

THE OCTOPUS CHALLENGE

2026-2028 UNITY PROJECT



GFWC encourages clubs, State/District of Columbia Federations to participate in a challenge encompassing all areas of the Arts & Culture service project area. The Octopus Challenge invites clubs and federations to stretch their reach throughout all areas of Arts and Culture by completing 2 projects in each of these 4 areas: 1. ART 2. MUSIC 3. DANCE/THEATER 4. CULTURE



Arts & Culture



PROJECT IDEAS:

- **CULTURE** • Be the hostess in a home tour where participants stop by for coffee and cookies and view the historical culture of your club through your scrapbooks and other historical items.
- **DANCE/THEATER** • Sponsor a trip to a museum or the theater for students and engage members as chaperones
- **MUSIC** • Have a neighborhood or city music event, such as a Battle of the Bands for teens or an outdoor Concert Series featuring area bands.
- **ART** • Use member or children's art for club cookbook covers, greeting cards, program covers, etc.



WING IT PROGRAM

GFWC Oregon City Women's Club (OR) collaborated with a local theater group to support the "Wing It" program for children. In this interactive show, the young audience helps crew members, dressed as whimsical, winged creatures, get out of a jam while learning lessons about kindness and good behavior. After the performance, children are invited onstage to share a joke, poem, dance, or even just a smile and giggle, fostering creativity, confidence, and joyful participation in a supportive and encouraging environment.



PASSPORT TO ARTS & CULTURE

The GFWC Chapin Women's Club (SC) Arts & Culture Chairman created a "Passport to Arts & Culture," complete with a photo to inspire members to explore the arts. She organized group outings to cultural events, encouraging members to attend as many as possible, whether club-sponsored or on their own. Passports were stamped at club meetings, and at year's end, the member with the most stamps received a \$250 gift certificate generously donated by a local art gallery.

LOCAL HAPPENINGS



columbiamuseum.org

Columbia Museum of Art

FREE!!!

SC residents get free general admission to the museum all summer long, May 22 - September 6.

The CMA has a lot on view and plenty of ways to explore, including scavenger hunts, kids' totes, and sensory bags, plus hands-on activities in The Cross Hatch.

Simply show proof of residence when you check in at the Welcome Desk for free admission. Generous support provided by Art Bridges Foundation's Access for All program.





Environment

PROTECT TODAY,
PRESERVE TOMORROW



PROJECT IDEAS



PRESERVE RESOURCES

Seed saving is a way to reduce the cost of producing healthy food and will help future generations enjoy healthy varieties of food. Check the website for ideas.

www.thespruce.com

Learn about the dangers associated with fracking, such as air and water pollution and human health issues. Consider a program on the pros and cons of this issue or another questionable environmental practice. Consider all viewpoints and then take a blind poll (pro, con, or unsure) to hear what members think.



PROTECT WILDLIFE AND DOMESTICATED ANIMALS

Engage with the World Wildlife Fund to learn about the world's most endangered wildlife species and programs that help their cause, such as Sign On to Stop Wildlife Crime and Adopt a Tiger



LIVE SUSTAINABLY

Chart a path towards zero waste in your community by using tools suggested by the U.S. Environmental Protection Agency.

Participate in Nike's Reuse-A-Shoe Program, which accepts worn-out sneakers and makes Nike Grind, a material used in sports surfaces and playgrounds



COUNTING HORSESHOE CRABS

At spawning season's start, members of GFWC Woman's Club of Little Silver (NJ) join evening counts to tag and measure horseshoe crabs, which come ashore and lay up to 100,000 eggs per female each season. Club members learned about local preservation needs, saw the fact that these crabs are used in fertilizer, and that research on horseshoe crabs has aided biomedical companies in developing many life-saving medications.



TUXEDO CAT BALL

GFWC Junior Woman's Club of Raleigh and GFWC Woman's Club of Raleigh (NC) collaborated to support the "Black Tie" fundraiser for Safe Haven, a no-kill cat shelter. Members helped with guest registration and check in. The event featured food, wine, entertainment, a live and silent auction, and raised over \$148,000. With the funds and help of club members, this past year, 1,323 cats and kittens found loving homes, 328 were rescued, and over 22 tons of food were distributed! These members are the Cat's Meow!



BIRD SIGHTING WITH THE GIRL SCOUTS

The GFWC Junior Woman's Club of Lake Murray (SC) led a themed activity with a local Girl Scout Scout troop. They read a book about birds, exploring facts and how to support bird populations locally. Scouts received a journal to log bird sightings and drew their discoveries. They also enjoyed a binocular craft to spark interest in birdwatching. Comparing journals and identifying birds encouraged the scouts to bond, share experiences, and make new friends through nature exploration.



CLEAN UP THE WOODS

The GFWC Northboro Junior Woman's Club (MA) answered the call to address yard waste dumping near a popular trailhead. The club obtained permits and collaborated with Sustainable North. They prepared and distributed an educational handout for 50 homes, prepared winchowns for the Library, Boy Scouts, the Trail Committee, neighbors, and friends joined. Spearheaded by three members, multiple community presentations were given to educate the community about this issue, and the project gained attention.

2026-2028 UNITY PROJECT

THE RIGHT PLANT IN THE RIGHT PLACE

THESE PROJECTS WILL FOCUS ON
HABITAT RESTORATION AND
PRESERVATION OF BIODIVERSITY.

Clubs are asked to partner with other organizations on projects dedicated to the restoration of habitat, with an emphasis on protecting native plants and pollinators.

Some examples are:

- Work with state or county Departments of Natural Resources to harvest local plants from construction sites or add native plants to parks and recreation areas.
- Partner with youth troops to earn badges or special awards.
- Host an event with Master Gardeners or Master Recyclers / Composters to educate the community on the importance of native plants and recycling correctly.



GFWC-SC Education & Libraries

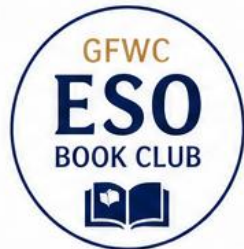
2026-2028 UNITY PROJECT UNITY THROUGH READING: EVERY STORY MATTERS

PROVIDING BOOKS AND RESOURCES ABOUT INFLUENTIAL WOMEN TO SCHOOLS AND PUBLIC LIBRARIES



COLLABORATE WITH LOCAL LIBRARIES

by hosting a tour, class, or special celebration. Encourage families in your community to register for library cards and help promote the many free services available through your local library.



SUPPORT SENIOR CENTERS

by providing large-print reading materials, organizing a book club, leading an activity, or offering an educational class. Learning truly has no age limit.



ESTABLISH OR CONTRIBUTE TO A TRADE SCHOOL SCHOLARSHIP

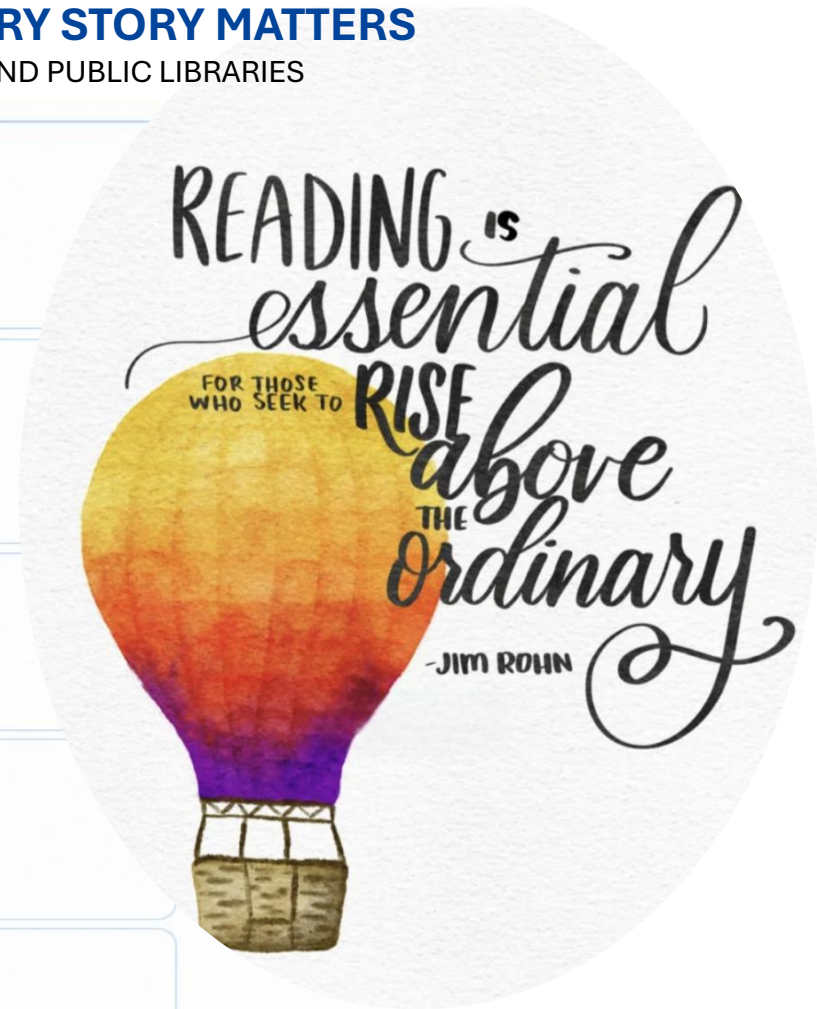
Not every student is interested in or will pursue a university education, and skilled trades remain essential to keeping our communities and economy running.

ENCOURAGE CLUB MEMBERS TO JOIN THE GFWC EPSILON SIGMA OMICRON (ESO) BOOK CLUB.

You may also consider creating a club book club to foster connection, conversation, and a love of reading.

PARTNER WITH SCHOOLS IN YOUR DISTRICT

by providing support to students and faculty. Encourage the educational resources that Heifer International offers to schools. Consider creating a mentoring program, creating or funding a care closet to help meet students' immediate needs, including food, clothing, toiletries, and school supplies. We know that learning is most effective when basic needs are met.



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OF WOMEN'S CLUBS



Health & Wellness

• 2026-2028 UNITY PROJECT •

MOVE FOR A HEALTHIER YOU

Research shows that exercise is vital for healthy brains and bodies. Regular physical activity can help prevent disease, disability, injury, cognitive decline, and premature death. Experts recommend adults get 150 minutes of moderate physical activity a week, and moderate physical activity, such as walking, is generally safe for most people. Every minute counts and activity can be spread over several short periods of time. Encourage physical activity in your club and within the community.



PROJECT IDEAS:



CARE FOR CAREGIVERS

GFWC Woman's Club of Cleveland (TX) club members provided baked breads, muffins, and other goodies to show their support for the twenty-five caregivers at a community facility who cover three shifts working with patients with dementia and physical disabilities. There, people are appreciative of difficult giving situations such as incontinence, mobility issues, mood swings, suspicions of the elderly, and other conditions. The caregivers were grateful to be recipients of this act of kindness.



PERIOD POVERTY

GPWC Bitterroot Woman's Club (MT) responded to an immediate request from a low-income district school principal who lacked funds to purchase feminine products to stock their facility. Some students were unable to attend school because they could not afford these needed feminine products. The club immediately provided \$200 worth feminine hygiene supplies for a club received a grant that included direct shipments of supplies. Additional products are shipped quickly upon receipt of online orders placed by the school.

OUR AFFILIATES:



NATIONAL HEALTH OBSERVANCES CALENDAR

JANUARY

Cervical Health Awareness Month
National Birth Defects Prevention Month
National Blood Donor Month
National Glaucoma Awareness Month
Eye Care Month

FEBRUARY

American Heart Month
Shingles Awareness Month
National Cancer Prevention Month

MARCH

National Colorectal Cancer Awareness Month
Multiple Sclerosis Education and Awareness Month
Brain Injury Awareness Month
National Nutrition Month
National Kidney Month
Save Your Vision Month
World Sleep Day
American Diabetes Alert Day

APRIL

Oral Cancer Awareness Month
Stress Awareness Month
World Autism Awareness Day: April 2
World Health Day: April 7

MAY

Mental Health Awareness Month
Skin Cancer Prevention and Awareness Month
National Asthma and Allergy Awareness Month
National Stroke Awareness Month
National Senior Health and Fitness Day

JUNE

Alzheimer's and Brain Awareness Month
PTSD Awareness Month

JULY

UV Safety Month
Juvenile Arthritis Awareness Month
Sarcoma Awareness Month
National Minority Mental Health Awareness Month

AUGUST

National Immunization Awareness Month
Psoriasis Action Month

SEPTEMBER

Blood Cancer Awareness Month
Childhood Cancer Awareness Month
Ovarian Cancer Awareness Month
Prostate Cancer Awareness Month
Suicide Prevention Awareness Month

OCTOBER

Breast Cancer Awareness Month
Health Literacy Month
National Depression and Mental Health Screening Month
Domestic Violence Awareness Month

NOVEMBER

American Diabetes Month
Lung Cancer Awareness Month
Pancreatic Cancer Awareness Month
National Family Caregivers Month

DECEMBER

World AIDS Day: December 1
International Day of Persons with Disabilities

Civic *Engagement* & OUTREACH



PROJECT IDEAS



CITIZENSHIP

Work together to "Get Out the Vote!" Encourage others to register and vote, provide information about early voting or polling locations and times, and offer transportation if needed.



CRIME PREVENTION, SAFETY, AND DISASTER PREPAREDNESS

Plan a club or community program with first responders in September, National Preparedness Month, on possible emergency situations, natural disasters, and how to be ready at home.



SUPPORT THE HUNGRY, UNHOUSED AND THOSE IN NEED

Consult your local welfare office, shelters, churches, and other community assistance organizations to determine community needs and help provide provisions for the needy.



OUR MILITARY PERSONNEL AND VETERANS

Encourage members to research local and national programs that support our military. The United States Department of Veterans Affairs can assist you to assist in efforts for those currently deployed, military families, and/or veterans. If your club wants to contact the Women Veterans Program Manager at your VA Medical Center or local residential living, or assisted living manager.



SELF-DEFENSE FOR WOMEN

The GFWC Troupia Woman's Club (GA) empowered members of all ages by hosting a Karate Self-Defense class led by a registered 3rd-Dan instructor. Sixteen participants learned practical techniques to boost awareness, confidence, and safety. By the end of the session, attendees left more prepared to protect themselves and safer when alone, walking away with not just new skills, but a renewed sense of strength, self-assurance, and personal empowerment.



2026-2028
UNITY PROJECT

SAVE THE BEAT!
LEARN. ACT. SAVE.

For the 2026-2028 administration, we are challenged with UNITY PROJECTS that reflect our members interacting with our communities and other community organizations to have a notable impact. Conduct a CPR training session at each club and State/District of Columbia Federation!

And don't stop there — EACH YEAR, try to certify at least 100 community members in CPR between July 1, 2026, and March 15, 2028!

Annually submit these efforts via email to the chairman using the fillable form found in the Digital Library on the Member Portal, by March 15, to receive a certificate of recognition for club websites and social media.



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of WOMEN'S CLUBS

2026-2028



The goal of the GFWC Signature Program is to increase awareness of and help prevent the widespread occurrence of domestic and sexual violence abuse in communities across the nation by working with national domestic violence networks, supporting existing activities, working with various established programs, and initiating educational opportunities for club members and local citizens. GFWC aims to be a powerful voice for victims and survivors.

The GFWC Signature Program has eight areas of focus:

Campus Sexual Assault	Child Abuse
Elder Abuse	Human Trafficking for Sexual Purposes
Intimate Partner Violence	Military Sexual Assault
Teen Dating Violence	Violence Against Native American Women



UNITY PROJECT

GFWC Pledge to Stand with Survivors

Stand Up. Speak Up. Show Up.

What Members Can Do:

1. **Download or print the pledge.** (found in the Member Portal Digital Library, Club Manual or use the QR code below).
2. **Write your name** on the pledge (digitally or by hand).
3. **Take a photo** of yourself holding your signed pledge.
4. **Post it to your social media** (Facebook, Instagram, X, Threads, etc.) using the hashtags: **#GFWCforSurvivors** and **#GFWCStandSpeakShowUp**
5. **Add our state coalition hashtag** to connect locally - **#GFWCSC**.
6. **Encourage others** — your club members, community leaders, and friends — to take the pledge and then take their photos and share them on your club and state socials.

PROJECT IDEAS

- **Club Project Idea** — Take the GFWC Pledge to Stand with Survivors and share on your club and state socials.
- **Club Project Idea** — Sponsor a door-decorating contest or art contest at your local middle and high schools about healthy relationships/dating abuse/domestic violence, and have the winning entry made into a poster to distribute.
- **Club Project Idea** — Provide used suitcases and bags to Child Protective Service agencies to reduce the need for children to use garbage bags for their belongings.
- **Club Project Idea** — Volunteer with or donate to victim service organizations that serve American Indian & Alaska Native (AIAN) victims. Help your community connect with government and non-profit organizations that conduct research, share resources, seek justice, and serve victims of violence.

**2026 GFWC International Day
of Service: Help End Domestic
and Sexual Violence**

Saturday, September 26, 2026

**One day. One purpose. One voice for
lasting change.**





Advocates FOR CHILDREN

2026-2028 UNITY PROJECT

BEING A UNIFIED FORCE FOR CHILDREN

Encourage clubs to work with your local child-care facilities. Many child-care facilities partner with St. Jude for their Trike-A-Thon, they work with local churches and school systems to provide Christmas gifts for families in need, and they have various activities throughout the year where volunteers could be needed. All of these activities require parent participation to be successful, but sometimes that falls short. Within this partnership, don't hesitate to offer new ideas, such as working with the Safe Surfin' Foundation by using their free materials to support internet safety education for children and



GFWC ADVOCATES FOR CHILDREN WEEK:

October 25 to October 31, 2026

October 24 to October 30, 2027

During Advocates for Children Week, clubs and members are encouraged to contact their local childcare facilities to identify their needs for children or families during the holiday season.



St. Jude Children's
Research Hospital
Finding cures. Saving children.
ALISC - BARRY THOMAS, FOUNDER



COMFORT ROOM

GFWC Muskego Woman's Club (WI) members joined forces with their local police department to create a safe and comfortable space for those in crisis. Members planned & built, painted, built, and handcrafted items to remodel a room at the police station for families facing difficult times. Club members purchased child-friendly furniture, toys, books, and sensory wall hangings along with soundproofing panels. This club has truly made a long-term impact in this space.



SCHOOL CLOSET

GFWC Les Amies Juniores of Purvis (MS) secured locations in the high school and middle school to stock an area for students to browse clothing and shop for free. Children then feel a better sense of belonging and confidence, ensuring they can focus better on their education and not worry about how they look. These Juniores donated trendy and age-appropriate clothing from their own closets to ensure a well-stocked and appealing shopping experience.



Stronger
Together

LIFT THEM UP – LET THEM SOAR!!!

GFWC-SC President's Special Project

Supporting Survivors of Abuse



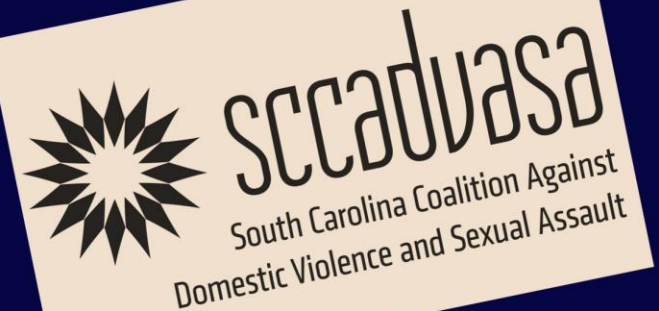
Focus Points

- Collaborate between 2 or more clubs, make an impact on survivors of abuse
- Enhance a club project or develop a new project to aid shelters within the state
- Utilize membership legislatively to influence our representatives



The three major types of abuse in South Carolina are domestic/partner violence, child maltreatment, and elder mistreatment. Types of abuse include physical, verbal, psychological, financial, emotional and sexual. Sadly, funding nationwide has been cut for victims of abuse. When funds are cut, negative impacts are seen with victims/survivors, staffing with resource organizations, elimination of programs, and the closing of shelters just to name a few. We must educate all persons (victims and society) on what abuse is, so everyone can do their part.

abuse doesn't have a face, it can happen to anyone-- unknown



EXCITING NEWS:
GFWC-SC is proud to
partner with
SCCADVASA

SCCADVASA provides our member organization with information, training, and technical assistance on providing quality services, systems, and policy advocacy to improve outcomes in the well-being and safety of survivors and works to secure federal and state funding to support their ability to provide services.



PRESIDENT'S *Special Projects*

Lift Them Up...Let Them Soar!

The focus of this administration is to help survivors of abuse and to work to change the laws to prevent and punish future abusers.



Up, Up, and Away

Best collaborative project between two or more GFWC-SC clubs that impacts survivors of abuse.



Fly Like an Eagle

Best club project (new or enhanced) that aids shelters for survivors in our state.



Defying Gravity

Best club project that encourages club members to work legislatively to influence our representatives regarding bills intending to prevent abuse and/or helping survivors succeed in life. Usage of the Legislative Action Center nationally and locally will be a focus.



DIRECTOR OF JUNIOR CLUBS SPECIAL PROJECT

Spread Your Wings

OUR MISSION

To end period poverty among youth by increasing access to period products, education, and resources while breaking the stigma.

THE PROBLEM

1 in 4 teens in the U.S. struggle to afford period products.

Many youth miss school, feel ashamed, and face stigma because of something they can't control.

This isn't just a period problem.
It's an **equity, education, & health crisis.**



PROVIDE ACCESS

Ensure free & easy access to period products in schools & communities.



EDUCATE

Empower youth with age-appropriate education & open conversations.



ADVOCATE

Push for policy change & sustainable solutions.

MENSTRUAL HYGIENE DAY
MAY 28TH



TAKE ACTION

- Donate period products
- Support local drives
- Start conversations
- Educate others
- Advocate for change



PROJECT IDEAS

- Assemble Period Packs
- Raise Funds for Menstrual Care Access
- Donate Period Products to Local Schools
- Host Community Events that Educate on Period Poverty
- Donate Feminine Products to Local Shelters



ORGANIZATIONS

- Revolution Red
- Period
- Period Project
- Aunt Flow

DIRECTOR OF JUNIOR CLUBS SPECIAL PROJECT

Awards

PERIODT.

Awarded to the club with the highest per capita donation by fundraising, in-kind support, or volunteering to any organization that advocates for period poverty.

SUPER

Awarded to the club that overall best incorporates the Director of Junior Clubs Special Project, "Spread Your Wings" in effort to help spread awareness about period poverty through fundraising, in-kind support, or volunteering.

P.M.S.

(PARTNERSHIP & MUTUAL SUCCESS)

Awarded to the clubs that use collaborative efforts in their participation of the Director of Junior Clubs Special Project, "Spread Your Wings".

Spread Your Wings