

Federation Friday

Volume 1, Issue 1



GFWC-NC is calling and I must go

Welcome to the FEDERATION FRIDAY Publication

Plan to join us in Burlington on July 14th as we kick off the new administration.

- Learn about the President's Special Project and the Director of Junior Clubs' Special Project.
- Recognize the need to take care of ourselves so we can take care of others!
- Learn about the Community Service Programs and where we are heading in this new administration.
- Learn about the "Passport to Learning—PTL" program. Will you join the group and earn the coveted Leadership Certificate of Completion.
- Join the "Girls with Pearls" Society and support our LEGACY!
- Shop from the President's Treasure Chest!
- Learn about the "Sisters of the Sea" Passport to FUN! Join the group for great FUN!
- Purchase the Women's Pins and support GFWC-NC!
- Join the Charity Miles team and help support our GFWC Partner—Shot@Life!

"Our mission in this life is not merely to survive, but to thrive and to do so with some passion, humor and style!"



**You are going to flip!
Yes, you will want to
join our team and
help us reach our
goal to
"flip" over the
moon!**

We will be Celebrating Women in the coming administration. We will celebrate the women of today. Mothers working, teachers preparing our children, nurses and doctors caring for our families, engineers and scientists finding new answers. We will celebrate the women of yesterday. Without their forward thinking, strength of spirit and determination in the face of adversity, where would we be today? But it is important to focus on the women of tomorrow. How can we help them? What kind of world are we leaving for our future sisters? Are we building a GFWC-NC that will stand the test of time?

Remember these important guiding quotes!

"Our greatest WEALTH is our HEALTH!"

"We must take care of our bodies. It's the only one we have!"

"Health is a State of Mind—Wellness is a State of Being!"

"Health is like money. We never know the true value until we lose it!"

"The greatest gift you can give your family is a healthy YOU!"

Federation Friday

Volume 1, Issue 2



GFWC-NC is calling and I must go

Friday's Focus: Thriving Children

2018-2020 Director of Junior Clubs' Special Project

LeAndra Ratliff, Director of Junior Clubs

Thriving Children

"It is easier to build strong children than to repair broken men." (Frederick Douglass). Could you imagine where your life would be if things had been better (or worse) in your household? Many children today face challenges they are not equipped to handle. Parents (or guardians) are supposed to be the "buffer" and the protector, but sometimes those very same adults are battling their own issues which prevent them from being present for their children. Research has shown us that when a child has a meaningful and supportive relationship with an adult it can counteract adverse childhood experiences and cause more positive health and social outcomes.

As volunteers with GFWC-NC we have a unique opportunity to change the course of the future by being champions for children. By collectively focusing on the wellness of children, we can reverse social determinants and help our most vulnerable population have skills they need to tackle the problems of tomorrow. Our key areas of focus will be Healthy Living, Early Childhood Development and Well Being.

"It is easier to build strong children than to repair broken men." Frederick Douglass



**Healthy Children,
Successful Learners,
Strong Leaders &
Societies**

Healthy Living: Programs that support child development by ensuring that all children have access to regular healthy meals are a critical component in raising healthy, strong and smart children. Stressors such as hunger negatively impact children on many levels. These early stressors become permanently built into a child's immune system, cardiovascular system and brain.

Early Childhood Development: When children are well - equipped they contribute to the prosperity and sustainability of society. Supportive and nurturing environments are the architecture for strong brains, which is why Interaction between the ages 0-5 is critical in the beginning of a child's development.

Well Being: A child's mental health affects how they socialize, learn and meet their potential. Imagine a table in your living room that is a bit wobbly. It's unable to fully execute its purpose because it is off balance. If that table were level, it's purpose is be better served. A child's mental health is the same. Without supportive relationships, good nutrition and health care, children cannot reach their full potential.

Our work in these areas should not be about "charity", rather as advocates, conveners and educators to help our communities understand these key factors for optimal growth and the development of children.

Federation Friday

Volume 1, Issue 3



GFWC-NC is calling and I must go

Friday's Focus: Sisters of the Sea Cruise GFWC-NC Cruise

July 18 - 22, 2019

4-day Bahama Cruise

Sailing from Charleston, SC

On the Carnival Sunshine

Balcony at \$801.40 per person
based on double occupancy

Oceanview at \$671.40 per person
based on double occupancy

Inside at \$636.40 per person based
on double occupancy

Insurance is an additional \$95.00
per person for a Balcony cabin and
an additional \$79 per person for
Oceanview and Inside cabins

Gratuities can be prepaid with the
final payment – They are an
additional \$51.80 per person

"Carnival Memories are the Best Souvenirs"
– Those who know



\$50.00 per person deposit required
by Aug. 8th, 2018

\$150.00 per person deposit required
by Mar 7th, 2019 or sooner to be
assigned a cabin

Deposit refundable until Apr. 10th, 2019

Final payment due by May 8th, 2019

Ida Newton/Coordinator GFWC-NC Trip
IN Travel / AAA Affiliate
2499 Kirkley Court Wilmington, NC 28409
910-791-5138 (Home)
910-409-3725 (Mobile)
idanjack@hotmail.com
Checks to: IN Travel

4 DAY BAHAMAS CRUISE

Day	Port to Call	Arrival	Departure
THUR	CHARLESTON, SC		6:00PM
FRI	FUN DAY AT SEA	--	--
SAT	NASSAU, BAHAMAS	9:00AM	5:00PM
SUN	FUN DAY AT SEA	--	--
MON	CHARLESTON, SC	8:00AM	

Federation Friday

Volume 1, Issue 4



GFWC-NC is calling and I must go

Friday's Focus: Clubwoman Photographers - CCWC

Calling ALL Clubwoman Photographers!

Do you have a great photo that embodies "Living the Volunteer Spirit?" We are looking for a picture that captures our volunteers in action to feature on our revised **How to Start a GFWC-NC Club** packet. Would you like to have your club showcased? Please send your entry (1 per member) to crystalncjuniors@gmail.com no later than August 4th. Make sure you can produce permission from each person in the photograph in case your photo is selected!

Corporate Champions for Women & Children

At our State Convention in April you heard the exciting news that our newest fundraising event, CCWC (as it has affectionately become known) or Corporate Champions for Women & Children, was a huge success. Chairman Beverly Lassiter shared that our inaugural event raised over \$67,000 for the GFWC of North Carolina. These funds will allow GFWC-NC to continue strengthening and sustaining the very foundation on which we were built.

On October 5, 2017, at the Ritz-Carlton in Charlotte, a room full of GFWC-NC Club members, guests and community members from across our state gathered to celebrate the contributions of 3 corporate honorees whose countless contributions to NC communities closely align with GFWC-NC efforts regarding Women's and Children's issues. Our honorees were each recognized and presented with their very own "Lucy" Award (in honor of the great lady, Lucy Bramlette Patterson, who had the vision to form our State Federation). This award was created and donated by a very talented club woman, Carol Watts.

Some of last year's honorees are now partners and we are honored that their support continues for this year's event.

Mark your calendars for Thursday, September 13th. Join us for the second CCWC event at the Ritz-Carlton in Charlotte at 6pm. Be a part of this wonderful evening as we continue to **"Celebrate Women & Children"** by honoring three more outstanding corporations whose missions also closely align with ours; supporting local communities across our great state. (Business attire is the dress code.)

GFWC-NC is proud to recognize corporations and businesses for their support of **Women & Children's** issues. The partnerships we are forming are priceless.

HOW CAN YOU HELP?

Help us with Sponsorships. Be One or Recruit One! (if each of us recruited ONE \$1000 Partner- WOW! Think how incredible that would be!)

Spread the Word! Help us sell tickets to the event! Come, experience CCWC first-hand!

Make a Donation – As you know, contributions are tax deductible, but even more, they are very much appreciated!

Make your reservations today as **September 1st is the deadline**. Contact GFWC-NC Headquarters and they will be happy to help you!

JOIN US and together we will continue to
"Celebrate Women and Children".

Federation Friday

Volume 1, Issue 5



GFWC-NC is calling and I must go

Friday's Focus: Walking for Charity - Membership

Charity Miles – A fun and easy-to-use App that will track your walks and raise funds for Shot@Life

The President's Special Project "Healthy Women" has three major components: Walking, Wellness, and Eating Healthy. Our walking goal is to "Walk to the Moon" ... or maybe even over the Moon! To meet this target, our GFWC-NC team of members together will walk a total of about 250,000 miles (the approximate distance from the Earth to the Moon) during the 2018-2020 Administration. ***WE CAN DO THIS!***

We will track and measure our progress to the Moon in miles: ***2,000 steps or 20 minutes of brisk walking is considered a mile.*** (Remember that most people walk about 2 miles each day in normal activity. That 2 miles figure will count toward your daily mileage!)

If you have a smartphone, we want to encourage you to use the CHARITY MILES app to track your miles on your outdoor (or indoor) walks. CHARITY MILES lets your walk to improve your personal health also turn your efforts into a fundraiser for good! It is an easy-to-use app that allows you to track your miles and simultaneously fundraise for charities like our GFWC partner organization *Shot@Life*.

HERE'S WHAT TO DO: Download and install the CHARITY MILES app, **choose *Shot@Life*** as the designated charity, and **be sure to join our "GFWC-NC" team!**

For more details about *Shot@Life*: www.shotatlife.org



For helpful information about beginning your walking program: www.thewalkingsite.com/beginner.html

For more details about CHARITY MILES: <https://charitymiles.org/>

(The CHARITY MILES app works on either iPhones or Android devices using the GPS function to track miles. You must have the Location/GPS setting enabled and must also have your device close at hand to track your walk.)



GFWC MemberShip has its benefits!

Many clubs take breaks from meetings in the Summer months, but the benefits of belonging continue year-round. Did you know that GFWC membership provides you with some substantial discounts? From office supplies to hotels, rental cars, and vacation packages, GFWC has you covered! While you're planning your next event or getaway, be sure to check the GFWC website for special discount for our volunteers.

<https://www.gfwc.org/membership/membership-discounts/>

<https://www.gfwc.org/membership/membership-benefit-programs/>

Federation Friday

Volume 1, Issue 6



GFWC-NC is calling and I must go

Friday's Focus: President's Special Project – Healthy Eating

Healthy Eating

Accept The GFWC-NC Challenge!

Today's nutritional guidance includes filling half our plates with fruits and vegetables. Fruits and vegetables are high in vitamins, minerals, fiber and are low in fat and calories. Eating a variety may help you control your blood pressure and weight. The American Heart Association recommends eating eight or more servings (about 4 ½ cups) of fruits and vegetables each day.

Challenge yourself to consume a colorful variety of fruits and vegetables each day. Tips on how to increase your consumption of fruits and vegetables include adding them to foods you serve, such as veggies on a pizza, peas in macaroni salad, fruit on your oatmeal or cereal. Try roasted cauliflower, broccoli, or butternut squash; sip smoothies; add fruit to baked goods or serve raw veggies with low-fat dips with lunch or as an appetizer.

Red/Pink Fruits and Vegetables

Beets, cherries, cranberries, pink grapefruit, pomegranates, radicchio, radishes, raspberries, red apples, red grapes, red peppers, red potatoes, rhubarb, strawberries, tomatoes, tomato sauce, tomato juice, watermelon

Orange Fruits and Vegetables

Acorn or butternut squash, apricots, cantaloupe, carrot, corn, grapefruit, lemons, mangoes, nectarines, oranges, orange juice, orange peppers, papaya, peaches, pineapple,



pumpkin, summer squash, sweet potatoes, tangerines, yams, yellow apples, yellow peppers, yellow squash

Green Fruits and Vegetables

Artichokes, asparagus, avocados, bok choy, broccoli, Brussels sprouts, celery, collard greens, cucumber, green beans, green cabbage, green grapes, green onions, green peppers, kale, kiwi, leeks, limes, mustard greens, okra, pears, peas, romaine lettuce, snow peas, spinach, sugar snap peas, watercress, zucchini

White Fruits and Vegetables

Bananas, cauliflower, garlic, Jerusalem artichoke, mushrooms, onion, potatoes, parsnips, shallots

Blue and Purple Fruits and Vegetables

Blackberries, blueberries, currants, dates, eggplant, purple grapes, purple grape juice, plums, prunes, purple figs, raisins

Try new recipes and share with your fellow GFWC Clubwomen!

Sources and websites with more information:

USDA: www.choosemyplate.gov

American Heart Association: www.heart.org

Federation Friday

Volume 1, Issue 7



GFWC-NC is calling and I must go

Friday's Focus: Finding a Physician – Immunization Awareness Month

Finding a Primary Care Physician

Health care and related language has changed over the years. In the past, you may have seen the same doctor throughout your life for illnesses, preventive screenings and referrals. Now, primary care physician practices are considered your medical home and may be labeled as:

1. *Family Practices- treat all ages and a wide variety of conditions.*
2. *Internal Medicine Practices- typically treat adults and specialize in prevention, diagnosis and management of disease and chronic conditions.*
3. *General Practices- treat patients of any gender or age and may include osteopaths.*

A vital consideration is to find a provider that accepts your medical insurance and is associated with specialists and hospitals that also accept your insurance.

Most medical insurance plans have a list of physicians considered “in-network” on their website, meaning they have an arrangement with the insurance company and will normally bill them for their portion of your bill.

In choosing a medical home/physician, ask friends, neighbors or other health care professionals for suggestions. If you have a chronic health condition, you should ask others with similar conditions for referrals.

Consider the logistics, location of the office, ease of transportation to the office, hours of operation and language in which you need to communicate.

Make an appointment to evaluate your comfort level with the office staff, nurses and physician. Consider wait time,



phone demeanor, time it takes for return phone calls and availability of timely appointments. If you are not happy with the considerations listed, go back to square one and

try another physician. Emergency departments and urgent care centers have a role in our health care but are not the best solution to monitor and improve your health over time.

Source: www.bcbs.com



People of all ages can protect their health with on-time vaccinations. **National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages.**

Communities across the country use this month each year to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases across the lifespan.

NIAM is sponsored by the National Public Health Information Coalition (NPHIC). NPHIC, in collaboration with CDC's National Center for Immunization and Respiratory Diseases, developed communication toolkits to help educate people of all ages about vaccines recommended for them. For more information on the observance and to download the communication toolkits, visit NPHIC's [NPHIC website](http://www.nphic.org)

<https://www.cdc.gov/vaccines/events/niam.html>

Federation Friday

Volume 1, Issue 8



GFWC-NC is calling and I must go

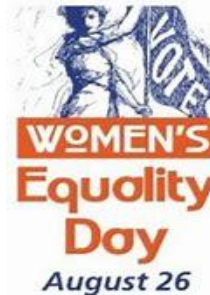
Friday's Focus: Women's Equality Day

August 26th is Women's Equality Day

New York was the place to be in the mid to late 1800's. Women suffragettes were joining forces and blazing a path we benefit from today.

The first United States organized woman's rights convention took place July 19-20, 1848, in Seneca Falls, NY at Wesleyan Chapel with nearly 200 women in attendance. Lucretia Mott and Elizabeth Cady Stanton, two abolitionists who met at the 1840 World Anti-Slavery Convention in London, organized the event. Stanton read aloud the "Declaration of Sentiments and Grievances" she modeled after the Declaration of Independence. Its preamble featured the proclamation, "We hold these truths to be self-evident: that all men and women are created equal; that they are endowed by their Creator with certain inalienable rights..." The Declaration of Sentiments and Grievances then detailed the injustices inflicted upon women in the United States and called upon U.S. women to organize and petition for their rights. The Seneca Falls Convention was followed two weeks later by an even larger meeting in Rochester, N.Y.

Jane Cunningham Croly, our very own GFWC founder, was denied admittance in an all-male press club honoring British novelist Charles Dickens in 1868. As a result, she formed a woman's club – Sorosis. In celebration of Sorosis' 21st anniversary in 1889, Jane invited women's clubs throughout the United States



www.history.com

www.gfwc.org

<https://constitutioncenter.org>

For more info on WHRC
contact Tammy Kesky, GFWC-
NC WHRC Chairman

to pursue the cause of federation by attending a convention in New York City. On April 24, 1890, 63 clubs officially formed the General Federation of Women's Clubs by ratifying the GFWC constitution.

Because our determined and passionate foremothers were relentless in the pursuit of women's equality, the 19th Amendment to the U.S. Constitution was certified on August 26, 1920, giving women the right to vote. In 1971, Representative Bella Abzug championed a bill in the U.S. Congress to designate August 26 as "Women's Equality Day." The bill says that "the President is authorized and requested to issue a proclamation annually in commemoration of that day in 1920, on which the women of America were first given the right to vote."



Federation Friday

Volume 1, Issue 9



GFWC-NC is calling and I must go

Friday's Focus: GFWC Legislative Action Center

GFWC Legislative Action Center **Advocacy in Action**

In accordance with the resolutions adopted by the General Federation of Women's Clubs, GFWC often joins other national organizations to urge congressional or federal agency action. These letters, in addition to individual clubwomen contacting members of Congress directly through the Legislative Action Center, result in a national network of grassroots advocates working together to improve the lives of club members, their communities, our nation, and the global community.

To promote the interests of the Federation and its members, GFWC provides additional information including bill summaries, congressional conference reports, and research findings germane to GFWC advocacy efforts.

Go to www.gfwc.org – click on *What We Do* and follow the link and easy instructions. Be sure to check the *Remember Me* and *Email Opt In* boxes. With **one** click, GFWC sends your letter to **all** your legislators. **And**, when there is an issue that is important to GFWC members, you will receive an email Alert as a reminder. Nothing could be easier. The new goal is to add **500** new GFWC-NC members to the GFWC Legislation Action Center.

Another way to stay informed on current legislative issues is to be connected to the GFWC-NC Legislative E-Alert System. Send your name, email address and club name to GFWC-NC Legislative Chairman Judi Stankowich at judistankowich@atmc.net to be included.

Signing up is the first step, but we must use the tools!



When you receive a legislative alert, act on it. If you see or hear something that you think needs action, contact GFWC-NC Legislative Chairman Judi Stankowich.

Join the [*GFWC Recognize the Red*](#) campaign.

- Any time a GFWC member sends a traditional letter or an email to a legislator, she should use the color **RED**, the color of GFWC's official flower, the red rose, for her signature.
- Include the sentence "As a member of the **General Federation of Women's Clubs** – an international women's organization dedicated to community improvement by enhancing the lives of others through volunteer service and its member clubs **GFWC of North Carolina** and (**name of member's club**), I urge..."
- For traditional letters, the member should write her return address in **RED** and put a big check mark in **RED** on the outside of the envelope. Eventually, when a legislator or legislative aide sees a **red** signature or a **red** return address, she will recognize that she is again hearing from a GFWC member.

GFWC-NC was awarded first place at the 2018 GFWC Convention for Greatest Increase in enrollment in **the** GFWC Legislative Action Center. Do I hear a "Let's win that again"?

Let's add **500** new GFWC-NC members to the GFWC Legislation Action Center!

Federation Friday

Volume 1, Issue 10



GFWC-NC is calling and I must go

Friday's Focus: Fruits & Veggies – More Matters and Membership

"Fruits & Veggies – More Matters" Month

Make A Difference

September is the perfect time to encourage members, family and friends to eat more fruits and veggies. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk of heart disease, Type 2 diabetes, some types of cancer, obesity, high blood pressure and more!

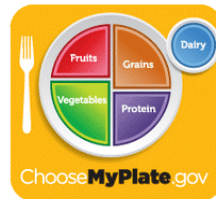
Beyond their ability to reduce the risk of illness, fruits and vegetables are low in calories, high in fiber, and rich in vitamins and minerals. They are nutritious in any form: fresh, frozen, dried, canned and 100% juice. Make a difference: Spread the word about healthy eating and encourage communities, organizations, families, and individuals to join in the fun, improve their health and get involved. <https://www.fruitsandveggiesmorematters.org/>

HEALTHFINDER.GOV offers a toolkit with information and ideas – click on:

<https://healthfinder.gov/NHO/SeptemberToolkit2.aspx>

Here are a few ideas to help you and your family fit more fruits and vegetables into your day:

- *Keep a bowl of fruit handy where the whole family can see it.*
- *Cut up fruits and veggies ahead of time so they're ready for quick, healthy snacks.*
- *Challenge your family to try a new veggie or fruit every week.*
- *Plan to prepare and share a new healthy recipe together once a week.*



Start with small changes

www.choosemyplate.gov/start-small-changes

Develop an eating plan

www.choosemyplate.gov/MyPlatePlan



All Aboard the Membership

GFWC's "UNITED BY OUR DIVERSITY" Campaign

Summer was the RETENTION season, and we're transitioning to the **Fall RECRUITMENT season**. As you gear up for a busy Fall, be sure to set some recruitment goals for September, October and November. Share your membership success and help GFWC track our goal of increasing membership 20% by 2020.

"That whatever our personal opinions are, whatever you think of the question, we are to think first of the LIFE of the General Federation; because in it is the great thought of fellowship and fraternity among women that is to bring us closer and closer to the millennium." – Jane Cunningham Croly

It is important to remind club members why GFWC is important to all of us. Consider holding a GFWC Refresher this fall to keep the Federation fresh in everyone's mind. There are great ideas in the CONDUCT A GFWC FEDERATION REFRESHER beginning on page 4 of the Membership Advancement Guide.

<https://www.gfwc.org/membership/recruitment-campaigns/>

Federation Friday

Volume 1, Issue 11



GFWC-NC is calling and I must go

Friday's Focus: World Alzheimer's Month

Alzheimer's Seen Through a "Window of Time"

My mother was so vibrant and full of life ... Loving, caring, sharing 54 years as my father's wife.

An avid reader of books ... a wonderful Southern cook.

Who spent many delightful hours with her sweet little grandson ... No matter the time of day she was there to play with him even when other things were still there to be done.

One day, I noticed she was searching for words to complete her spoken sentences ... and when I tried to help her, it was like I was a menace.

A slow progressive change began to overtake her physical and mental health ... Memories began to dim, there were articulation repetitions along with forgetting names of family, friends and mine.

There were struggles with everyday needs (bathing, brushing teeth, etc.) ... which caused much frustration indeed!

Darkness, silence and fear reigned in as each night passed on.

I would gently assure her that I was there ... and she would let me gently brush her natural curly hair.

This journey for her was a life altering disease ... Agitation, anger and sadness in her life had arrived.

But my mother was still the very best ... Thank you God for I was blessed.

The day reality surrounded me was when she did not remember my birth-day...Her only child.

It was then I truly knew ...

Poem: Effects of Alzheimer's disease during my mother's life (1924-1999)
by Pauletta R. Parker, GFWC-NC Chaplain



September is World Alzheimer's Month. Alzheimer's disease is the most common form of dementia, a group of disorders that impairs mental functioning.

Alzheimer's disease comes creeping into one's life before you or someone else realizes it is there. A loved one may become somewhat forgetful and we often just brush it off even though we do care. Some research has been focusing on the preventative side of treating Alzheimer's.

We know eating a healthy balanced diet helps reduce heart disease, stroke and some forms of cancers. Therefore, the thought could be eating a healthy diet may also help to keep our brain healthy. Blueberry fruit has been referred to as a "superfruit" which contains the presence of healthful antioxidants along with health boosting properties which may improve memory.

The medical field continues to do further testing. As clubwomen, we need to stay on the cutting edge of Alzheimer's research and to consider eating healthy, walking for exercise, getting enough sleep, increasing socialization in our daily lives, enjoying memory games and cross-word puzzles.

<https://www.awarenessdays.com/awareness-days-calendar/world-alzheimers-day-2018/>

September 21, 2018 marks the 7th world **Alzheimer's month**. From previous studies, an average of 2 out of 3 people globally have little or no understanding of Alzheimer's disease and associated dementia in their countries.

Federation Friday

Volume 1, Issue 12



GFWC-NC is calling and I must go

Friday's Focus: National Women's Health & Fitness Day – Gynecologic Cancer Awareness Month

Wednesday September 26th is National Health & Fitness Day

Women's Health & Fitness Day is the nation's largest annual health promotion event for women of all ages. This year's event is set for Wednesday, September 26, 2018. It is held on the last Wednesday in September each year.

This unique national program focuses attention on the importance of regular physical activity and health awareness for women. Women's Health & Fitness Day is part of National Women's Health & Fitness Week, held annually during the last week in September.

If you are looking for a little extra motivation, here are a few reasons to get moving!

1. Reduces your dementia risk.

Over the years, studies have found that staying active can boost mind function and energy, decreasing the risk of dementia.

2. Decreases your osteoporosis risk.

Fitness, especially load-bearing exercise, is important for bone health, according to certified personal trainer Leigh Crews. "Exercise can be one of the most important things you can do to prevent osteoporosis, protect yourself from falls and help maintain bone mass," she says.

3. Prevents muscle loss.

As we get older, not only do our bodies build muscle less efficiently, but the muscle we already have breaks down more quickly, according to a study in The American Journal of Clinical Nutrition. This makes regular exercise an integral part of healthy aging.

4. Reduces stress, depression and anxiety.

We've been hearing for years that regular activity boosts your mood, but it also helps reduce stress and anxiety.



Resources:

<http://www.fitnessday.com/women/>

<https://www.webmd.com/men/features/exercise-benefits#1>

September is Gynecologic Cancer Awareness Month, a national recognition established by the Foundation for Women's Cancer in 1999. It is estimated that this year 98,000 women will be diagnosed with a gynecologic cancer and some 30,000 will die from the disease.



Reduce the risk of the five main types of gynecologic cancer: cervical, ovarian, uterine, vaginal, and vulvar.

Inside Knowledge encourages women to pay attention to their bodies, so they can recognize any warning signs and seek medical care. Schedule regular check-ups and screenings to look for a disease before symptoms occur. Screening is effective because cancers can be detected early, which leads to more effective treatment. Know your family history; diagnostic tests can be used for women at high risk.

<https://www.cdc.gov/cancer/gynecologic/>

<http://www.foundationforwomenscancer.org/about-the-foundation/>

Federation Friday

Volume 1, Issue 13



GFWC-NC is calling and I must go

Friday's Focus: 2018 -2020 GFWC-NC FUNdraising update

GFWC-NC Fundraising

"We should never forget that no Fundraising effort ever succeeds unless one person asks another person for money." - Andrew D. Parker, Jr.

As GFWC-NC Fundraising Chairman, Cindy Hewitt would like to share with some of the wonderful opportunities available for you to help us raise funds for our State Federation. Also, serving on our Fundraising Committee are Peggy Schiavone, Carol Ann Lohman, Angela Williams, Jennifer Smith and Betsy Grannis

1902 Society Chairman, Angela Williams is ready to accept your donations to this worthy cause as we continue to build upon the very foundation on which we were founded. 1902 was the year that Lucy Bramlette Patterson invited women's clubs from across our state (from Wilmington, Goldsboro, Salisbury, Statesville and Winston-Salem) to gather in the Salem College Chapel. The North Carolina State Federation was formed on May 27th of that year.

We have 3 levels of giving to demonstrate your support and appreciation: Level 1 is the "Whelk" at \$19.02, Level 2 is the "Sand Dollar" for \$190.20 and Level 3 is the "Scotch Bonnet" for \$1902. With your donations, Angela has beautiful shells for each of the respective levels as a small token of our appreciation for you! Funds raised through our 1902 Society will support our General Fund.

In keeping with the focus on sustaining our **Federation Legacy**, we have a couple of opportunities for each of you. Our **"Treasure Chest"** Chairman, Carol Ann Lohman, has beautiful stretch **bracelets** (one size fits most), with pearls,

turquoise and Mermaids. They are beautiful and fun! Purchase **one** if you like. They are \$20 each- but we have **3** styles to choose from – and all **3** of them can be yours for \$50! We also are continuing to sell the **"Starfish"** pins for \$125 each. New, fun and exciting this Administration is the **"Girls with Pearls Society"**. We are looking for 100 Women to each donate \$100 to support our Legacy Fund. Our **"Girls with Pearls Society"** members will each receive a **"GWPS"** card to display at meal functions during Convention. And, coming over the next several weeks, we will have a special commemoration to unveil, exclusively, for our **"GWPS"** members.

FUNdraising

"Celebrate Women"; to join in we have fun, affordable, unique, artist crafted, **"Women's Pins"** available for \$25 each. Women's Pins Chairman, Peggy Schiavone, will have these got-to-have pins at our State Meetings, Arts Festivals, and Conventions. The pins are handmade, by women, for women. You will want more than one!

To jumpstart fundraising efforts, we held a "Mer-Mazing" Silent Auction at our GFWC-NC Summer Meeting. Selections ranged from colorful beach totes to gorgeous handmade pottery. We raised just over \$5,800 from the Silent Auction, Women's Pins, Bracelets, **"Girls with Pearls Society"** Memberships, 1902 Society Contributions and CCWC Partnerships. Thank you and Congratulations!

And best of all, we had FUN with Federation FUNdraising!

Federation Friday

Volume 1, Issue 14



GFWC-NC is calling and I must go

Friday's Focus: Dental Health and Hygiene

October is National Dental Hygiene Month

Brushing your teeth is an important part of your dental care routine. For a healthy mouth and smile the American Dental Association (ADA) recommends you:

- Brush your teeth twice a day with a **soft**-bristled brush. The size and shape of your brush should fit your mouth allowing you to reach all areas easily.
- Scrubbing and lots of “elbow grease” is not necessary. Plaque is removed with a light touch. Stains and build-up need to be removed by visits to your dental hygienist.
- Replace your toothbrush every three or four months, or sooner if the bristles are frayed. A worn toothbrush won't do a good job of cleaning your teeth.
- Make sure to use an ADA-accepted fluoride toothpaste.

Whether you choose a manual or electric toothbrush it is important to “brush up” on your techniques. Electric toothbrushes may make brushing easier since they do a lot of the job for you. Many have ultrasonic features that loosen plaque, therefore they do a more thorough cleaning.

The proper brushing technique is to:

- Place your toothbrush at a 45-degree angle to the gums.
- Gently move the brush back and forth in short (tooth-wide) strokes.
- Brush the outer surfaces, the inner surfaces, and the chewing surfaces of the teeth.
- To clean the inside surfaces of the front teeth, tilt the brush vertically and make several up-and-down strokes.



Practice good dental hygiene. Set up an appointment with your dentist.

Use #DentalHygieneMonth to post on social media.



Of course, brushing your teeth is only a part of a complete dental care routine. You should also make sure to:

- Clean between teeth daily once a day. Tooth decay-causing bacteria still linger between teeth where toothbrush bristles can't reach. This helps remove plaque and food particles from between the teeth and under the gum line. Dental floss, proxy-brushes and water-picks are tools designed to clean between teeth.
- Eat a balanced diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.

Talk to your dentist about what types of dental products will be most effective for you. They can design a dental care program that is customized to your needs and optimizes your dental health.

Adapted from ADA.org

Federation Friday

Volume 1, Issue 15



GFWC-NC is calling and I must go

Friday's Focus: Domestic Violence Awareness

October is Domestic Violence Awareness Month

GFWC's Signature Program is Domestic Violence Awareness and Prevention. On both a local and national level, GFWC supports victims of domestic violence.

As part of the GFWC Signature Program: Domestic Violence Awareness and Prevention, the GFWC *Success For Survivors Scholarship* was created in 2012 to lend a helping hand to those impacted by intimate partner violence who are pursuing higher education. The scholarship aims to provide survivors with a means to achieve both financial and personal independence. Since its inception, GFWC has awarded over \$60,000 in scholarship funds. Applications for the scholarship funds are being taken now through February 1, 2019. For more information;

<https://www.gfwc.org/success-survivors/>

Through the GFWC Legislative Action Center, members advocate for laws that protect victims of domestic violence. Sadly, domestic violence will continue if we don't speak up. That's why we refuse to back down and will show the world that we as GFWC members are united in the fight to end domestic violence. Use Domestic Violence Awareness Month as a platform to begin talking about this issue in your community. <http://cqcengage.com/gfwc/home?1>

For more than 20 years, the **National Resource Center on Domestic Violence** (NRC DV) has been a comprehensive source of information for those wanting to educate themselves and help others on the many issues related to domestic violence.

Through its key initiatives and special projects, NRC DV works to improve community response to domestic violence and, ultimately, prevent its occurrence. <http://www.ncadv.org/>



National Domestic Violence Statistics

- 1 in 4 women and 1 in 7 men will experience severe physical violence by an intimate partner in their lifetime. (CDC, 2017)
- 1 in 10 women in the United States will be raped by an intimate partner in her lifetime. (CDC, 2010)
 - Approximately 16.9% of women and 8.0% of men will experience sexual violence other than rape by an intimate partner at some point in their lifetime. (CDC, 2010)
 - Data on sexual violence against men may be underreported.
- An estimated 9.7% of women and 2.3% of men have been stalked by an intimate partner during their lifetime. (CDC, 2017)
- Nearly half of all women and men in the United States will experience psychological aggression by an intimate partner in their lifetime. (CDC, 2017)
- Over half of female and male victims of rape, physical violence, and/or stalking by an intimate partner experienced some form of intimate partner violence for the first time before 25 years of age. (CDC, 2010)

Federation Friday

Volume 1, Issue 16



GFWC-NC is calling and I must go

Friday's Focus: Advocates for Children Week - Breast Cancer Awareness

Advocates for Children Week

GFWC clubwomen will celebrate Juniors' Special Program: Advocates for Children Week from Sunday, October 21st to Saturday, October 27th, but members continue to help children all year long!

The GFWC-NC Director of Junior Clubs theme for the 2018-2020 administration is "Thriving Children." Reach out in your communities and find resources: Smart Start, United Way, Local Food Banks, Schools, Health Departments, Churches, Libraries, Hospitals, Doctors Offices and Farmers Markets. Ask how your club can help.

Help children thrive during this week. Be sure to post on social media and Share!

Here are ways to help literacy with children: Place books inside a Doctor's Office, start or help to fill a small community library or donate books to schools or reading programs.

Here are ways to ensure children in our communities are getting healthy food options: Donate food to food pantries, sponsor Backpack Buddies, serve at your local food bank or set up a fresh fruit and veggies stand.

Here are ways to make sure kids are prepared academically and promote the importance of education: Buy school uniforms, collect school supplies, help families sign their kids up for Headstart or be a tutor or reading buddy.

Here are ways to promote physical health: Host a kickball game, volunteer at a school field day or volunteer at a dental clinic/dental bus.

Here are ways to promote mental health: Educate families about child mental health awareness or volunteer at a DV or Sexual Assault Center.



Breast cancer cannot be prevented but early detection can increase your chance of finding cancer before it spreads. National Mammography Day is **Friday, October 19th, 2018.**

October is Breast Cancer Awareness Month

Breast cancer is the second most common type of cancer in women. Approximately 1 in 8 women born today in the United States will get breast cancer during their lifetime.

The good news is that most women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when treatment is less invasive. Breast self-exams are important too for early detection.

National Breast Cancer Awareness Month is an opportunity to raise awareness about the importance of detecting breast cancer early. Spread the word about mammograms, and encourage communities, organizations, families, and individuals to get involved.

How can National Breast Cancer Awareness Month make a difference?

Spread the word about steps women can take to detect breast cancer early. Encourage your friends and family to get their mammograms. Make a difference!

<https://healthfinder.gov/NHO/OctoberToolkit.aspx>

<https://www.cdc.gov/cancer/gynecologic/>

<https://www.nationalbreastcancer.org/>

Federation Friday

Volume 1, Issue 17



GFWC-NC is calling and I must go

Friday's Focus: Corporate Champions for Women and Children and 7 Grand Initiatives

GFWC-NC Corporate Champions for Women & Children (CCWC)

The GFWC-NC held its second annual Corporate Champions for Women and Children Awards Banquet at the Ritz-Carlton in Charlotte on October 22nd. The event recognized corporations and businesses for their outstanding support of **Women & Children's** issues in local communities throughout North Carolina. This year's honorees were **Domtar, Duke Energy and Showmars**.

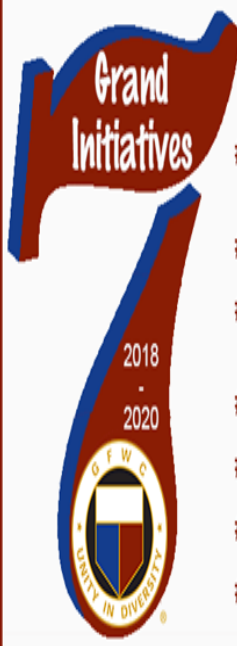
Domtar, the largest integrated manufacturer and marketer of uncoated freesheet paper, has Corporate and Divisional Offices in Fort Mill, SC, Montreal, QC and Raleigh, NC. The company is committed to championing health, dignity and comfort in its communities. Domtar leads a tremendous volunteer effort and has packaged more than 1.5 million diapers to help support underserved families in the greater Durham area.

Duke Energy, an electric power company headquartered in Charlotte, has assets in the United States, Canada and Latin America. Duke Energy has donated thousands of dollars in the areas of Science, Technology, Engineering and Math (STEM), arts, early childhood literacy, environmental community initiatives and local education programs.

Showmars is a North Carolina-based restaurant chain serving Southern, Fresh, and Greek cuisine in 25 locations. They are a Presenting Sponsor of the Receptions for Research: The Greg Olsen Foundation Golf Tournament, whose proceeds benefit Levine Children's Hospital. Showmars also supports the American Heart Association's Go Red for Women Movement, as well as many local community sports and children's programs.

Special guest Mecklenburg County Commissioner Matthew Ridenhour provided greetings and a warm welcome from the County.

GWFC-NC CCWC Chairman and GFWC Southeastern Region Secretary Beverly Lassiter presided over this most successful event. GFWC-NC President Ann Landis and GFWC-NC Director of Junior Clubs LeAndra Ratliff said "We are thankful for Beverly Lassiter and her outstanding leadership in organizing the event along with *all* the members of her committee. The GFWC of North Carolina is proud to celebrate these three outstanding 2018 Award Recipients. We appreciate their partnership and volunteer spirit!"



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.

Remember to include the 2018-2020 GFWC 7 Grand Initiatives while planning your Club programs during this administration!

Federation Friday

Volume 1, Issue 18



GFWC-NC is calling and I must go

Friday's Focus: Time for your Flu Vaccination

Fall is the Season to Prepare for Winter

November means pumpkins, delicious North Carolina apples, mums, fall trips to the mountains, fire pits with friends, a slight nip to the morning air and FLU VACCINATIONS!

Last year's media coverage of the flu season and personal experience resulted in many people believing that there is no reason to get a flu shot. Many who got the vaccine still ended up with the flu. The 2017-18 influenza season was the deadliest in the last 4 decades, with approximately 80,000 deaths, including 180 pediatric deaths and over 900,000 influenza related hospitalizations.

In North Carolina, there were 389 deaths attributed to influenza. After all the statistics were compiled, the Centers for Disease Control and Prevention (CDC) reported that the effectiveness of last year's vaccine was 40%. This means that persons who received the vaccine were 40% less likely to require hospitalization, or less likely to die from the flu. The CDC reports that this year's flu vaccines have been updated to better match the circulating flu viruses.

Do not be discouraged and give up on getting an influenza vaccination. A flu vaccination can help keep you from getting sick from flu. Protecting yourself from flu also helps protect the people around you who are more vulnerable to serious flu illness. The Centers for Disease Control and Prevention recommends annual flu vaccinations for everyone six months of age and older.

Children younger than five years old and adults 65 years old or older, pregnant women, and people with underlying medical conditions are all at increased risk of severe illness or complications from the flu.

You should get a flu vaccine before flu begins spreading in your community!

Influenza vaccines are available from your medical provider, local health department and many pharmacies. Most health insurance plans cover influenza vaccinations as preventive care. Make a date with your spouse, a loved one or friend to get a flu shot this month!

Centers for Disease Control and Prevention,
www.cdc.gov

NC Dep. of Health and Human Services, www.flu.nc.gov



PUMPKIN PACKS A NUTRITIONAL PUNCH

Enjoy the versatility, flavor and nutritional benefits of pumpkin. Often the star ingredient in many sweet delights such as pie and custard, pumpkin can also make a savory side dish. Pumpkin seeds are tasty and nutritious. Don't throw away your carvings; instead, roast and enjoy! When you enjoy pumpkin, count on getting a good supply of beta-carotene, vitamin C, fiber, iron, potassium, and other nutrients.

Sources: HealthFitness Dietitian

Federation Friday

Volume 1, Issue 19



GFWC-NC is calling and I must go

Friday's Focus: Veteran's Day / GFWC-NC Web Site

Veteran's Day is Sunday November 11th

Veteran's Day is an opportunity to honor those who have served, fought, and sacrificed in order to preserve and protect the freedoms of the United States of America. Celebrations across America honor veterans for their patriotism, love of country, and willingness to serve for the common good.

World War I, known at the time as "The Great War", officially ended when the Treaty of Versailles was signed on June 28, 1919, but the actual fighting ended seven months earlier with a temporary cessation of hostilities between Germany and the Allied Nations. It went into effect on the *eleventh* hour of the *eleventh* day of the *eleventh* month. As a result, November 11, 1918, is often regarded as the end of "the war to end all wars."

In November 1919, President Wilson proclaimed November 11th as the first commemoration of Armistice Day: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

The original day-long celebration was observed with parades, public meetings and a suspension of business at 11:00 a.m.

With Act 52 Stat. 351; 5 U. S. Code, Sec. 87a, approved May 13, 1938, the 11th of November became a legal holiday. It continues to be celebrated on November 11th, no matter which day of the week it falls on.

Please keep our veterans and active military service members in your hearts, thoughts and prayers this Sunday.



Veterans Day is an official United States public holiday, observed annually on November 11 to honor military veterans who have served in all branches of the United States Armed Forces.

WWW.GFWCNC.ORG

Announcing our updated GFWC-NC web site!!

It's ready! The site and updates have taken a lot of hard work and planning. Many thanks to Dottie Jennings and the 2016-2018 GFWC-NC Executive Committee for their foresight in developing a web site that is streamlined and easy to use!

Check out the updated history under the ABOUT tab, the benefits of membership under the MEMBERSHIP tab, the 2018-2020 CSP, Special Projects and Award Entry information under the COMMUNITY SERVICE tab, Publications and CCWC under the NEWS & EVENTS tab and much, much more!!!

Tip of the Day: TRY HEALTHY FATS

Too much saturated fat (whole milk, whole-milk dairy products, cream, butter, lard, tropical oils and fatty meats) can increase LDL (bad) cholesterol levels and the risk of heart disease. Replace these with unsaturated fats and oils, such as olive or canola oil instead of butter when cooking, a handful of nuts or almonds for a snack in place of ice cream or add sliced avocado to a salad or sandwich.

Source: American Heart Association

Federation Friday

Volume 1, Issue 20



GFWC-NC is calling and I must go

Friday's Focus: Thanksgiving

Happy Thanksgiving!

A day for family, friends, food, giving thanks and staying healthy! Here are some tips to help you enjoy the day and your feast without guilt.

Get up early Thanksgiving Day and take your walk or follow your favorite exercise routine.

Eat a healthy, but not heavy breakfast. Don't save up all your calories for Thanksgiving Dinner!

Prepare a few dishes with healthier ingredients. Most recipes contain too much fat and sugar so cutting back some will not sacrifice taste.

Here are some suggestions to lighten up your Thanksgiving favorites from Connie Diekman, MEd, RD, former president of the American Dietetic Association (ADA).

- Use fat-free chicken broth to baste the turkey and make gravy.
- Use sugar substitutes in place of sugar and/or fruit purees instead of oil in baked goods.
- Reduce oil and butter wherever you can.
- Try plain yogurt or fat-free sour cream in creamy dips, mashed potatoes, and casseroles.

Have a glass of wine, a wine spritzer or cocktail but between alcoholic drinks enjoy an 8 ounce glass of water or sparkling water.

Remember to choose a rainbow. Fill your plate with lots of colorful fruits and vegetables.

Source: www.webmd.com



Thanksgiving, which occurs on the fourth Thursday in November, is based on the colonial Pilgrims' 1621 harvest meal.

Thanksgiving Prayer 2018

Heavenly Father,

Thank you for the lovely transition from leaves of green to bright colors of red, gold and orange on Thanksgiving morn.

Thank you for our gifts of foods delivered to local Food Pantries for those who are hungry.

Thank you for the freedom we experience each day and we pray for those who are enslaved by human trafficking.

Thank you, Lord for the many blessed gifts you have bestowed upon us to be able to serve others.

Thank you, Lord for our focus on Healthy Women which renews us with your peace, joy and love.

Thank you for our Federation Sisters all around the world and may all have a wonderful Thanksgiving. Amen.

Federation Friday Chaplain Pauletta Parker

*Happy Thanksgiving from our
GFWC-NC Family to yours!*

Federation Friday

Volume 1, Issue 21



GFWC-NC is calling and I must go

Friday's Focus: International Volunteer Day is Dec 5, 2018

Volunteer on December 5th!

Mandated by the United Nations General Assembly in 1985, December 5th each year is observed as International Volunteer Day. However, this day is more than an observation! It is a day when volunteers worldwide put into action their physical efforts to help others.

Over the years, the focus of IVD has targeted alleviating poverty, hunger, disease, environmental degradation and discrimination against women.

As a GFWC member, we know all about *Living the Volunteer Spirit!* Imagine the reward of putting our tagline to action within our community by working alongside others on this International day!

So much good could be accomplished.

- (1) Unity within your community while working toward a common goal.
 - (2) Helping those in need.
 - (3) Raising awareness of GFWC as an organization of caring, active volunteers!
- *Contact your town/county about a roadside, park or beach cleanup.*
 - *Contact a nursing home/assisted living about helping with crafts or addressing Christmas cards for the residents.*
 - *Offer to decorate a tree at a domestic violence center or children's home.*
 - *Offer a food bank that day for those who are food insecure.*
 - *Organize a toy drive for needy children.*

The possibilities are endless!




Volunteers don't get paid, not because they're worthless, but because they're priceless."

Sherry Anderson



As you plan your volunteer efforts, keep the Grand Initiatives in mind!



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.

HEALTHY TIP: Rethink that order!

How often do you automatically order the combo from a fast food menu? Next time think ahead before you order. Could you get a side salad or fruit rather than fries? How about a bottled water instead of soda? Instead of a larger combo, order the regular size portion or a kid's meal. Source: U.S. Department of Agriculture

Federation Friday

Volume 1, Issue 22



GFWC-NC is calling and I must go

Friday's Focus: Protect yourself from e-mail spoofing

Have you been spoofed? It's no joke!

Over the past 2 years, several of my GFWC-NC related friends have received emails that look like they are from me. The header says "Julie Wolfe", but the emails are not actually from my email address. The message may ask the receiver to contact "me" (reply to the phony address) or may direct her to purchase something that can be converted to cash and then contact "me" for further instructions.

This summer a newly installed GFWC-NC club president experienced a similar problem just after the club website was updated to reflect the administration change. The newly installed club treasurer received an email which looked like it came from her club president with directions to issue club funds. Thankfully the club treasurer called the club president and they both realized the scam.

Several GFWC-NC officers have had a similar experience as well, so it is important to be careful and observant.

This is a fairly common form of spamming called email "Spoofing". Someone has been "Spoofed" when they receive an email that looks like it comes from someone on their contact list, but it is not from that person's actual email address. The ultimate goal of Spoofing is to trick the recipient into transferring funds to the bogus sender.

Unfortunately, there is little to be done to prevent this. If the emails appear to be coming from you, changing your email address or your password will not solve the problem because the sender is using neither.

It is equally difficult to prevent if you are the recipient. This is unlike typical spam and much harder to detect. Unfortunately, most malware or spam systems will not detect the issue.

Be vigilant in double checking the email address of any sender before you take any action, especially when checking from your phone, which may not display the full email address of the sender.

Have you been spoofed? If so, we would like to hear from you. We're thinking that this issue is wide spread and we'd love your input. Please contact me.

Julie Wolfe, GFWC-NC Public Issues CSP Chairman



Techopedia explains *Spoofing*

Spoofed emails may request personal information and may appear to be from a known sender. Such emails request the recipient to reply with an account number for verification.

The email spoofer then uses this account number for identity theft purposes, such as accessing the victim's bank account, changing contact details and so on.

The attacker (or spoofer) knows that if the recipient receives a spoofed email that appears to be from a known source, it is likely to be opened and acted upon.

A spoofed email may also contain additional threats like Trojans or other viruses. These programs can cause significant damage by triggering unexpected activities, remote access, deletion of files and more. Be careful!

www.techopedia.com

Federation Friday

Volume 1, Issue 23



GFWC-NC is calling and I must go

Friday's Focus: Tips for a Healthy Holiday

Tis the Season...For Temptation!

Temptations are everywhere during the holidays - social gatherings, family meals, office parties. Food is all around us. Delicious, tasty, pretty food! A piece of pecan pie, a cup of eggnog, a couple butter cookies extra a day could result in an extra two to three pounds during the six-week holiday period. Remember, 3500 extra calories equal one-pound of weight gain.

How do stick to your plan to watch your waistline? The following tips come from the Centers for Disease Control and Prevention and the Harvard Health Letter.

- You may not be able to control the foods you are served, but you can control what you eat. If going to an event where you will eat later than your normal mealtime, eat a small healthy snack before the event. Suggestions are a small handful of nuts, an apple with peanut butter, a slice of turkey on whole wheat bread.
- If you plan for it, no food needs to be on the naughty list. Just don't eat everything at feasts and buffets. Be choosy and spend your calories on foods you love. A small taste of a delicious treat is often all you need.
- It takes 20 minutes for your brain to realize that you are "full" so take a break before going back for seconds.
- Move away from the buffet or serving table. Engage in conversation. If you are at a social event where you walk around, put your plate down after your trip to the buffet table.



- Drink to your health. Eggnog can have 500 calories in a cup. Alcoholic drinks start at 125 calories and go up! If you partake in these, start with a glass of water or seltzer and continue to alternate in between alcoholic drinks.
- Make room for vegetables and fruits. Start with them to fill up. Don't forget to track your vegetables for the Healthy Women Project!
- Take time for exercise and don't forget to count and record those steps using Charity Miles or another tracker. Find time for a walk or exercise on days you plan to attend a food event. Dance or play games to keep moving! Suggest a walk after dinner.
- Get your Zzz's. Sleep loss can make it harder to control your blood sugar, and when you are sleep deprived you will tend to eat more and prefer high-fat food. Guard against mindless eating by sleeping 7-8 hours each night.

Most of all, pay attention to what really matters, celebrating and spending time with the people you enjoy and love. If you focus on connecting with those close to you, it is easier to avoid overeating.

Cheers to a healthy holiday season to all GFWC-NC Clubwomen and their families!

Federation Friday

Volume 1, Issue 24



GFWC-NC is calling and I must go

Friday's Focus: It's that time of year... to think about reporting!

Tips for Award Entry & Reporting

It is never too early to start gathering your information for the process of club reporting and award entry. Reminder - The Report is a collection of statistical numbers on one form. The Award Entry is a narrative about the projects and programs that clubs have participated in the prior club year. To help you get started, here are some tips.

Tracking Your Projects:

- *Start with your club minutes. Speakers, meeting projects, should be in your minutes.*
- *Create a spreadsheet or worksheet to track each project under each of the different CSP or advancements. It is available on our website: <https://gfwcnc.org/community-service-and-volunteering-opportunities-gfwc-nc/awards/>*
- *Keep track of your speakers – you can count the length of time a speaker speaks times the number of members at the meeting (**not** the number of club members in the club). If your speaker talked about recycling – that goes under conservation.*
- *# of members will only show on award entries and not the CP&S. For the award entry, the number of members participating does help the reader understand the impact a club may have had and how supported the club was with the project. **YOU CANNOT COUNT NON-MEMBERS, NOR CAN YOU HAVE MORE MEMBERS PARTICIPATING THAN YOU HAVE IN YOUR CLUB.***
- *Check out the website for more tips as well as the upcoming Clubwoman Magazine.*

Where does it go?

Determine what was the focus of the program? Was it tutoring? That would go under education; Healthy eating? That would go under Home Life; Working with St. Jude – that would be the GFWC Junior's Special Project Advocates for Children. There is a helpful document on the website to assist in determining where projects should go.



Beware of cross entries!! One of the biggest continuing issues we have is clubs entering the same project under both a Community Service Program and another GFWC program – Cross Entries! There are SOME award entries that we do accept cross entries.

Good Report Writing

- *Was the project successful?*
- *Were other organizations or clubs involved?*
- *What was the need for the project?*
- *Was the project different, new, special, or creative?*
- *Who benefitted from the project? The Club, another group, or both?*
- *Dollars raised, in-kind and hours donated*
- *What was the impact to the community?*
- *What were the obstacles and what did the club do to overcome them?*
- *Who in the club worked on the project? 2 members, 25 members or all members?*
- *How long did it take to do the project? 2 hours or 6 months?*

Change Reminders

- *No more than 5 projects or programs on an award entry from (unless otherwise noted)*
- *Choose your ONE project for the Creativity Award.*
- *If there isn't an award entry form – there isn't an award.*

Any questions, contact Helen Richie, GFWC-NC 1st VP

Federation Friday

Volume 1, Issue 25



GFWC-NC is calling and I must go

Friday's Focus: Season's Greetings

Things to remember during the Holiday Season

Time for giving.

When preparing for the holidays we tend to get so wrapped up in finding the latest fashions, fads and gadgets, that we fail to see that there are many people around us in need. Take a moment to be a good Samaritan and share your blessings. Give to those who need it most. The smallest things can bring the greatest joy.

Be thankful.

Take note. Be sure to count your blessings: family and friends who love and care about you, a comfortable home, clothes to keep you warm and nutritional food to keep you healthy. Be thankful for all that you have during this holiday season.

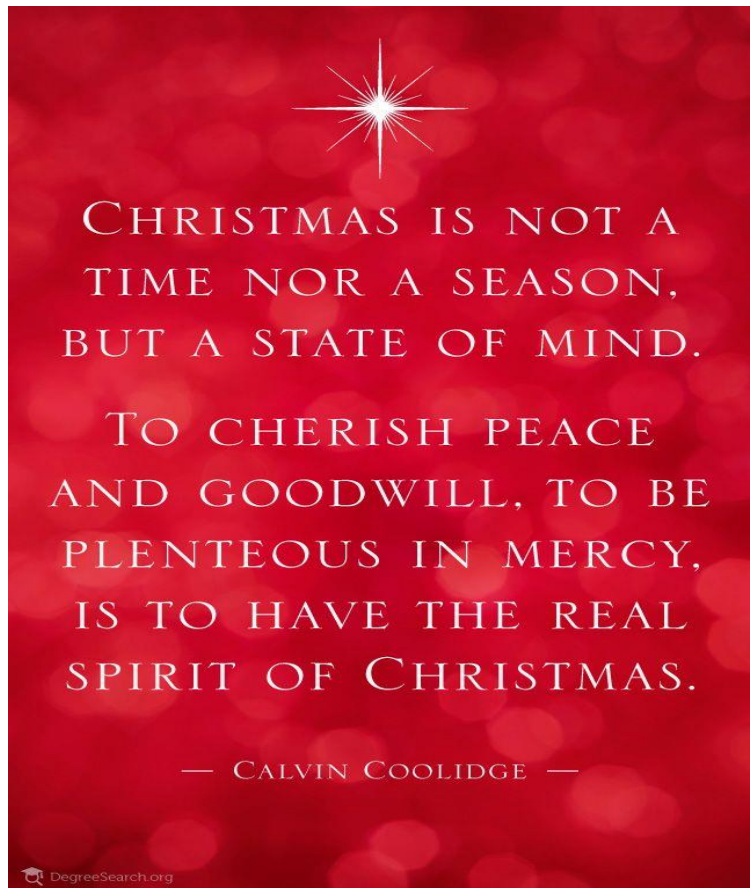
Love yourself.

The holiday season can become very stressful. You spend so much time worrying about making others happy that you forget to take care of yourself. You will be surrounded by sweets and rich food. And winter brings a hibernating attitude, so you may feel regret for cheating on your diet or missing a work out or two at the gym. Don't fret or dwell; you will be able to work off any weight gain after the new year! Focus on your assets and love yourself, always.

Embrace it.

Enjoy it while it lasts, it will be over before you know it!

<https://www.theodysseyonline.com/4-things-to-remember-during-the-holiday-season>



"May you be blessed

With the spirit of the season, which is peace,
The gladness of the season, which is hope,
And the heart of the season, which is love."

Pauletta Parker, Chaplain's Corner

The best of the holidays to you from our

GFWC-NC Family to yours!

Federation Friday

Volume 1, Issue 26



GFWC-NC is calling and I must go

Friday's Focus: Women in the Military and Resolutions

Women in the Military

USO: 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 to find out how you can help and the one closest to you.



Tips for keeping your New Years' Resolutions

Choose a Specific, Realistic Goal

Instead of selecting an overly ambiguous goal, focus on something concrete that you can measure.

Pick Just One Resolution

Richard Wiseman, a professor of psychology at Hertfordshire University, suggests that you pick just one from your list and focus your energies on it, rather than spreading yourself thin by trying to achieve too many different objectives.

Don't Wait Until the Last Minute

Planning is an essential part of achieving any goal. Experts suggest that you should spend some time thinking about how you will tackle a major behavior change.

Start with Small Steps

Taking on too much is a common reason why so many New Year's resolutions fail.

Remember that Change is a Process and Get Support from Family and Friends!

Source: <https://www.verywellmind.com/how-to-keep-your-new-years-resolutions-2795719>

"Cheers to a new year and another chance for us to get it right." — Oprah Winfrey

Best Wishes for a Happy and Very Healthy New Year!