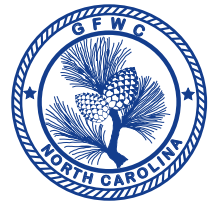


# North Carolina Clubwoman

Winter 2019



**GFWC-NC Clubwomen attending the SER Conference in Winston-Salem, NC**

Dedicated to Community Service Since 1902



The Official Magazine of The General Federation of Women's Clubs of North Carolina

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\*The above listing of officers and chairmen shall be for the use of members of the Federation and must not be loaned or given to any individual or organization without the consent of the GFWC-NC Executive Committee. \*

President Article, pg. 3 \* Infinite Horizons, pg. 4 \* Thriving Juniors, pg. 5 \* Keeping Districts Healthy, pg. 6 \* Footprints in Action, pg. 8 \* All Aboard the MemberShip, pg. 9 \* Juniorette Jammer, pg. 10 \* Advoates for Children, pg. 10 \* GFWC-NC Arts Festival Call and Registration, pg. 12 \* Developmental Disability Centers, pg. 15 \* 2019 GFWC-NC Scholarship Update, pg. 14 \* Education Community Pogram, pg. 16 \* Report & Award Changes, pg. 17 \* Arts Community Pogram, pg. 19 \* President's Speical Project, pg. 21 \* Communications & Public Relations Committee, pg. 22 \* CCWC Nomiation Forms, pg. 23 \* Women in the Military, pg. 26 \* Honorariums, Memorials and Donations, pg. 27

# Celebrate Women

## Ann Landis, GFWC-NC President



Welcome to a New Year of activities for GFWC-NC. We are forging new paths with meaningful events to promote the “Sisterhood of Federation Friendship” across the state of NC. It is an honor to represent you at club, district and state events. There have been banquets, workshops, club meetings, symposiums and retreats. GFWC-NC leaders have been very creative since we no longer have a physical office space. Trustees meet in the donated space of our accountant’s conference room. Officers meet in homes, churches, schools and clubhouses. We have utilized the free telephone conference call service for numerous officer and committee virtual meetings. We strive to maintain strong connections, and we are still leading our great NC Federation into the future, while operating within our budget.

Many thanks to my two clubs—GFWC of Holden Beach and GFWC North Wilkesboro Woman’s Club—for providing many special touches that we appreciate so much. Our centerpieces, table favors and door prizes have been provided by our generous club members. Our District Presidents engaged our clubs to provide items for the NC hosted Southeastern Regional Conference. It was a great success, and we sincerely thank all NC women for banding together and offering a premier meeting for which we can all be proud. The donated items for the silent auction helped to fund the hosting of this meeting. Again, NC clubwomen rose to the occasion!

The CCWC event was another first-class production. Thanks to the leadership of Bev Lassiter and the CCWC committee, we surpassed our efforts for the inaugural event. We set the bar high, and we exceeded expectations. NC clubwomen always rise to the occasion. Our planning for the 2019 CCWC event is already underway.

Special thanks go to the Executive Committee and Junior Officers for their faithful attendance at district fall meetings. One or more officers visited every

district to lend support and encouragement to the valued local efforts of district and club leadership. The meetings were interesting, informative and entertaining!

When talking about good works in North Carolina, we must mention another strength of our Federation Sisterhood. Clubwomen across the United States have donated to the NC Disaster Relief Fund. To date, nearly \$8,000 has been donated from GFWC members. These funds will go to benefit those adversely affected by Hurricane Florence. The District 7 President is working with club presidents in the area to determine how to get the most benefit out of our contributions. Money donated will directly benefit clubwomen in need.

Get ready for our State Arts Festival in March. We will be going to the Mebane Art Center. There will be workshops for participants, and you will not want to miss this ART WALK! And as always, check us out on our GFWC-NC Facebook page, our GFWC-NC website, and our Federation Friday newsletter eblast.



# Infinite Horizons

## LeAndra “Nikki” Ratliff , GFWC-NC Director of Junior Clubs & Third Vice-President



As we enter the winter season, let's not forget the importance of continuing to advocate for children and their emotional, physical and social well-being. I hope that you have worked to forge partnerships to further the theme of Thriving Children.

Here are some suggestions for raising awareness and fostering partnerships in your community during the first quarter of the year:

### •February- National Children's Dental Health Month

- o Organize a dental health booth at a local school or community center.
- o Distribute toothbrushes and dental health literature at a community event.

### •March- National School Breakfast Week (March 4-8)

- o Be a breakfast buddy at a local school

Junior clubs across the state continue to do tremendous work to make the lives of children better. Be sure to post your events and activities on social media so we can spread the word and inspire those around us! Seeing all the great things we accomplish makes me proud to be your fellow Federation friend.

In Junior Spirit,  
LeAndra

*Attention all Junioresettes, Juniors and Generals!*

*Introducing the Thriving Children Social Media Challenge!*

*Throughout February and March, post, tweet or snap your Thriving Children projects. These posts can include projects that promote the wellness and welfare of children or projects that allow parents to provide for the wellness and welfare of their children.*

*Make sure to tag the pics and posts with #thriving children and #gfwcncjuniors.*

*We want all of the great work your clubs are doing to go viral!*

*Special recognition will be given at the Friday Night Banquet at State Convention in April to some of the Junior Officer's favorite posts!*



# Thriving Juniors

## Jenn Smith, Junior Editor



The volunteer spirit is never more prevalent than during the fall/winter seasons. Starting in October, club women ramp up their efforts to help as many communities, charities, and children as possible through the holidays. GFWC-NC Juniors have definitely been busy spearheading projects all over the state.

In October, the **GFWC Junior Woman's Club of Charlotte**, held a Great Show Closet event with A Child's Place. A Child's Place supports children, families, and schools in the community by intervening at the point of crisis when a family loses their home. Their goal is to erase the impact of homelessness on children and their education.



On Sunday, December 2, the **Hickory Juniors** held their annual Cookies with Santa event. They had a record number of visitors this year, and collected several large bags full of stuffed animals for first responders.



In November, the **Junior Women's Club of Raleigh**, stuffed stockings for Streethearts Haiti, a group who has a goal of ending the population of homeless throughout Haiti and the Caribbean. In December, the JWC of Raleigh teamed up with Kelly Cherry Realty to make wishes come true for seriously ill children and their families during the holidays. The Wishing Tree, for the Ronald McDonald House of Durham and Wake County, is an Angel Tree program that provides much needed gifts for children while they are going through a difficult illness. Families of these children are truly thankful for the help during a stressful and financially unstable time. The Juniors of Raleigh also know how to celebrate our great state with a little fun. On Wednesday, December 6th, the Raleigh Juniors attended the NC Capitol tree lighting and open house.



Also in December, the **Asheboro Junior Women's Club**, held Pictures with Santa and Communities in Schools Tacky Christmas Sweater Party. Both fundraisers went to bless children in the Asheboro community during Christmas.



There are many more activities and fundraisers that have occurred all across our great state. I thank all clubwomen for the help they have given to those in need and for the fortification of clubs by taking part in these great acts of kindness.

# Keeping Districts Healthy... We all need Vitamin Sea! Jennifer Richards, GFWC-NC 2nd Vice-President & Jill Sutphin, GFWC-NC Junior Secretary



*"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another." – Erma Bombeck*

ed teamwork, and enjoyed attending and supporting GFWC-NC's Corporate Champions for Women and Children's Banquet.

## DISTRICT FALL MEETING RECAP

The GFWC-NC Fall Meetings were held in October. 259 Clubwomen and 16 Guests attended meetings within their Districts. Clubwomen participated in workshops, gained useful information from motivated speakers and participated in multiple projects. Raffles and fundraisers were held to support District Scholarships and funds, and donations were collected in support of SER, Hurricane Relief, Pandora's Box, Randleman Community Food Service and Hopeline.

Your Executive Committee and Junior Board were excited to attend meetings out of their home district. All the officers were able to attend another District's meeting and all of them had great things to share from each District. Your 2018-2020 GFWC-NC District Presidents and Fall Meeting host clubs deserve a well earned CONGRATULATIONS for hosting informative as well as fun meetings. We encourage all Clubwomen to attend the 2019 Fall Meetings.

We are looking forward to the District Arts Festivals coming in a few short months and encourage everyone to attend.

## ♥ Highlights from District 3

Clubwomen from District 3 had a busy Fall! District 3 President, Ellen Patterson and Junior Director, Sarah Hebert, encouraged clubwomen to recognize "The Power of a Pinky". During this administration Clubwomen 'pinky promise' to make taking care of themselves a priority, engage in projects that support Thriving Children, try something new within their clubs, reach out in compassion and nurture their relationships.

The **Charlotte Woman's Club** and the **Junior Woman's Club of Charlotte** volunteered helping fit 30 children with shoes and socks, celebrat-



**GFWC-NC Kings Mountain Woman's Club** hosted a Meet the Candidate Forum, their annual Fall Festival, and Breakfast with Santa.



**AL Brown Juniores** participated and volunteered at the Cabarrus County CROP Walk, providing face painting for attendees. They held a fall membership drive and welcomed 6 new members.



**GFWC Kannapolis Woman's Club** and **Kannapolis Junior Woman's Club** enjoyed learning about and supporting Dream 3, wearing pink for Breast Cancer Awareness, packing meals for the needy, and celebrating new teacher and former Greeson-Johnson Teaching Scholarship winner, Megan Griffin Deal.

### **Highlights from District 7**

The members of District 7 are truly living the GFWC spirit. District 7 was hit hard this hurricane season. Historic storm Florence followed by Michael did not stop our members from helping others in their communities while they dealt with their own damages from the storms. Their club women donated supplies and money to other nonprofits in their communities as well as volunteered by working in various capacities handing out much needed supplies and preparing meals for those in need. The Boys and Girls Club of NC is located in our district and while they served in many ways during and immediately after the storm, their campus was damaged as well as supplies were depleted. Their clubwomen stepped up and donated to help replenish their supplies. It will take a long time to rebuild our communities but with clubwomen helping lead the way, they will rebuild stronger than ever!

Shortly after these storms we conducted their scheduled Fall District meeting in Wilmington. And like the strong clubwomen they are, they gathered to celebrate their blessings and continue their efforts in helping those in need. They were honored to have their own Ann Landis, GFWC-NC President and Karen Throckmorton, GFWC-NC Corresponding Secretary attend and bring them valuable information from the State level.

They were also honored to have two speakers who spoke on Ovarian Cancer, an emphasis with the District President's Special Project, Woman's Cancers. She ROCKS, (Research, Ovarian, Cancer, Knowledge and Support) Inc., a nonprofit located in Wilmington is dedicated to raising funds for ovarian cancer research and provide local support to those affected by Ovarian Cancer. District 7 is proud to partner with She ROCKS to help combat this horrible disease. Earlier this year, the organization expanded to the Triad region of the state. Their website, [www.she-rocks.org](http://www.she-rocks.org) provides valuable information on this silent killer. Ovarian Cancer is the deadliest of the gynecological cancers. There are 22,000 diagnoses of ovarian cancer in the US every year and about 14,000 deaths. This means 1 in 71 women will develop ovarian cancer. There is no screening test and many women are misdiagnosed in the beginning. Symptoms can include bloating, pelvic/abdominal bloating, difficulty eating or feeling full quickly, and urinary symptoms (frequency-urgency). Ladies are encouraged to take proactive steps and consult with their doctor should they experience any symptoms and get yearly exams.





## Helen Richie, GFWC-NC First Vice President & Hope Hockaday, GFWC-NC Dean of Junior CSP

*The secret of getting ahead is getting started.*  
— Mark Twain

The time of reporting and award entries is upon us!

**ALL Award & Report Entries are due no later than February 1!!!!**

We have new forms and new ways of entering your project information onto the award entry forms. As you move through the new process, please know that You. Are. Not. Alone!! We are here to help you. Do not hesitate to reach out to us. If you have ANY question, just ASK!! If you don't ask, we can't help.

Every form you need is on the [www.gfwcnc.org](http://www.gfwcnc.org) website under **Community Service**, then **Awards and Reports**. There are updates (new addresses, etc.) on the forms. So the very latest is available on the website. All forms are offered in both PDF and Word format. **Please utilize these NEW forms!!!** If you haven't seen the new website, now is the time to check it out.

!!Pay attention to the instructions on each award entry form!! Some are different than the others. **Clubs not following the instructions may be disqualified from the award.**

If there is not an award entry form, there is not an award offered. Changes to awards were announced at the Summer Meeting and in the Fall Clubwoman Magazine. Again, this information is available online, as well as tips and general information. <https://gfwcnc.org/community-service-and-volunteering-opportunities-gfwc-nc/awards/>

Numbers for the GFWC 7 Grand Initiatives are reported on the Club Participation and Statistical Report (CP&S) Form sent to Club Presidents. This form is due to the 1st Vice President by February 1. Although it may seem as a cross entry, you can enter projects for the 7 Grand Initiatives under the corresponding

CSP (example – Dr. Seuss books in Education). We just need the basic numbers separate from the projects.

### **Frequently Asked Questions about the process:**

#### **Can we count any hours volunteered by our members?**

-No, clubs report only those hours spent by each member in projects approved by the club. Club approved projects should be in your minutes or are in your club newsletters.

#### **Can we count hours volunteered by our family and friends?**

-No, ONLY club member hours can be reported. You can certainly mention that family, friends, etc. helped with a project in the narrative, but their hours cannot count.

#### **Does it matter which category a club reports a project?**

-Yes, which category you report your project in is important! When in doubt, ask yourself what the intent of the project is. That should help you find where it should be reported. You are welcome to reach out to me if you need help determining the correct category.

#### **What does the term in-kind refer to?**

-In-kind is a donation of goods or services, not monetary or cash. The in-kind gift can be new or used goods or services that have a value. If a club purchased materials and donates those materials (not the money), that donation is in-kind with an actual value of what was spent. Gift cards with actual money value are considered the same as cash.

#### **When a club reports what they raised in fundraising and where they donated it in a report, is that cross reporting?**

-No, clubs should report according to the following

**Continued page 11**





# All Aboard the Membership



## Crystal O'Neal, GFWC-NC President-elect & Angela Moss, GFWC-NC Director-elect of Junior Clubs

Don't forget about the United by Our Diversity Membership Recruitment Campaign. If your club recruits three (3) or more new members during a quarterly season, send that information to Crystal or Angela so that we can report it to GFWC. For details, see the GFWC Club Manual and/or the GFWC-NC Administration book. The focus for Winter (December – February) is Mentoring. Send in your number of new members before March 1st!

Your MemberShip Crew is embarking on a new adventure in February. We have secured a table at the Greensboro Wine and Chocolate Festival on February 9th at the Greensboro Coliseum Complex. We will share chocolate and GFWC with attendees in hopes that we can connect potential new members with existing clubs and distribute new club packets to women interested in volunteering in an area not currently served by a GFWC-NC club. We figured that we would meet plenty of active, interesting women at a festival celebrating wine and chocolate! Contact us if you are interested in learning more.

Crystal O'Neal & Angela Moss  
crystalncjuniors@gmail.com  
angalamoss3@aol.com

### Club and District MemberShips Afloat

The **Hickory Junior Woman's Club** hosted a **Membership Masquerade** on October 19th. They opened their clubhouse for a cocktail party with a masquerade theme for women (and their dates) that were interested in learning more about joining the Hickory Junior Woman's Club. Complete with heavy hors-d'oeuvres, cash bar, and DJ for dancing, this was a fun evening for potential members to casually meet and mingle with current members and learn more about the club without feeling the pressure to join immediately. They held a raffle benefitting the Women's Resource Center in Hickory. The hot item in the raffle

was the Membership Basket filled with a few club t-shirts, club logo coffee cup, club cookbook, and a certificate for one free year of membership! With about a dozen donated items in the raffle, they raised over \$400 for the Women's Resource Center. They had 30 people attend the Masquerade, 10 women filled out "send me more info" cards, and 4 women committed to attend their next meeting!

The **Charlotte Woman's Club** came together in September to flex their creative muscles. They painted a beautiful batch of kindness rocks to spread around the Charlotte area to bring cheer to the finders. Hands-on activities at meetings are a great way to create connections among members – they actively engage your members and guests while folks get to know each other.

Is your club or District active on social media? Check out **GFWC-NC District 7's** Facebook page! They actively share information with their district members and followers each week. Like District 7, be sure to share posts from GFWC of North Carolina and from GFWC to extend their reach. You will frequently find #ThankYouTuesday, #WisdomWednesday and Federation Friday posts shared by District 7. This is an excellent way to make members feel connected to other clubs and to our Federation!

# Juniorette Jammer

## Jenn Smith , State Juniorette Advisor



Happy New Year to all Juniorettes across North Carolina. I hope your fall/winter fundraisers, charitable donations and holiday parties were a huge success. For those of you who don't know me, my name is Jenn Smith, and I am the GFWC-NC Juniorette Advisor for the 2018-2020 Administration. I am excited about working with Juniorettes across the state this year. I hope to continue to increase communication among all Juniorettes and their Advisors/Liaisons.

There are several items I would like to make you aware of:

1. Please make sure your clubs are receiving the GFWC-NC Clubwoman Magazine, so you can stay on top of what is going on around our state and gain valuable information to take back to your clubs. If you are

not receiving the Clubwoman Magazine, please email our headquarters at HQ@gfwenc.org.

2. The GFWC-NC Juniorette Board is still not filled. If you would like to fill a vacant position, please email me at smithjen75@gmail.com. Advisors and Clubwomen, please encourage Juniorettes to get involved on the state level. I would love to fill all seats available and have Juniorette Jamboree filled to capacity!

3. Please make sure you have sent in Juniorette dues, remittance forms and rosters to HQ.

Lastly, please keep me informed of all of the wonderful activities your clubs are involved in. GFWC-NC values you as members and want to celebrate each of you as you work in the volunteer spirit.

# Advocates for Children

## Pam Mediano, Advocates for Children Chairman



GFWC Juniors adopted Advocates for Children as their special project in 1998. This project was adopted to give all clubs an opportunity to participate in projects that benefit children of all ages. Advocates for Children week was October 21 – 27, 2018. Clubwomen participated in projects across the state for the purpose of ensuring that children are protected from harmful situations, encouraging healthy physical and emotional lifestyles and impacting policy to improve children's lives.

In honor of Advocates for Children week the GFWC-NC Director of Junior Clubs along with GFWC-NC Headquarters staff organized a Junior Fun Night. This Junior Fun Night was held during the 2018 GFWC-NC Southeastern Region Conference held November 1-3 in Winston-Salem. Clubwomen were charged an admission fee to enjoy a night filled with Minute to Win It games and samples from a local moonshine vendor. The \$725.00 raised from this event will be donated back into the local community to provide programs





guidelines:

- The club will report the money raised under the Fund-raising for actual dollars raised.
- The money donated would then be listed under the appropriate programs

### **Project Tips/Ideas:**

- Help feed shelter dogs! Purchase Colombian coffee through IHeartDogs.com and help to feed 25 shelter dogs. [https://iheartdogs.com/product/drink-coffee-feed-dogs-colombian-supremo-coffee/?source=landing\\_page](https://iheartdogs.com/product/drink-coffee-feed-dogs-colombian-supremo-coffee/?source=landing_page) (Home Life)
- Recycling is great BUT! Check to make sure what you can and cannot put in your recycle bin. If you put an unaccepted item in, the entire truck load may be subject to rejection. Go online and check your local recycling company to see what they accept and don't accept. (Conservation)

- Do you wear daily contact lenses? Bauch & Lomb has a recycling program and accepts all brands. <https://www.bausch.com/our-company/one-by-one-recycling> (Conservation)

- While at SER, we learned about a great organization - Operation Gratitude! Send care packages and cards to the troops! This organization assists in distributing care packages and cards to our military. [www.operationgratitude.com](http://www.operationgratitude.com) (International Outreach)

Have you come across a cool idea on Pinterest, Facebook, etc? Please share it with us! And we will put it in the next Clubwoman Magazine to share with other clubwomen and credit you. Email your idea to [helenrichie@gmail.com](mailto:helenrichie@gmail.com).

### ***CP&S Clarification on Healthy Women Project:***

- GFWC-NC President's Special Project: Healthy Women on Page 2 of the CP&S Form, please make sure you include your number of projects, volunteer hours, dollars donated, in-kind donations.
- The tallies for the miles, water, etc. is a separate line to complete. Please don't forget these numbers.
- The tally for "Rainbow" should be the NUMBER of days eating a rainbow of colors.
- The tally for "Water" should be the NUMBER of days drinking (4) 8oz glasses of water.
- All numbers for the GFWC-NC President's Special Project **start from MAY 1**.
- If you have ANY questions about the form, please contact Helen Richie

# GFWC-NC Arts Festival

The GFWC-NC Arts Festival will be held at Mebane Arts Festival on Saturday, March 9, 2019. Information will also be posted on the GFWC-NC website.

Thank you for promoting the arts in your communities through the GFWC-NC Arts Festival tradition. Please review the following information so you are prepared for this year's Festival.

Please remember to review the following changes to the Arts Festival for 2018-2020:

1. Crafts will have separate Chairman for Clubwomen and Students.

2. Visual Arts will have separate Chairman for Clubwomen and Students.

## General Reminders

Use the State Brochure to govern your local and district contests. Unfortunately if a requirement is not met, a winner may not be eligible. Please make sure you are aware of each contest rule.

## IMPORTANT RULES:

- No Frames! No Glass!!! – Visual Art submitted with frames and/or glass will be disqualified. The only exception is simple frames for canvas entries.
- ArtFest entries - it is preferred that no glass or frame be used.
- Photography – 8"x10" submission only will be accepted NO matting allowed. Winners for Clubwomen go on to the GFWC Contest.
- Literature Contest – Authors must not be professional writers – earnings may not exceed \$500 annually.
- PLEASE review ALL rules regarding submissions. Any disqualified art will be allowed for display but not judging.

## DEADLINES

- ALL Art Entries Deadline: **February 23, 2019**
- Literature Deadline: **February 16, 2019**
- Adhere to deadlines!!! If your district is having a late Festival, it is your responsibility to make sure the chairs know when they can expect the District entries.

## DISTRICT CHAIR RESPONSIBILITIES

- The District Chairs are responsible for entering District winners with the appropriate State Contest Chairs. The Form can be found on page 7 of the Arts Festival Guidelines.
- There will not be any onsite contest registration – all must be pre-registered.

## CLUB RESPONSIBILITIES

- Clubs are responsible for notifying District winners they are sponsoring in each contest of the date, time, and location of the State Arts Festival.
- Clubs are responsible for registering ALL Arts Festival attendees with GFWC-NC.
- Registration must be paid for all clubwoman.
- Label entries completely using the format and including all info requested in the brochure. Be sure that the right category is indicated on the entry card. Take special care if another club is transporting entries for you.

## ADDITIONAL INFORMATION

- Due to budget constraints, cash awards may be less than in the past years and may not be awarded to all entries

that place. Consult the official rules for details.

- Checks must be cashed before the end of the fiscal year on June 30th.
- NO art may be picked up until after the assembly.
- All Chairman contact information is in the Arts Festival Brochure. Please make sure you have the correct information.

Please contact the appropriate Contest Chairman with questions. Any questions regarding District Festivals need to be addressed with the District Presidents. Any other questions – please contact

Carol Watts, State Arts Festival Chairman  
4705 Old Shelby Road, Hickory, NC 28602  
Phone 828-324-4360, Email: cdaw28602@gmail.com

## HOTEL

### Fairfield Inn & Suites Mebane

\$109.00 per night plus tax includes Breakfast

Last Date to Book: February 17, 2019

Located 2 miles from Arts Festival

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1547827677598&key=GRP&app=resvlink>

### The Drury Inn & Suites

\$99.99 per night plus tax

Last Day to Book: February 8, 2019

Reservations to be made by calling

1-800-325-0720 and refer to your group number 2367888

Located 15 miles from Arts Festival

## REGISTRATION/PAYMENT

Registration for the GFWC-NC Arts Festival will be submitted to GFWC-NC Headquarters. We will be accepting both checks and credit/debit cards for Arts Festival.

Additional information will be sent via email and posted on [www.gfwcnc.org](http://www.gfwcnc.org). If you have any questions, please contact Headquarters at [hq@gfwcnc.org](mailto:hq@gfwcnc.org) or call 919-790-8684.

**Registration closes 2/25/2019 Registration Fees: \$35**

**Registration (\$45 after 2/25/19) due from all clubwomen. Registration after 2/25/19 will only be accepted onsite.**

## ART WALK

Attendees will have the opportunity to view art work submitted to the GFWC-NC Arts Festival. Take advantage of the Art Walk immediately following lunch to view art and see the winning artwork!

Please note, category winners will not be announced. A list of all winners will be emailed following Arts Festival. Art work must be picked up along with certificates and checks after the closing session.

Don't Forget to Bring....

- Artwork
- Silver Awards from 2018 GFWC-NC Annual Convention

# GFWC-NC Arts Festival

## OFFICIAL CALL

Mebane Arts Center, 633 Corregidor Street, Mebane, North Carolina 27302  
March 8-9, 2019

I hereby call the membership of the GFWC of North Carolina, Inc. to the State Arts Festival to be held at Mebane Arts Center in Mebane, NC, on Saturday, March 9, 2019.  
Ann Landis, GFWC-NC President

### PRELIMINARY SCHEDULE

#### (More detailed schedule to follow)

Entries may be registered Friday 4:00 p.m. until 6:00 p.m.  
Entries will be received ONLY until 9:00 a.m. Saturday.  
ALL CONTESTS and JUDGING begin at 9:30 a.m.

Everyone will register in the lobby of Mebane Arts Center where meetings, Crafts, Visual Arts, ArtFest, and Literature will take place.

#### FRIDAY, MARCH 8th

4:00 - 6:00 pm Registration

#### SATURDAY, MARCH 9th

7:30 am Pages Meeting

8:00 - 9:00 am Registration

9:30 am All Judging Begins

9:30-11:00 am Meetings to Include the following topics:  
Thriving Children Service Project  
Victory Junction Bear Assembly  
GFWC Partnership Workshops  
Meal Planning Workshop  
Collective Impact Workshop

9:30 - 11:30 am Leadership Passport to Learning

11:45 am-12:30 pm Lunch  
District Membership Chairman & Junior  
Membership Meeting  
CSP Advancement Chairman Meeting  
District President & District Junior Director  
Meeting

12:30 - 1:15 pm Art Walk

1:20 - 2:00 pm Arts Festival Closing  
Jan Allen, GFWC-NC Leadership Chairman

Schedule Subject to Change. More details on topics to follow

### PASSPORT TO LEARNING

#### Get Ready. Get set. Go!

It is time to get on board with a new opportunity! The Leadership Passport to Learning seminars (PTL) will begin at the State Arts Festival. Participation is OPEN to ALL clubwomen. These two hour learning sessions will include a host of topics. If you complete 4 of the 5 sessions offered, you will be recognized at the 2020 State Convention. Over the course of the series, subjects covered will include Budget and Finance, Protocol, Fundraising, Parliamentary Procedure, and Public Speaking. Learn more about GFWC and become a more effective leader in our organization, in your workplace and in your community.

### REGISTRATION FORM

Form and payment due to Headquarters by  
**February 25, 2019**

Please fill out one form per attendee.

**Full Name (as to appear on namebadge):**

\_\_\_\_\_

**Club Name:** \_\_\_\_\_

**District:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Current Office/Position:**

**State:** \_\_\_\_\_

**District:** \_\_\_\_\_

**Club:** \_\_\_\_\_

Registration (Includes Lunch) \$35 \$ \_\_\_\_\_  
\_\_\_\_\_ Vegetarian \_\_\_\_\_ Gluten Free

Registration After February 25 \$45 \$ \_\_\_\_\_  
\*Lunches are ordered on the number registered by the deadline. Registration after deadline cannot be assured lunch\*

Donation to Legacy Fund \$ \_\_\_\_\_

\$19.02 Donation \$ \_\_\_\_\_

**TOTAL COST:** \$ \_\_\_\_\_

### PAYMENT INFORMATION

Please send payment to:  
GFWC-NC Headquarters  
7474 Creedmoor Rd. #310  
Raleigh, NC 27613  
e-mail HQ@gfwcnc.org

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Card Number: \_\_\_\_\_

Bank Code \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature: \_\_\_\_\_

# 2019 GFWC-NC Scholarship Update



The GFWC-NC Scholarship Committee, with the approval of the GFWC-NC Executive Committee and Trustees, have approved updates to the scholarships. It was announced last fall that the Whitener Scholarship has been temporarily suspended as we review all aspects of the Scholarship in order to continue to honor the intent and purpose of this scholarship.

In addition, there are updates to the Sallie Southall Cotten Scholarship as well as the Greeson-Johnson Scholarship. The Scholarship Competition will be held separately from the State Arts Festival. Please note:

1. The GFWC-NC Scholarship rules, requirements, process, guidelines, application and PARENT RELEASE forms are available on the GFWC-NC website under COMMUNITY SERVICE
2. The Parental Release Form is for the GFWC-NC Scholarship Competitions and may be used for District and State competitions.
3. The GFWC-NC Scholarship State Competitions will be held on Saturday, March 23, 2019 at the Patterson Pope Office located at 118 Kitty Hawk Drive, Morrisville NC, 27560.

Please know you can contact your GFWC-NC Scholarship Chairmen with any questions or need. The Committee Members are:

- Ellen Patterson, GFWC-NC Scholarship Committee Chairman and Mary K. Whitener Scholarship Chairman
- Georgann Athanaelos Sapp, GFWC-NC Lucy Bramlette Patterson Chairman
- Dottie Jennings, GFWC-NC Sallie Southall Cotten Scholarship Chairman
- Andie Johnson, Greeson-Johnson Teaching Scholarship Chairman
- Frances Lewis, GFWC-NC Financial Associate

## **Sallie Southall Cotten Scholarship Process:**

The judges will review each district applicant in advance. Each applicant will be interviewed individually and scored immediately after the interview. The SSCS Chairman will tally the scores. After the judges confer, their decision will be reported to the SSCS Chairman who will contact the winner and alternate along with the sponsoring club presidents by phone.

The SSCS Chairman will contact the GFWC-NC Executive Committee and then send a letter to the applicants, sponsoring Club Presidents, and District Scholarship Chairmen, notifying them of the results. A copy of the letter will sent to GFWC-NC Headquarters for their files. The results will be shared with GFWC-NC clubwomen through the Federation Friday communications.

## **Greeson-Johnson Teaching Scholarship Process:**

The judges will review each district applicant in advance. Each applicant will be interviewed individually and scored immediately after the interview. The G-J Chairman will tally the scores. After the judges confer, their decision will be reported to the G-J Chairman who will contact the winner and runner up along with the sponsoring club presidents by phone. The G-J Chairman will contact the GFWC-NC Executive Committee and then send a letter to the applicants, sponsoring Club Presidents and District Scholarship Chairmen notifying them of the results. A copy of the letter will sent to GFWC-NC Headquarters for their files. The results will be shared with GFWC-NC clubwomen through the Federation Friday communications.



# Developmental Disability Centers

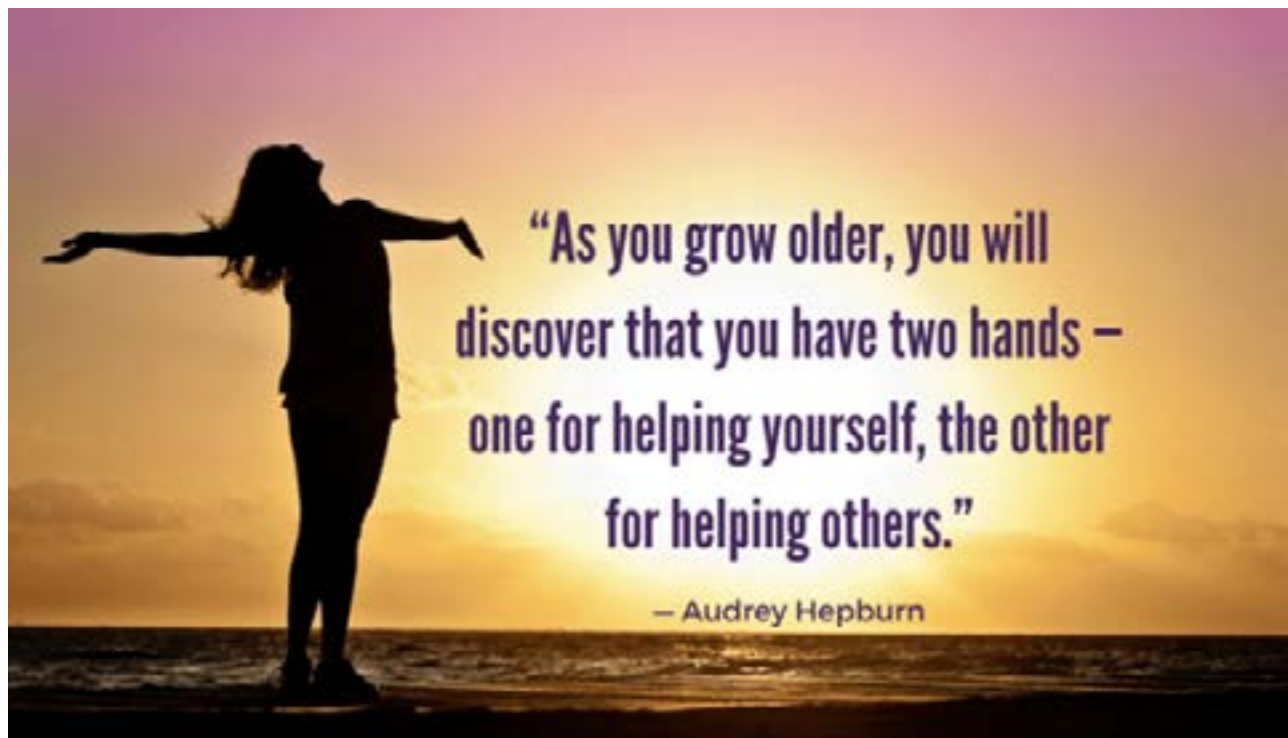
## Denise Icenhour , GFWC-NC Developmental Disability

### Centers Chairman

As the GFWC-NC Developmental Disability Centers Chairperson, I would like to encourage all clubs and members to support these Centers: Black Mountain Neuro-Medical Treatment Center lauri.hollingsworth@dhhs.nc.gov-District 1; J. Iverson Riddle Developmental Center summer.nixon-snell@dhhs.nc.gov-District 2; Murdoch Development Center Volunteer Services 919-575-1090-District 5; Caswell Development Center 252-208-4000, O'Berry Neuro-Medical Treatment Center pat.yates@dhhs.nc.gov, Longleaf Neuro Medical Treatment Center Volunteer Services 252-399-2112 Ext 233, all in District 8. Please remember you do not have to be in the same District to support any of these Developmental Centers. Even though these Centers always need volunteers and/or

items, this time of year they especially are in need. I hope Club Presidents have received the email blasts concerning these Centers to share with their clubs. Please feel free to contact me and I will help in any way.

Denise Icenhour  
Hickory Woman's Club  
GFWC-NC Developmental Disability Centers Chairperson  
dsicenhour@gmail.com



# Education Community Service Project

**Hilda Jernigan, GFWC-NC Education Chairman & Bridgette Paschal GFWC-NC Education Junior Chairman**



**Dr. Seuss GRAND INITIATIVE-** GFWC International President, Mary Ellen Brock, has challenged clubs to donate 1,000 **new** Dr. Seuss books in **English and Spanish** by March, 2020. Half of these will be kept by clubs to share in ways that they choose and half will be sent to GFWC Headquarters to be distributed to schools and other groups there. GFWC has asked that you mail your books to : GFWC , 734 N Street NW, Washington, DC 20036-2990

However, if you bring them to the state arts festival or state convention in 2019, I will collect and deliver them to GFWC for you. Be sure to include on

your award entry the number of books kept for your community.

**Education Award Entry:** IMPORTANT UPDATE: Please **mail** one good hard copy to me (my address is on the form) and I will make copies needed for judges. The report of your year's work is too important to trust to my temperamental computer. Juniors may submit theirs to Bridgett, the Education Chairman of Junior clubs, electronically.

Remember to include the **impact** of your project, and use the responses of the recipients and the participants to liven up the report. Allow your **enthusiasm**, your **passion**, your **heart** to show— this will set your description apart from just the dry “facts and figures” kind of report.

**ESO (Epsilon Sigma Omicron):** North Carolina's Goal: Read 1,000 books this year! You can see I took a page from President Brock's Grand Initiatives. Our members are readers, so this should be easy. We can do this! ESO Chairman Julie Rigsbee can send all the information you need.

Over the years, many pledges have fallen by the wayside. It is time to reconnect. Make your meetings interesting, educational, and social, extend personal invitations, and they will come!. Members can become **active** again with **one** report sent in annually- just 4 books!

Recording ESO time spent reading need not be hard.

Read for one hour and use the number of pages as your ruler. If you read 50 pages, simply divide 50 into the total number of pages of books you've read to get the total number of hours.

**FOCUS ON LITERACY CLUB GRANT** - need funds for an education literacy project? Up to \$200.00 is available and funds may be used for purchasing books for tutors to use, providing books to children, and/or a variety of other literacy needs. Available at [www.GFWC.org/membership/awards-contests-and-grants/](http://www.GFWC.org/membership/awards-contests-and-grants/).

**Finally**, I have been forwarding the monthly newsletters from the **GFWC Education Chairman, Sharon Sheridan**, to those who gave me their email addresses during the state summer meeting. If you will send me your email address, I will add you to my roster. Her newsletter is great and I would love to have every Education CSP Chairman in NC get it. It includes reports of projects by other clubs across the nation as well as up to date general information for education CSP'S. E-mail me at [hildajernigan1@gmail.com](mailto:hildajernigan1@gmail.com) to add your name.



Above is a picture of the Burlington Woman's Club ESO meeting. Each club member received a personal call inviting them. Seventeen clubwomen attended, ten of them to find out about ESO for the first time! A light lunch was provided by the 7 members and clubwoman Sarah Folckomer hosted the group at her home. Several left with applications. One guest remarked that she had missed meeting in members' homes & that it was a warmer, more intimate way to gather.



# Footprints in Action

## Reporting & Award Changes

*“Man cannot discover new oceans unless he has the courage to lose sight of the shore.” - Andre Gide*

### GFWC Grand Initiatives

During the 2018-2020 GFWC administration there will be “7 Grand Initiatives.” So called as each of them has 1,000 as a goal.

They are:

1. Service projects by 1,000 clubs on Martin Luther King Day
2. Plant 1,000 trees on Arbor Day
3. Donate 1,000 pairs of used shoes to Soles 4 Souls
4. Donate 1,000 Dr. Seuss books
5. 1,000 members join the Legislative Action Center & sign their name in red when mailing / emailing letters to government officials in support of legislation
6. Organize 1,000 projects devoted to women in the military
7. 1,000 members donate \$1,000 to the Capital Campaign

The “7 Grand Initiatives” are very attainable. Plan your projects now.

### Partnership Updates:

- Arts - no partners
- Conservation - no partners
- Education - HOBY
- Home Life - Canine Companions
- International Outreach - Heifer, Operation Smile, Shot@Life, Unicef
- Public Issues - no partners

### Definitions Clarified:

#### REPORTING:

A statistical report required to be completed by all clubs (CP&S forms). CP&S reports will now be submitted to the 1st Vice President.

#### AWARD ENTRY:

Narratives detailing project information which clubs submit to win State and District awards.



### GFWC-NC Award Forms Get an Update

In an effort to make reporting and award entries more efficient for our membership and to make the time spent writing reports and awards more valuable, the 2018-2020 Executive Committee has approved the following changes to the process.

#### OVERVIEW:

Four major changes to the Community Service Program (CSP) Award Entry Form:

1. **Partnerships** have been combined onto each CSP entry form - One CSP, One Award Entry Form.
2. **TOP 5** Projects / Programs ONLY will be listed on the CSP form and included in the narrative.
3. The **narrative** pages have been expanded to **three** pages plus the cover sheet.
4. **Club Creativity Project** - One of the 5 projects/programs may be chosen to be entered as the Club Creativity Project.

### 1. GFWC Partnerships

#### No CSP Partnership Awards!!

The separate awards for CSP Partnerships are no longer. But that doesn't mean that Partnerships are gone!

They are still active, viable organizations and clubs are encouraged to participate, fund and help GFWC Partnerships just as they always have. *These details still need to be reported on the annual CP&S Form.*

But instead of a separate form, Partnerships are listed on each CSP Award entry that has a partnership. Clubs no longer have to worry about two different award entry forms.

### 2. TOP 5 Projects!!

Clubs are asked to only submit their TOP 5 Projects and/or Programs. Each CSP form will have a place to list out the top 5 projects/programs.

Benefits:

- Reduces overall work for clubs
- “Levels the playing field” for clubs due to the different sizes of the clubs.
- Instead of entering all projects under one CSP, some may be moved to be entered under an Advancement.

### 3. Narrative Expansion

The award narrative has expanded to **three (3)** pages. This will allow clubs to provide more detail on the impact the project or program made on the community and the club (i.e how did it feel for the club to help and those in the community to be helped) and not just provide the raw data of donations and time.

Similar projects can be grouped into one project thereby becoming a program (i.e. serving lunch at a soup kitchen on three occasions and donating funds to that same soup kitchen).

## 4. Club Creativity Award

Each club will have the option to submit one project of the five listed projects as their most creative project.

The project narrative should detail the impact this project made on the community and on the club and what makes this project stand out among other projects.

This is not another entry, clubs will designate on the entry form which of the Top 5 will be their submission. No additional work is needed.

## Advancements & Special Programs

These Advancement areas and special programs & projects will also adhere to the Top 5 entry rule and the Club Creativity Project Award.

- Communications & Public Relations
- Fundraising
- Leadership
- Legislation & Public Policy
- Membership
- Women's History & Resource Center
- GFWC Signature Program: Domestic Violence
- GFWC Juniors Special Program: Advocates for Children
- GFWC-NC President's Special Project
- GFWC-NC Director of Juniors' Special Project

## Communications & Public Relations Changes

Club yearbook, membership brochure and newsletter awards will be combined into the Community and Public Relations Award to provide clubs an opportunity to detail all of the ways they communicate with their community (i.e. social media).

Newsletters and websites may be submitted to GFWC directly.

GFWC continues to offer:

- Newsletter Contest
- Website Contest

Specific instructions regarding both of these contests can be found at [www.gfwc.org](http://www.gfwc.org) under the GFWC Resources - Club Manual. The GFWC-NC C&PR Chairman also has this information available to anyone who may need it.

## No Cross Entries! Exceptions are...

These awards MAY have entries included from other CSP or Advancement areas. They are the **ONLY** Exception!!!

- Boys & Girls Homes
- Child Self Esteem
- Drug Education
- Federation Day
- Community Improvement Program
- Membership Cooperation & Involvement
- President's and/or Director of Juniors' Special Projects.

## Other Award Changes

**Drug Education Award** has been expanded to include Adult Education.

**Child Self-Esteem Award** has been expanded to include anti-bullying programs.

**Effective Involvement of Members** has been **RENAMED Membership Cooperation and Involvement**. This award entry will be submitted to the President-elect.

**Federation Day Awards** will no longer need to be submitted to the District to be eligible for a State award. Entries may be provided to District and State chairs. District chairs will not be providing award entries to the State chair.

The **Community Improvement Program** award entry shall be sent to the 1st Vice-President.

**ESO** is now a part of the Education Community Service Program. There is a specific Award Entry Form for ESO.

## Discontinued awards:

- Cooperative Relationship with General/Junior
- Journalism
- State Arts Festival Participation
- Volunteers in Schools (Education)

## Don't Forget the CP&S!!

All projects and programs **STILL** need to be entered onto the Club Participation & Statistical Report Form (CP&S). Just because it isn't on an award entry form doesn't mean you can forget about it. **PLEASE** report all your hours, dollars and projects and programs on the CP&S Form. The form will now go to the 1st Vice President rather than the 2nd Vice President.

In order for a club to be an Honor Club, the CP&S Report must be submitted no later than February 1st. Information is always for the prior reporting year.

## Reminders!!

- Clubs should follow all instructions on the award entry form and contact the State Chair with any questions prior to entry.
- Award entries should be submitted to the one appropriate contact on the award entry form (i.e. General entries to the General contact, Junior entries to the Junior contact).
- EVERY Award Entry has it's own form and **MUST** be included with each submission.
- Award entries are due to be postmarked or emailed by midnight **February 1st**.
- Clubs should review the GFWC definition in the Administration Book of the Community Service Program and enter the project under the appropriate Program.

*"We all leave footprints as we journey through life--make sure yours are worth following." Bob Fegge, Journalist*



# Arts Community Service Project

## Sandy Cyphers, GFWC-NC Arts Chairman & Jean Woodley, GFWC-NC



### Arts Junior Chairman

Is your club preparing for participation in one or maybe even all the **Arts Top 10 GFWC-NC CSP Projects**? We hope so and cannot think of a single reason **NOT TO!**

GFWC-NC enjoys recognizing its clubs and members for the efforts and commitment they make in sharing and being involved in the **Arts** in their respective communities. Art projects make a difference in the lives of our members and those in the communities they serve.

Below is the list of the **TOP 10 GFWC-NC Club CSP** winners for last year to share with you followed by the **Top 10 reasons for THE ARTS** in society.

#### Project: **Charity Boxes for Christmas The Woman's Club of Raleigh**

A special Christmas Tree in the parlor of their club house was decorated using the color unique for each CSP to craft ornaments symbolic of each CSP. They chose to make crystal beaded spider web ornaments with pink ribbons. All CSPs arranged "**Charity Boxes**" under the club Christmas Tree to collect for specific community need. The Arts CSP collected art supplies for Triangle Family Services. Items collected will serve to entertain and occupy children ages 3-12 who are in a supervised situation while their parents are speaking privately with a therapist. Donated items included craft kit, crayons, cards to color, sticker books, as well as non-perishable food snacks.

#### Project: **Arts Plus Festival Hickory Woman's Club**

This event was held at a regular club meeting and all attendees served as judges. The only rule of the event was that the item entered had to be made by or be the property of the individual who submitted the entry. Categories included vintage photography, creative expressions, retro-lectibles and artistic cuisine. The "cuisine" was served as dessert. Treat bags were given to each participant and "Golden Mug" awards were presented to the winners in each category. The goals of increasing participation in a club project (90%), interaction among members and individual recognition, were all met.

#### Project: **Exceptional Art A. L. Brown Juniores**

A.L. Brown Juniores made crafts and cards for their adopted Exceptional Children classes for each holiday. Some of their activities included: making winter crafts (snowmen, penguins, and snowflakes), Valentine's Day cards, St. Patrick Day crafts and treats, making Easter crafts and treats, making Thanksgiving and Christmas cards and crafts.

#### Project: **Sweet Chari-Tea GFWC-NC Statesville Woman's Club**

This club hosted their 3rd "**Sweet Chari-Tea**" ARTS Fundraiser held in a pre-Civil War home, The Historic Sharpe House. Tickets were pre-sold for \$20 each. Guests were treated to an afternoon of tea and "dainties", served by wait-staff donned in mid-1800's style attire. Every room of the home contained silent auction items for browsing and bidding. Silent Auction items were donated by local and out of town businesses. The caterer donated half of the catering cost and the Sharpe Home charged a minimal fee for use of the facility. Mitchell Community College donated the design and production of the event tickets and auction catalog. \$1,600 was raised to fund the 2018 GFWC-NC Statesville Woman's Club Arts Scholarship.

#### Project: **Kindness Rocks GFWC-Holden Beach**

The GFWC-NC Holden Beach Arts CSP was responsible for one of the Art Workshops presented at their GFWC-NC District 7 Spring Meeting. The club selected the "**Kindness Rocks**" project that promoted painting and sharing rocks with inspirational messages. Over 120 smooth rocks of all sizes were washed and sprayed with acrylic paint in a variety of colors. Instructions were prepared and special oil based pens were provided for workshop attendees. Rocks were painted with "You Matter", "Be Yourself", "Enjoy Sunshine", and "You Rock". Completed rocks were delivered to the Boys and Girls Homes of North Carolina and placed around the complex grounds.

#### Project: **Art in the Park Wake Forest Woman's Club**

**Art in the Park** is an annual event held in conjunction with the Town of Wake Forest's July 4th Celebration. WFWC member provided eight patriotic crafts to make and cupcakes to frost. Over 400 children

enjoyed the event. Projects included (1) a photo booth at which children dressed like Lady Liberty and had their picture taken in front of a large American flag, (2) a Betsy Ross flag which children constructed with pieces of tissue paper and is now on display in the Town Hall, (3) Liberty Bells, (4) Sparkle Star Visors, (5) Coloring pages and (6) Fireworks painting. Clubwomen educated the children on the reason for the July 4th Celebration as they made crafts and iced their cupcakes.

**Project: Local Arts Festival  
Fuquay-Varina Woman's Club & Junior Club & Junioresettes**

The **Arts Festival** was a collaborative effort between **FVWC, FVJWC and FV Junioresettes**. Preparations began in August for January's two-day event which was held at the Windsor Pointe in Fuquay-Varina. The festival was promoted in the local schools, library and clubs, as well as, on Facebook, the web, social media and local newspaper. Entries for literature, arts, crafts and photography were judged by professional in each respective category. Once judging completed, the entries were available for viewing. Ribbons were given to all 1st, 2nd, and 3rd place winners. Participation certificates were given to all students, general and junior clubwomen who submitted entries. The Festival was attended by over 590 with refreshments served to all guests on Saturday and Sunday.

**Project: Operation Bedroll  
Greensboro Woman's Club**

Greensboro Woman's Club members collaborated with the City of Greensboro's Field Operations and Police Department to keep non-recyclable materials out of their landfills. It then was used to help some of the neediest residents have a safer place to sleep through "Operation Bedroll" project. Club members cut thousands of plastic grocery bags to create "plarn" (plastic yarn) which was used to crochet sleeping mats that provided an insulated and waterproof barrier for those who sleep on the ground. This project involved a large majority of their membership who worked over the course of a three-month time period, collecting bags, making plarn and crocheting. One adult size bedroll requires 500-700 plastic bags and takes approximately 30-50 hours to crochet. GWC presented 8 bedrolls to the City and received recognition in the social media, along with photos published in the local Greensboro News & Record.

**Project: Local Arts Festival  
Anderson Creek Woman's Club**

Anderson Creek Woman's Club hosted their 7th Annual Arts Festival for students and clubwomen bringing awareness of the arts to their community. At their Arts Festival, they display art entries from students K-12, club women and adults in the community. It is attended by school personnel, students and local residents. An

afternoon **Open House** is a child-friendly event where Art Awards are presented to students and community members. A **Formal Program** is held in the evening for adults which included presentation of two scholarships. One scholarship is named in memory of a former club member. A catered meal is provided, and a quilt raffle and silent auction are held with proceeds used to offset festival expenses.

**Project: Local Arts Festival  
Burlington Woman's Club & Burlington Junior Woman's Club**

The BWC and BJWC partnered for the 48th Annual, five-day, Arts Festival held in January. Preparations began in September as members reached out to local schools encouraging participation in the areas of visual arts and photography. Over 400 entries were received from student in grades 6-12. Club members served as docents during the event as members of the community enjoyed viewing the works of art on display. Entries were judged by professionals in their respective areas with lunch being provided for the judges. An awards program with refreshments for winners and their families was held one evening. Art not advancing to the District Arts Festival, along with certificates, ribbons and monetary awards were delivered to the students' schools the following week.

1. Working in the arts helps learners to develop creative problem-solving skills.
2. Teaching through the arts can present difficult concepts visually, making them easier to understand.
3. Art instruction helps children with the development of motor skills, language skills, social skills, decision-making, risk-taking, & inventiveness.
4. Visual arts teach learners about color, layout, perspective, & balance: all techniques that are necessary in presentations (visual, digital) of academic work.
5. Integrating art with other disciplines reaches students who might not otherwise be engaged in classwork.
6. Arts experiences boost critical thinking, teaching students to take the time to be more careful and thorough in how they observe the world.
7. The arts provide challenges for learners at all levels.
8. Art education connects students with their own culture as well as with the wider world.
9. A report by Americans for the Arts states that young people who participate regularly in the arts (three hours a day on three days each week through one full year) are four times more likely to be recognized for academic achievement, to participate in a math and science fair, or to win an award for writing an essay or poem than children who do not participate.
10. A study in public schools found that greater arts education led to fewer disciplinary infractions and higher attendance, graduation rates, and test scores.

# President's Special Project

## Linda Browne, GFWC-NC Special Project Chairman



### **HEALTHY WOMEN: Taking Care of Ourselves So ... We Can Take Care of Others!**

Staying active, healthy eating, and volunteering are some of my personal goals. The “Healthy Women” project has certainly challenged me to “be a better me.” This project has the potential to make a huge positive impact on the lives of all GFWC-NC clubwomen and women in their communities. I hope you share my enthusiasm and have chosen to participate by “thinking healthy,” adopting healthy habits, and undertaking club projects which support the project’s goals: WALKING, WELLNESS and HEALTHY EATING.

### ***IT'S NEVER TOO EARLY – OR TOO LATE – TO WORK TOWARD BEING THE HEALTHIEST YOU!***

A new year is often considered the perfect time for a “fresh start”. It is also a great time to kick-off some new “Healthy Women” club project ideas and to resolve to focus attention on our specific project goals:

#### **1. WALKING: To keep fit ... our walking goal will be to make it OVER THE MOON!**

The Moon is about 250,000 miles from Earth ... we are on our way!

MEMBER TARGET: Walk 2.5 – 5 miles per day (about 5,000 – 10,000 steps per day)

**2,000 steps or 20 minutes of brisk walking is considered a mile.**

#### **2. WELLNESS: To stay well, do recommended check-ups, preventive screenings, and immunizations**

MEMBER TARGET: Annual physical; annual mammogram/monthly breast self-exam; annual gynecological exam; annual dental checkup & cleaning

#### **3. HEALTHY EATING: To eat healthy, “eat a rainbow” of colorful fruits and vegetables daily and drink plenty of water.**

MEMBER TARGET: Fill **half your plate** with a variety of colorful fruits and vegetables at each meal. Drink at least **four 8-ounce glasses** of water each day.

### **LITTLE CHANGES CAN MAKE BIG DIFFERENCES!**

We hope you will use your imagination and have fun with the “Healthy Women” project! District and club presidents are encouraged to include “Healthy Women” programs, updates and activities as part of their meeting agendas. Please remember to let us know what you are doing too so we can share your ideas!

The newly enhanced GFWC-NC website ([www.gfwcnc.org](http://www.gfwcnc.org)) is a great resource for information about the “Healthy Women” project and for project ideas. (Look under the “COMMUNITY SERVICE” tab, then “Special Projects”.)

The GFWC-NC weekly FEDERATION FRIDAY e-newsletter always includes healthy living tips and wellness ideas. Copies are posted on the GFWC-NC website. (Look under the “NEWS & EVENTS” tab, then “Publications”). It is also emailed to all club presidents each Friday and posted on the Facebook page for GFWC of North Carolina.

More project ideas and website resources are listed in the GFWC-NC Administration Book (Section 7 - Community Service Programs, Special Projects & Advancements, pp. 39-43).

**Continued, page 27**

# Communications & Public Relations

## Jennifer Nelson, GFWC-NC Communications & Public Relations Committee Chairman



### Is Your Website Secure?

Have you noticed that some websites use “https”? The “s” indicates that the website has obtained a Secure Sockets Layer (aka SSL) Certificate. SSL is a technology that provides security for sensitive information as it travels on the internet. It is needed even if your club is not accepting credit card payments through its website.

Additionally, many of the search engines such as Google and other popular search engines have indicated that websites which are not secure will appear lower in search results and are now warning users if they are trying to go to an unsecure website. Most users are not going to risk continuing to a site that has been identified as not secure!

To enable SSL on a website, your club will need to get an SSL Certificate that identifies it and install it on its web server. If the club is using a hosted website through a third party such as Tripod or Go Daddy, the SSL Certificate can be obtained through them. With newer websites, it may automatically be provided.

Can your club simply ignore this? NO. The bottom line - if your club is going to have a meaningful and useful website, it has to appear in search results and users can't be frightened away by the lack of security. Every club must make sure it has an SSL Certificate for its website.

If you want more information a very user friendly article can be found at <https://blog.hubspot.com/marketing/what-is-ssl>

If your club needs more information, please reach out to one of the members of the CPR Committee or your state's Communications and Public Relations Chairman. We are all here to help.

Vicky Trimmer  
GFWC Communications and Public Relations  
Committee Member

### Communications & Public Relations Awards

#### GFWC-NC Communications and Public Relations Award Entry Due by FEBRUARY 1

The Elizabeth Huntley Maddrey Tray (donor) is awarded to the club (General or Junior) who reports the most effective program in communications and/or public relations, implementing the tools for proper communication, public awareness and public relations. Award entries may include a newsletter, membership brochure, club yearbook and/or social media along with a narrative that explains impact of your project upon the community. Clubs may submit their top five projects, but should choose ONE the Club Creativity Project Award Entry, which will be judged in addition to the Overall Award Entry. To download the award entry form click [here](#) or go to <https://gfwcnc.org/community-service-and-volunteering-opportunities-gfwc-nc/awards/>.

#### GFWC Newsletter Contest Entry Due by MARCH 15

The GFWC Newsletter Contest encourages clubs and State Federations to establish a strong newsletter program aimed at increasing awareness about ongoing projects, programs, events and issues that affect GFWC members and communities. Only one newsletter issue per club or State Federation may be submitted. For more information click [here](#) or go to <https://gfwcnc.org/community-service-and-volunteering-opportunities-gfwc-nc/awards/>.

#### GFWC Website Contest Entry Due by MARCH 15

The GFWC Website Contest aims to challenge clubs and State Federations to employ their websites as membership tools with organized and updated content that presents a professional and credible source of information. A website that is updated weekly presents the information to your members and potential members in a timely manner. Only one website per club or State Federation may be submitted. For more information click [here](#) or go to <https://gfwcnc.org/community-service-and-volunteering-opportunities-gfwc-nc/awards/>.



## NOMINATIONS FOR 2019

Thank you for your interest in nominating a potential Corporate Champion for Women & Children's issues. The General Federation of Women's Clubs of North Carolina (GFWC of North Carolina) is proud to recognize three businesses and/or corporations annually that distinguish themselves through their support and assistance to women and children across our great state. Whether they have developed market-leading family friendly policies, provided leadership development for women, donated resources or coordinated volunteer efforts, these companies are making a positive difference for women and children in North Carolina.

The GFWC of North Carolina is honored to select three Corporate Champions each fall based on size, impact, and support and resources dedicated to improving the lives of women and children. These Champions should be for-profit organizations.

Please fill out the Corporate Champion for Women & Children Nomination Form and return by February 15, 2019 to:

GFWC OF NORTH CAROLINA HEADQUARTERS  
7474 CREEDMOOR ROAD  
#310  
RALEIGH, NC 27613  
Or By Email:  
[hq@gfwcnc.org](mailto:hq@gfwcnc.org)



# NOMINATION FORM

## Corporate Champions For Women & Children

Corporate/Business Potential Honoree Name: \_\_\_\_\_

\_\_\_\_\_

Business Contact Name: \_\_\_\_\_

Address/Zip Code: \_\_\_\_\_

\_\_\_\_\_

NC Headquarters City: \_\_\_\_\_

Email address: \_\_\_\_\_

Work #: \_\_\_\_\_ Mobile #: \_\_\_\_\_

NC City Locations (please list all cities where business has a presence): \_\_\_\_\_

\_\_\_\_\_

Number of Employees State Wide: \_\_\_\_\_

Description of Business: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Philanthropic/Volunteer Services for Women & Children: \_\_\_\_\_

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\_\_\_\_\_  
Name of Person/Business Submitting Nomination

\_\_\_\_\_  
Email

\_\_\_\_\_  
Work #

\_\_\_\_\_  
Mobile #

\_\_\_\_\_  
Address

\_\_\_\_\_  
City/State

\_\_\_\_\_  
Zip Code

\_\_\_\_\_  
Date

GFWC OF NORTH CAROLINA HEADQUARTERS  
7474 CREEDMOOR ROAD  
#310  
RALEIGH, NC 27613  
919-790-8684  
Or By Email:  
[hq@gfwcnc.org](mailto:hq@gfwcnc.org)

# Women in the Military

## Pat Davis, Celebrating Women in the Military Chairman



The United Service Organizations Inc. is a nonprofit organization that provides live entertainment, such as comedians and musicians, and other programs to members of the United States Armed Forces and their families. Since 1941, it has worked in partnership with the Department of War, and later with the Department of Defense, relying heavily on private contributions and on funds, goods, and services from various corporate and individual donors. Although it is congressionally-chartered, it is not a government agency.

The USO makes a difference in the lives of our men and women who are serving in the military.

This from a mom found on the USO website:  
*"I am so thankful for USO and their service and assistance to our soldiers and families in the military. They are a tremendous help to young soldiers that come through the airport. These young soldiers are usually nervous and stuck at the airport for hours waiting on their flight. The USO provides them with a secure place to relax, some food, and such an appreciative attitude. As a military mom I am thankful for the services they provide for my soldier when we cannot."*

This from a NC club: *"Members were asked to contribute snacks in June & in September for the USO at the Airport. Members brought donations and it took 3 SUVs to take them to the Airport, the site of the USO. The volunteers were thrilled as they were low on supplies and they were expecting some hungry marines that afternoon."*

With North Carolina's large military presence, 11 USO locations are listed on-line for our state. Go to [www.northcarolina.uso.org](http://www.northcarolina.uso.org) to find out how you can help and the one closest to you.

One of GFWC's 7 Grand Initiatives 2018-2020

Believing that small gestures through our membership can add up to grand results, GFWC International President Mary Ellen Brock has set seven goals to accomplish over the next two years.

- #1 1,000 clubs will do a service project on Martin Luther King Day, January 21, 2019.
- #2 1,000 trees will be planted on Arbor Day.
- #3 1,000 pairs of shoes will be donated to Soles 4 Souls or Nike "reuse-a-shoe".
- #4 1,000 Dr. Seuss books will be donated by March of 2020.
- #5 1,000 members will join the Legislative Action Center.
- #6 1,000 projects will be devoted to women in the military.
- #7 1,000 members will donate \$1,000 to the Capital Campaign.

# President's Special Project, continued

## ~ SPECIAL UPDATES & REMINDERS ~

• **CHARITY MILES** – Members who have smart-phones are encouraged to use the CHARITY MILES app when you take your daily walks.

Nearly **60 club members** are currently tracking their miles on the “GFWC-NC” CHARITY MILES team. As of November 30, the GFWC-NC team had recorded approximately **3,400 miles**. At 25-cents per mile, this effort translates to approximately **\$850 dollars donated to Shot at Life**.

Please download the CHARITY MILES app and remember to use it when you walk! (Be sure to join the GFWC-NC team when you set up your profile on the app and choose Shot at Life as the designated charity.)

• **ANNUAL CLUB REPORTING** – We are looking forward to reviewing all your club reports and statistics for the “Healthy Women” project. These reports give us the opportunity to evaluate how the project is going and whether we are making good progress on our goals. For 2018 reporting purposes, we decided that you may estimate/guesstimate your “Healthy Women” project figures beginning after the April 2018 state convention. ***Please use May 1 as the starting date for “Healthy Women” 2018 annual reporting statistics.***

**Remember:** Fillable report forms are posted on the GFWC-NC website. (Look under the “COMMUNITY SERVICE” tab, then “Awards & Reports”)

- **GFWC-NC Club Participation & Statistical (CP&S) Report** – All clubs are expected to complete this annual report which was emailed to all club presidents in November (and is available online on the GFWC-NC website). Please remember to complete the “Healthy Women” project figures in CP&S - SECTION 3.

- **GFWC-NC President's Special Project Award Entry Form** – Submitting this award entry form is optional, but we hope many clubs will choose to submit this report form. We are eager to find out more details about what “Healthy Women” project activities clubs have been working on and to identify club efforts that are particularly outstanding and creative. Your reports will also allow us to assess the effectiveness of the “Healthy Women” project and to share some of the best project ideas.

• **UPCOMING SPECIAL HEALTH AWARENESS MONTHS** – Clubs might want to plan “Healthy

Women” club projects to correlate with some of the upcoming special health awareness months:

- **JANUARY** – Cervical Health Awareness Month  
- **FEBRUARY** – American Heart Month; First Friday: Go Red for Women Day; World Cancer Day (February 4); National Eating Disorders Awareness Week (last week of February)

- **MARCH** – National Nutrition Month; National Save Your Vision Month; National Colorectal Cancer Awareness Month; National Sleep Awareness Week (March 4 – 11); International Women's Day (March 8); American Diabetes Alert Day (March 27)

If you have any questions about the “Healthy Women” project or CHARITY MILES, please feel free to contact me or your district chairman.

## PRESIDENT'S SPECIAL PROJECT COMMITTEE MEMBERS:

GFWC-NC President: Ann Hutchens Landis (GFWC of Holden Beach); [alandis@ec.rr.com](mailto:alandis@ec.rr.com)

Project Chairman: Linda Browne (GFWC Warrenton WC); [LindaBrowneNC@gmail.com](mailto:LindaBrowneNC@gmail.com)

GFWC-NC Corresponding Secretary: Karen Throckmorton (GFWC of Holden Beach); [karent@atmc.net](mailto:karent@atmc.net)

District 1: Jane Carver (Konnaheeta Woman's Club); [jmc46@frontier.com](mailto:jmc46@frontier.com)

District 2: Sharon Wilcox (Women's Service League of Wilkes); [swilcox@daymarkrecovery.org](mailto:swilcox@daymarkrecovery.org)

District 3: Dr. Lori Pappert (Charlotte Woman's Club); [Mywhitepoodles@yahoo.com](mailto:Mywhitepoodles@yahoo.com)

District 4: Mary Jo Abernethy (Burlington Woman's Club); [LL1MJ@aol.com](mailto:LL1MJ@aol.com)

District 5: Sherry Thompson (GFWC Warrenton WC); [thompsonshouse@hotmail.com](mailto:thompsonshouse@hotmail.com)

District 6: Misty Deyo (Junior Woman's Club of Raleigh); [mistydeyo@gmail.com](mailto:mistydeyo@gmail.com)

District 7: Holly Coleman (GFWC of Holden Beach); [hollyc311@gmail.com](mailto:hollyc311@gmail.com)

District 8: Brandy Selos (Clayton Junior Woman's Club); [brandyselos@me.com](mailto:brandyselos@me.com)

District 9: Mary Pendill (Roanoke Island Woman's Club); [obxmamap@hotmail.com](mailto:obxmamap@hotmail.com)

# Honorarium & Memorials

## Corporate Champions for Women & Children

- In Honor of Bev Lassiter by Margaret Ann Brame
- In memory of Mrs. Robbie Lassiter by Georgann Athanaeolos Sapp

## Operating Account

- In Honor of Misty Deyo by JWC of Raleigh

## Greeson-Johnson Teaching Scholarship

- By Sharon Greeson
- In Honor of Sharon Smith by NC Sorosis

## Sallie Southhall Cotton Scholarship

- In Honor of Mary Cowand by NC Sorosis

## General Trust

- In Honor of Ann Tremblay by NC Sorosis

If you or your club are interested in donating an Honorarium or Memorial, please contact Frances Lewis, GFWC-NC Financial Associate at [bookkeeper@gfwcnc.org](mailto:bookkeeper@gfwcnc.org)

## 1902 Society Donations

### \$19.02

- A.L. Brown Juniorettes
- GFWC-NC JWC of Charlotte
- GFWC Kannapolis Women's Club
- Kannapolis Junior Women's Club
- Outer Banks Women's Club

### \$190.20

- Charlotte Woman's Club
- The Woman's Club of Clayton
- Wilmington Woman's Club

### Other

- Bev Lassiter
- GFWC-NC Old Town Woman's Club
- GFWC South Brunswick Island WC
- The Women's Club of Raleigh
- Wendell Woman's Club
- Zebulon Woman's Club

## LEGACY Fund Donations

- Jan Allen
- Margaret Ann Brame
- Victoria Currin
- Sandy Cyphers
- Sharon Greeson
- Kelly Imbody
- Bev Lassiter
- Jennifer McLean
- Kathy Parker
- Carrie Powers
- Angela Williams

- Ahoskie Woman's Club
- Asheboro Woman's Club
- Burlington Woman's Club
- Camden Woman's Club
- Cary Woman's Club
- Charlotte Woman's Club
- Dunn Intermediate Woman's Club
- GFWC Fuquay-Varina Woman's Club
- GFWC Hickory Woman's Club
- GFWC Kannapolis Woman's Club
- GFWC North Wilkesboro Woman's Club
- GFWC of Holden Beach
- GFWC South Brunswick Island Woman's Club
- GFWC-NC Greater Columbus Woman's Club
- GFWC-NC JWC of Charlotte
- GFWC-NC Old Town Woman's Club
- GFWC-NC Statesville Woman's Club
- Greensboro Woman's Club
- Kannapolis Junior Woman's Club
- Kings Mountain Woman's Club
- Lumberton Juniorettes
- Mary Stewart Woman's Club
- NC Sorosis
- Outer Banks Woman's Club
- Sedgefield Woman's Club
- Shallotte Junior Woman's Club
- Southern Granville Woman's Club
- Tarboro Woman's Club
- The Woman's Club of Clayton
- The Woman's Club of Raleigh
- Wendell Woman's Club
- Whiteville Woman's Civic League

## Mermaid Bracelet

- Reno Eitel
- Donna Geise
- Pam Hutchison
- Ginger Lockamy
- Pat Reed
- Carol Watts
- Lynn Wiss
- Julie Wolfe

## Girls with Pearls Society

- Linda Browne
- Betsy Grannis
- Hope Hockaday
- Angela Williams



**2018- 2020 GFWC-NC Executive Committee and Junior Officers  
in Holden Beach during their latest Retreat.**

### **Upcoming Meetings**

March 9, 2019	GFWC-NC Arts Festival	Mebane, NC
March 23, 2019	GFWC-NC Scholarship Interviews	Morrisville, NC
April 26-28, 2019	GFWC-NC Annual Convention	Wilmington, NC
June 26- July 2, 2019	GFWC Annual Convention	Austin, TX

STAFF Executive Administrative Assistant - Jill Dedene Financial and Administrative Associate - Frances Lewis  
7474 Creedmoor Rd #310, Raleigh, NC 27613  
919.790.8684 [www.gfwcnc.org](http://www.gfwcnc.org) e-mail - [hq@gfwcnc.org](mailto:hq@gfwcnc.org)  
Headquarters Office Hours: M, W, F - 9:00 am - 4:00 pm *Other hours by appointment*