

Federation Friday

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GFWC-NC is calling and I must go

Friday's Focus: Membership: Mentoring and National Wear Red Day

Unity in Diversity - GFWC Recruitment Campaign

Winter: Mentoring

January is National Mentoring Month, so it's natural that the Winter GFWC Recruitment Campaign Theme is "Mentoring." The Mentoring theme is also the natural follow up to the Recruitment theme in the Fall. Now is the time to nourish new members and pair them with a mentor. It's a great way to foster leadership!

Mentoring in club work happens in different ways. For some, it's a natural process where women connect with other women who inspire and guide them. Another way to inspire mentoring is through intentional programming. Does your club pair up new members with experienced club leaders? When your club changes officers, do the outgoing and incoming officers spend time together to ensure that the new leaders have tools they need to be successful? Do you have a leadership development program where experienced club members share their experiences with newer members? Creating mentoring programs is beneficial to all members – even those who might not be as outgoing as others.

Remember to report your membership success stories to us! If you have an innovative membership program or activity, share it so that we can share your tips and tricks with other clubs across the state. We also encourage you to report your new members for the GFWC Recruitment Campaign. You can either send the [form](#) to us and we will share it with GFWC, or you can send the [GFWC form](#) directly to GFWC and copy us to make sure we all have the same information. Report your three or more new members who joined in December, January, and February by the deadline of **March 1st**.

Always remember: *Every member counts!*

Submit your award entries for the Clubwoman with "Heart," Junior "Magic" Clubwoman, Membership, and Membership Cooperation & Involvement by **February 1st**. See Section 8 of the 2018-2020 GFWC-NC Administration Guide for entry forms and details. Including club mentoring projects will assist you with these entries.

Celebrate your club's mentors on social media. **#ThankYourMentorDay** is **January 31st** – Connect to the Federation by adding **#GFWC** and **#GFWCNC** to your post.



February 1st is National Wear Red Day

American Heart Association's signature women's initiative, Go Red for Women, is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally.

It's no longer just about wearing red; it's no longer just about sharing heart health facts. It's about all women making a commitment to stand together with Go Red and taking charge of their own heart health as well as the health of those they can't bear to live without. Making a commitment to your health isn't something you have to do alone either, so grab a friend or a family member and make a Go Red Healthy Behavior Commitment today. Source: <https://www.goredforwomen.org/>

So be kind to your heart. Learn about how to prevent heart disease; move, manage and eat healthy. Raise awareness by wearing red next Friday, February 1st!