Vice President Hope Harrell presented a reporting workshop. Ginger Robertson, Women's History and Resource Center Committee Chairman shared highlights of her 64 years of membership in GFWC.



Tidewater District

Nancy Vadersen, President

Tidewater District GFWC Virginia members have been busy this fall, and they are looking forward to the holiday season.

Eighty-one Tidewater District GFWC Virginia ladies attended the Fall District Meeting on September 30 at King's Grant Presbyterian Church in Virginia Beach! They enjoyed information shared by five enthusiastic presenters on Canine Companions, Operation Smile, the Foodbank, the GFWC Virginia State Project, and Civic Engagement and Outreach. We were happy that four of the presenters were able to stay for the entire meeting and thoroughly enjoyed spending the day with them!

Our GFWC National Day of Service, also on September 30, was an amazing success! Those attending the Fall District Meeting brought generous donations of non-perishable food items to fill "Beach Bags" for school children to eat during the weekends. Donations filled the table provided and spilled over onto the floor under and around the table! We were proud to support this project to address food insecurity and to help children!

Also, at the Fall Meeting, Lynn Avery announced that she received so many gift cards for the Fannie Stearnes Scholarship Gift Card Basket that she was able to create three baskets to raise funds for the district scholarship this year! And, Maureen Mike, District Second Vice President, distributed copies of the new District brochure that highlights the work that the clubs in Tidewater District GFWC Virginia do so well.

At the Fall District Meeting we elected our representatives to the GFWC Virginia Nominating Committee. They are Judy Middleton, GFWC WC of Tidewater, Member; Terry Putman, GFWC Great Bridge WC, First Alternate; and Ann Schultz, JWC of Hilton Village, Second Alternate. We thank them for serving in this most important role.

On November 3-5, 2023, Susie Mowry and I traveled to Huntington, WV, to attend the Southeastern Region Conference. There we heard presentations about the CSPs, the GFWC Signature Program, the GFWC Junior Special Program, Legislation/Public Policy, Fundraising, Membership, Communications/Public Relations, and Leadership. The skits were creative, and the information shared was valuable. GFWC President, Deb Strahanoski, spoke about her Federation Journey. She is always delightful!

Tidewater District GFWC Virginia clubs are busy with bazaars and bake sales, ice cream fundraisers and Breakfast with Santa, the Red Sand project and Awareness of Human Trafficking, membership drives and yard sales, and many other projects to meet the needs of their communities.

Plans are underway for the Tidewater District GFWC Virginia Spring Meeting on March 23, 2024, at the Chesapeake, in Newport News. At this meeting, District Officers for 2024-2026 will be elected, awards will be presented, and special Membership Awards recipients will be announced.

We wish you and your families a wonderful Holiday Season and a happy and prosperous New Year! We look forward to "Sharing Because We Care" in 2024!



Wishing You

Peace, Joy, and Love

This Christmas & Always

**GFWC Virginia Joint
Executive Boards**

General Federation of Woman’s Clubs of Virginia
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Address Service Requested

DECEMBER 2023

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THE VIRGINIA CLUBWOMAN 2023-2024 SUBSCRIPTION FORM

Please make copies and distribute to club members.
Cost is **\$15** for a 1-year subscription.

NAME _____
First Name Only – No Prefix Last Name

Address _____

Club _____ District _____

Phone _____ Email _____

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