

Federation Friday

Volume 1, Issue 27



GFWC-NC is calling and I must go

Friday's Focus: Sleep and Cervical Cancer Awareness

The Importance of Sleep

There are many benefits of sleep, so shut down your computer, turn off the lights, and get to bed early tonight!

Better health. A good night's sleep won't grant you immunity from disease. However, study after study shows a link between insufficient sleep and some health issues, such as heart disease, heart attacks, diabetes, and obesity.

Better weight control. Sleep can help you maintain your weight -- and conversely, loss of sleep can result in an increased risk of weight gain. Why? Part of the problem is behavioral. If you're tired, you are less likely to have the energy to go for a walk or jog or cook a healthy dinner. The other part of the problem is physiological. The hormone leptin plays an important role in making you feel full. When you don't get enough sleep, your leptin levels drop, so you tend to eat more.

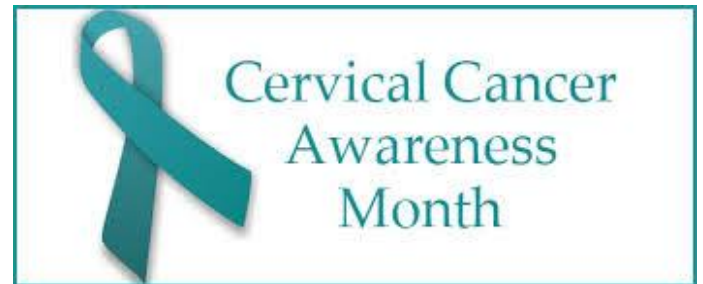
Clearer thinking. Studies have found that people who are sleep-deprived are not as sharp as when they're well-rested.

Better memory. Our brains process and consolidate our memories from the day, each day. If you don't get enough sleep, studies seem to show that those memories might not be stored correctly -- and can be lost. Some research suggests that sleep can decrease the chances of developing false memories.

Stronger immunity. Can getting enough sleep prevent the common cold? One preliminary study put the idea to the test. Researchers tracked over 150 people and monitored their sleep habits for two weeks. Then they exposed them to a cold virus. People who got seven hours or less of sleep each night were more likely to catch a cold.

The benefits of sleep are numerous... so keep sleep on the top of your To Do list!!

<https://www.webmd.com/sleep-disorders/features/9-reasons-to-sleep-more#1>



January is Cervical Cancer Awareness Month

The most common form of cervical cancer starts with pre-cancerous changes and there are ways to stop this disease from developing. The first way is to find and treat pre-cancers before they become true cancers, and the second is to prevent the pre-cancers.

A well-proven way to prevent cervical cancer is to have testing (screening) to find pre-cancers before they can turn into invasive cancer. The Pap test (or Pap smear) and the human papillomavirus (HPV) test are used for this. If a pre-cancer is found it can be treated, stopping cervical cancer before it really starts. Most invasive cervical cancers are found in women who have not had regular Pap tests.

An HPV test can be done on the same sample of cells collected from the Pap test.

The most important thing you can do to prevent cervical cancer is to be tested according to American Cancer Society guidelines. These can be found in [Cervical Cancer Prevention and Early Detection](#). Information on treatment if the Pap test results are abnormal is also covered.

<https://www.cancer.org/cancer/cervical-cancer/causes-risks-prevention.html>

Happy New Year GFWC Clubwomen!

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Friday's Focus: Birth Defects Prevention and Eating Healthy on a Budget

January is National Birth Defects Prevention Month

Every 4 ½ minutes, a baby is born with a major birth defect in the United States. They are a leading cause of death among U.S. infants, accounting for about 20% of mortality in the first year of life.

Not all birth defects can be prevented. But you can increase your chances of having a healthy baby by managing health conditions and by adopting healthy behaviors before and during pregnancy. Taking care of yourself and doing what's best for you is also best for your baby!

Plan: 400 micrograms (mcg) of folic acid every day. Folic acid is a B vitamin. If a woman has enough folic acid in her body at least one month before and during pregnancy, it helps prevent major birth defects.

See a Healthcare Professional regularly about medications you are taking and any health concerns. Choose a healthy lifestyle and avoid harmful substances prior to and during pregnancy: alcohol, cigarettes, marijuana and other drugs.

Prevent infections during pregnancy. Be sure to check with the CDC if you plan to travel abroad. Be sure to wash your hands after preparing food and eating, using the bathroom, changing diapers, touching raw meat or eggs, gardening, handling pets, and being around sick people.

<https://www.cdc.gov/pregnancy/infections.html>

The NBDPN is a volunteer-based organization that addresses the issues of birth defects surveillance, research, and prevention by maintaining a national network of state and population-based birth defects programs. Their theme for January 2019 is "Best for You. Best for Baby."

Read More: <https://www.nbdpn.org/bdpm.php>



Tips for shopping and cooking healthier on a budget

Always make a grocery list – Buy items you can use for more than one meal during the week. Look for weekly specials and coupons. Use them to buy ingredients to try new recipes.

Stock up on cheap pantry staples – Keep affordable, healthy staples like beans, potatoes, and oats on hand. Pair them with healthy vegetables for a satisfying meal.

Stick to the perimeter aisles in the grocery store – They are typically set up with healthier whole foods, while the inner aisles are stocked with processed foods.

Take advantage of your local farmer's markets – The fruits and vegetables are fresher, will last a few more days and are reasonably priced.

Rely on rotisserie chicken – Not only is it economical, you can use it to make several meals during the week; chicken salad, soup, etc.

Plan simple, weeknight meals in advance!

https://www.buzzfeed.com/hannahloewentheil/tips-cooking-healthy-budget?utm_source=Sailthru&utm_medium=email&utm_campaign=Tasty%201%2F9%2F19&utm_term=Tasty%20confirmed

"To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life." ~William Londen

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Friday's Focus: Fundraising - Martin Luther King Jr Day of Service

HAPPY "FUNdraising" NEW YEAR GFWC-NC!

With the onset of the new year, here's hoping that each of you are feeling *inspired* to continue doing what we do best... enhancing and transforming the lives of others, together, through our volunteer service. The word *inspirational* is an adjective used to describe someone who provides or shows creative or spiritual motivation, stimulation and encouragement. "WHO" comes to mind when you hear the word "*Inspirational*"? And more specifically, WHO are the "*Inspirational Women*" in your life? As you know our GFWC-NC theme is "Celebrate Women" and our State Fundraising Committee wants to be part of the action. At the April 2019 State Convention, attendees will determine which District has the "*Most Inspirational Woman*"!

Each District will select a member as its representative, who will then choose a, famous and recognizable, *Inspirational Woman* and then transform into character! Each District representative may wear her costume at club and district meetings to collect votes. Votes are dollars collected with \$1.00 equating to 1 vote. District Representatives must wear their costume at the designated times during our 2019 State Convention. The District that raises the most \$\$ will be declared our winner, earn bragging rights and receive the coveted "Annie Award". The "Annie Award" is unique to this administration and named in honor of our "inspirational leader", President Ann Landis.

Districts, if you haven't done so already, select your representative and choose your Inspirational Woman! Contact GFWC-NC Fundraising Chairman Cindy Hewett (chewett@atmc.net) with the name of your representative and Inspirational Woman. No two districts will have the same Inspirational Woman and the decision will be made on a first contact basis. Funds raised from our "*Most Inspirational Woman Contest*" will support our General Fund.

Additionally, we are looking for 100 women to donate \$100 each to support our Legacy Fund. With their \$100 donation, these women will then be members of our "*Girls With Pearls Society*" and will each receive a "*GWPS*" card to display during Convention. Additionally, we will unveil a special commemoration, exclusively, for "*GWPS*" members. Make plans to join in on the fun, become a member of "*GWPS*" and let your *inspiration* shine!

Thank you in advance for supporting GFWC-NC fundraising!



January 21st is Martin Luther King Jr. Day

Martin Luther King Day is a federal holiday. It is celebrated each year on the third Monday of January. In some states it is also referred to as Civil Rights Day or Human Rights Day. It is the 1st of the GFWC Grand Initiatives; 1,000 clubs will do a service project on Martin Luther King Jr. Day.

Dr. King believed that everyone can be champions of civil rights, no matter the profession they chose in life. "Whatever career you may choose for yourself - doctor, lawyer, teacher - let me propose an avocation to be pursued along with it. Become a dedicated fighter for civil rights. Make it a central part of your life. It will make you a better doctor, a better lawyer, a better teacher. It will enrich your spirit as nothing else possibly can."

"Everybody can be great because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love"

— Dr. Martin Luther King Jr.

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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!

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Friday's Focus: National Girls & Women in Sports Day – Upcoming Events

February 6, 2019 is the 33rd Annual National Girls & Women in Sports Day (NGWSD)

The Women's Sports Foundation was established by Billie Jean King in 1974. Its goal: to strengthen and expand opportunities for all girls and women of all backgrounds. The Women's Sports Foundation has formed relationships with more than 1,000 of the world's elite female athletes and they have positively impacted the lives of more than 3 million young women from childhood through college-age.

The Women's Sports Foundation understands the impact that coaches and elite athletes, using their platforms, has on inspiring girls to achieve greatness in sports and in life. They encourage individuals, partners, and organizations to sponsor girls and women with the goal of protecting Title IX and advancing gender equity in sports.

To learn more go to WomensSportsFoundation.org and facebook.com/WomensSportsFoundation.

February 6th is set aside as a national observance celebrating the extraordinary achievements of girls and women in sports. The NGWSD theme this year is Lean Her Forward. Beyond the goal of physical health, sports provide opportunity and growth for girls and women throughout the United States. The confidence and character developed through sports help create women who are strong leaders.

National Girls & Women in Sports Day (NGWSD) began in 1987 as a special day in our nation's capital to recognize women's sports. This day in 1987 also served as a day of remembrance for Flo Hyman, an Olympian and the most famous volleyball player of that time. She was a true champion of equality for women's sports; Hyman died of Marfan's Syndrome at age of thirty-one.

Source: <http://ngwsd.org/>

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 *#gfwncjuniors*.

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

Special recognition will be given during the GFWC-NC Convention Friday night banquet to our favorite posts!



Your GFWC-NC MemberShip Crew is embarking on a new adventure in February! We will be recruiting new members and clubs at the Greensboro Wine and Chocolate Festival on February 9th at the Greensboro Coliseum Complex from 1-4pm and 5-8pm.

We expect to meet plenty of active, interesting women at a festival celebrating wine and chocolate, and we hope to connect them to existing clubs or guide them to start new clubs in their communities. If you would like to attend the festival and provide some Federation support, here's the link to get tickets: <http://wineandchocolatefestivals.com/buy-tickets/>



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Friday's Focus: Valentine's Day – Heart Health

Heart Healthy Valentine's Dinner Recipe

Avocado-Chimichurri Steak with Grilled Asparagus

Ingredients

2 tablespoons salt-free **chili powder**

1 tablespoon **garlic powder**

1/4 teaspoon **salt**

Cooking spray

1 1/2 lbs. **London broil (top round steak)** (fat discarded)

3/4 cup finely chopped, fresh **cilantro**

1/2 cup finely chopped, fresh **parsley**

2 medium **lemons** (zested, juiced)

3 tablespoons **canola or corn oil** (divided use)

1 medium fresh **jalapeño pepper** (seeds and ribs discarded, finely chopped)

1 small **avocado** (halved, pitted, diced)

3 medium **asparagus spears** (trimmed)

Directions

Stir together the chili powder, garlic powder, and salt. Put the beef on a large platter - gently press the mixture so it adheres to both sides. Let stand for 1 hour.

Spray the grill with cooking spray. Preheat: medium high.

Chimichurri sauce: Combine cilantro, parsley, juice of 1 lemon (approx. 2 TBSP), 1 TBSP oil, the jalapeño and avocado.

Drizzle the remaining 2 tablespoons oil over the asparagus.

Grill the beef for 3 to 5 minutes on each side, or until an instant-read thermometer inserted in the center reaches 135°F (medium rare). Remove from the grill. Let stand under a tent of aluminum foil.

Place the asparagus in a grilling basket. Grill for 7 minutes, or until tender-crisp. Transfer to a separate large platter and sprinkle with remaining lemon and zest.

Thinly slice the beef diagonally across the grain. Arrange on the asparagus. Spoon the sauce over the beef.

<https://recipes.heart.org/recipes/>

Know the Signs of a Heart Attack

The most common symptom of a heart attack is discomfort in the center of the chest that lasts more than a few minutes or re-occurs: uncomfortable pressure, squeezing, fullness or pain.

Shortness of breath, with or without chest pains; breaking out in a cold sweat; nausea or lightheadedness; pain or discomfort in one or both arms, the back, neck, jaw or stomach are also warning signs.

Knowing the signs can save your life. Learn more:

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



Health Benefits of Dark Chocolate

Dark chocolate is nutritious. A 100-gram dark chocolate bar containing 70-85% cocoa is a great source of iron, copper, magnesium, fiber and other minerals. It is one of the best sources of antioxidants, higher than many fruits, including blueberries.

Studies have shown that eating dark chocolate can reduce the risk of heart disease. It is high in calories so enjoy it in moderation this Valentine's Day and throughout the year!

<https://www.healthline.com/nutrition/7-health-benefits-dark-chocolate>



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Friday's Focus: Reading & Libraries, Heart Health, State Arts Festival

March 1st is National Read Across America Day!

Created by the National Education Association in 1997, National Read Across America Day is observed on the school day closest to Dr. Seuss' birthday; March 2nd.

Read Across America is an initiative to encourage reading so it is the perfect day to donate Dr. Seuss books for the GFWC Grand Initiatives or read a Dr. Seuss book to your favorite children, grandchildren or class.

February is National Library Lover's Month

February is dedicated to people who love buildings devoted to reading, housing, organizing, categorizing, finding, studying and loving books. Libraries provide more than a place to read the classics and great novels or to discover adventures and amazing history. They also provide a place to learn, study and research papers.

For preschoolers, libraries sponsor reading circles and hands-on activities that expose them to music, theatre, art and friendships. Many communities rely on libraries as meeting places for socials, fundraisers and classes.

Today, libraries lend books, music and movies. They house art displays to give local artists exposure in their communities. Larger libraries host book signings and provide preservation services, in order to safeguard our most treasured books and documents for generations to come.

Enjoy your library and consider volunteering your time. It's never too late to get a library card and support a local library.

<https://nationaldaycalendar.com/national-library-lovers-month-february/>

Fun Fact: In 1930, the American Library Association credited GFWC with establishing 75% OF AMERICA'S PUBLIC LIBRARIES!

Mark Your Calendars – March 9th State Arts Festival at the Mebane Arts Center

Spend the day with us and get started on your passport to learning, enjoy the workshops that will be offered and the Victory Junction Bear Assembly. You will also have the opportunity to take the Art Walk and view all the award-winning entries!

Registrations are due by February 25th!



Build a Heart Healthy Salad

Start with 1-2 C Leafy Green Lettuce – romaine, spinach, kale, arugula, or mixed greens

Add ½ - 1 C of Fruits and Vegetables – tomato, peppers, artichokes, cucumber, red onion, strawberries, blueberries, apples, carrots, beets, pineapple, mushrooms, cauliflower or broccoli

Add ½ C of Crunch and Flavor – raisins, nuts, seeds, beans, cheese or tortilla strips

Pick 6oz. of Protein – chicken, shrimp, salmon, steak or hard-boiled eggs

Top with 1-2 Tablespoons – salsa, vinaigrette, ginger dressing, oil (olive, avocado, walnut) & vinegar (balsamic, red wine, apple cider) or lemon

One meal, packed with vitamins and nutrients, can cover many colors of the rainbow!

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Friday's Focus: National Eating Disorders Awareness Week, State Arts Festival

February 25th – March 3rd, 2019

National Eating Disorders Awareness Week

The theme of 2019's National Eating Disorder Awareness Week is one of inclusivity, "Come as You Are, Not as You Think You Should Be." Eating disorders are serious conditions related to persistent eating behaviors that negatively impact a person's health, emotions and ability to function in important areas of life. The most common eating disorders are anorexia nervosa, bulimia nervosa and binge-eating disorder.

According to the National Association of Anorexia Nervosa and Associated Disorders (ANAD):

- *At least 30 million people of all ages and genders suffer from an eating disorder in the U.S.*
- *Every 62 minutes at least one person dies as a direct result from an eating disorder.*
- *Eating disorders have the highest mortality rate of any mental illness.*
- *13% of women over 50 engage in eating disorder behaviors.*
- *Eating disorders affect all races and ethnic groups.*
- *Genetics, environmental factors, and personality traits all combine to create risk for an eating disorder.*

Most eating disorders involve focusing too much on weight, body shape and food, leading to dangerous eating behavior which significantly impacts the body's ability to get appropriate nutrition. Eating disorders can harm the heart, digestive system, bones, and teeth and mouth, and lead to other diseases.

Eating disorders often develop in the teen and young adult years, although they can develop at other ages. With treatment, affected persons can return to healthier eating habits and sometimes reverse serious complications caused by the eating disorder.

When to see a doctor

Eating disorders can be difficult to manage or overcome alone. They can virtually take over your life so seek medical help now if you suspect you have a disorder.

Urging a loved one to seek treatment

If you're worried about a loved one, urge them to talk to a doctor. Even if your loved one isn't ready to acknowledge having an issue with food, you can open the door by expressing concern and a desire to listen.

Be alert for eating patterns and beliefs that may signal unhealthy behavior. Here are some of Red flags:

- Skipping meals or making excuses for not eating
- Making own meals rather than eating with family
- Withdrawing from normal social activities
- Persistent worry about being fat or losing weight
- Frequent checking in the mirror for perceived flaws
- Repeatedly eating large amounts of sweets or high-fat foods
- Use of dietary supplements or laxatives
- Excessive exercise or eating in secret
- Leaving during meal to use the toilet
- Expressing depression, disgust, shame or guilt about eating habits
- Source: www.mayoclinic.org



March 9, 2019 is the GFWC-NC Arts Festival at the Mebane Arts Center

Spend the day with us! Get started on your **Passport to Learning**, enjoy a variety of workshops and the Victory Junction Bear Assembly. Take the **Art Walk** and view all the award-winning entries!

Registrations are due by February 25th!

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GFWC-NC is calling and I must go

Friday's Focus: March is National Women's History Month

National Women's History Month

The theme for 2019 is "Visionary Women: Champions of Peace & Nonviolence", honoring women who have led efforts to end war, violence, and injustice and pioneered the use of nonviolence to change society. These women embraced the fact that the means determine the ends and so developed nonviolent methods to ensure just and peaceful results.

This year's honorees include:

Lydia Maria Child (1802-1880) abolitionist, women's rights activist and journalist

Dorothy Day (1897-1980) social justice activist and journalist

Dorothy Thompson (1893-1961) journalist protesting Nazism

Susan B. Anthony (1820-1906) abolitionist, equal rights activist

Violet Oakley (1874-1961) painter, stained glass designer, nuclear disarmament advocate

Josephine Baker (1906-1975) entertainer, Civil Rights Movement activist

Gertrude Bell (1868-1926) travel writer, explorer, ex officio diplomat

Katherine Biddle (1890-1977) poet, advocate of civil rights

Anna Gurvin (1932-2008) promoted internationally collaborative programs for arts and education

Barbara Ward (1914-1981) economist and environmental humanitarian

Rose Hawthorne Lathrop (1851-1926) philanthropist, writer, founder of home for victims of incurable cancer

Eleanor Roosevelt (1884-1962) equal rights activist, humanitarian

For generations, women have resolved conflicts in their homes, schools, and communities. They have rejected violence as counterproductive and stressed the need to restore respect, establish justice, and reduce the causes of conflict as the surest way to peace. From legal defense and

public education to direct action and civil disobedience, women have expanded the American tradition of using inclusive, democratic and active means to reduce violence, achieve peace, and promote the common good.

From women's rights and racial justice to disarmament and gun control, the drive for nonviolent change has been championed by visionary women. These women consciously built supportive, nonviolent alternatives and loving communities as well as advocating change. They have given voice to the unrepresented and hope to victims of violence and those who dream of a peaceful world.

Are you a visionary woman?

<https://www.library.georgetown.edu/exhibition/women-champion-peace-justice-through-nonviolence>, www.nwhp.org



"When women and girls are empowered to participate fully in society, everyone benefits." Melinda Gates

"Women belong in all places where decisions are being made... It shouldn't be that women are the exception."
Ruth Bader Ginsburg

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GFWC-NC is calling and I must go

Friday's Focus: March 8th is International Women's Day

Today is International Women's Day

International Women's Day is set aside globally as a day to celebrate the social, economic, cultural and political achievements of women. It is also a call to action to accelerate gender parity. **Purple** is the color of the day to raise awareness. Strike the [#BalanceForBetter pose](#) while wearing purple, which stands for justice and dignity, and share it on social media using the hashtag #IWD2019.

International Women's Day dates back 108 years to 1909, when 15,000 women protested long work hours, low pay, and the lack of voting rights in New York City. By 1910, the holiday became international as the fight for universal suffrage for women went global. Throughout the years, International Women's Day has served as a platform for women to advocate for their rights, and as early as 1944, the GFWC adopted a resolution in support of the Equal Rights amendment.

In 1975, the United Nations officially recognized International Women's Day. By December 1977, the General Assembly adopted a resolution proclaiming a United Nations Day for Women's Rights and International Peace. In 1996, annual themes were introduced for International Women's Day. We continue to build on that first theme from 1996, "Celebrating the Past, Planning for the Future" every day.

"Balance for Better" is the 2019 theme, and it continues all year long. A balanced world drives a better working world so celebrate women, raise awareness against bias, and help create a #BalanceForBetter.

Since 1909, we have seen progress and a shift in society toward a more favorable view of women's equality but there is still much work to be done. While many battles have

been won, the progress made does not feel permanent. Women are still not paid equally, and they are not represented in equal numbers in politics or business. Education, health and the violence against women are worse than that for men throughout the world, so the movement continues.

THE BIGGEST ISSUES FACING AMERICAN WOMEN

- #1: Sexual violence (38%)
- #2: Sexual objectification (35%)
- #3: Unequal pay (34%)
- #4: The ability to balance a career and children (32%)
- #5: Underrepresentation in business leadership (20%)
- #6: Reproductive rights (19%)
- #7: Underrepresentation in politics (16%)

<https://www.internationalwomensday.com>



"The fastest way to change society is to mobilize the women of the world."

- Charles Malik

"Human rights are women's rights, and women's rights are human rights."

- Hilary Clinton

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Friday's Focus: Save Your Vision – Happy St. Patrick's Day!

March is Save Your Vision Month

The American Optometric Association (AOA) encourages patients to learn about blue light and its impact on vision. An American Eye-Q® survey revealed that 88 percent of Americans know that digital devices affect their vision, but the average American still spends seven or more hours per day looking at screens.

This overexposure to blue light – high-energy visible light emitted from digital devices – leads to eye strain, sleep problems, blurred vision, headaches and neck and shoulder pain, and more.

It is estimated that the average millennial spends nine hours per day on devices such as smartphones, tablets, LED monitors and flat-screen TVs, all of which emit blue light. The AOA recognizes that digital devices are an important part of everyday life and offers the following tips for protecting your eyes when using digital screens while at home or work:

Power down before you turn in: Give your eyes a rest. Turn your digital devices off at least one hour before bed.

Unplug with the AOA 20-20-20 rule: When you are using any device or computer, make a conscious effort every day to take a 20-second break and look away from the screen, every 20 minutes and view something 20 feet away.

Step back: Maintain a comfortable working distance from your digital device by using the zoom feature to see small print and details. The AOA recommends reducing the glare by adjusting device settings or using a glare filter to protect from blue light.

Schedule an appointment: Visit an optometrist. Make an appointment for a comprehensive eye exam through AOA.org.

<https://nationwidevision.com/>

Five Tips to Your Vision

Get Your Eyes Checked - This may seem like an obvious tip, but more people than you'd think skip their yearly eye exams. The first line of defense from eye-related issues is regular check-ups. Pre-existing conditions, diabetes and heart disease may require more frequent visits. Catch eye diseases and conditions early before they cause permanent damage or vision loss!

Eat Vision-enhancing Foods – Foods like spinach, melons, broccoli and salmon, high in Omega-3 fatty acids are best.

Give those Screens a Rest – Enough said!

Wear the Right Eye Protection - Wear goggles when gardening or performing outdoor home maintenance or sports. Sunglasses and brimmed hats protect your eyes from harmful UV rays and remember to never look directly at the sun.

Kick that Cigarette Habit – They are bad for your eyes and can cause cataracts, age-related macular degeneration, diabetic retinopathy, and uveitis.



***"May the blessings of each day
be the blessings you need most!"***

- Irish Saying

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Friday's Focus: National Nutrition Month – Epilepsy Awareness

March is National Nutrition Month

National Nutrition Month is a great time to focus on your health goals! Every January we are bombarded with news about the latest diet promising we will lose 20 pounds overnight, when what we need is a balanced plan to eat healthier. The USDA's My Plate program has launched its latest initiative, *Start Simple with My Plate*, emphasizing the importance of good nutrition.

The Start Simple Website (www.choosemyplate.gov) offers some great tips for you to consider:

1. *Focus on whole fruits. Try including fruit at breakfast by topping whole grain cereal with your favorite fruit, adding berries to pancakes, or mixing dried fruit into hot oatmeal.*
2. *Vary your veggies. Make extra vegetables and save some for tomorrow's lunch or use them tomorrow in a stew, soup, or pasta dish. Remember to Eat a Rainbow and track the days you increase your vegetable intake!*
3. *Vary your protein routine. Try using a new protein, like shrimp, beans, or fish the next time you fix tacos, pasta dishes, etc.*
4. *Make half of your grains, whole grains. Experiment with brown rice, quinoa, barley, or another grain.*
5. *Switch to low-fat or fat-free milk or yogurt. Try a yogurt parfait topped with nuts and fruit for breakfast.*
6. *Drink and eat less sodium, saturated fat, and added sugars. Reading labels and dining at home are the best way to lower sodium, fat and sugar in your diet.*
7. *Make sure you drink plenty of water every day!*



FAST FOOD BREAKFAST

Many fast food breakfast choices are high in calories and saturated fat. And when you consider the time it takes for the drive-through line, are they really faster? Quick can be healthy. Try blending frozen fruit and yogurt for an on-the-go smoothie, top a whole-grain English muffin or bagel with peanut butter and sliced bananas, or fill a whole-wheat tortilla with leftover chicken breast and spinach for a breakfast wrap.

Source: HealthFitness Dietitian

March 26th, **Purple Day**, is dedicated to bringing awareness to the world about epilepsy. In 2008, **Purple Day** began as a grassroots effort. Now it is celebrated all over the world. It is celebrated by everyone from the guy next door to major celebrities simply by wearing purple.

The idea of Purple Day was initially conceived by Cassidy Megan of Nova Scotia, Canada in 2008. She struggled with epilepsy and her goal was to let those who struggle with it know they aren't alone. She wanted to help dispel some of the myths surrounding epilepsy. The Epilepsy Association of Nova Scotia decided to promote her idea of a day for epilepsy, and thus, Purple Day was born.

Federation Friday

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GFWC-NC is calling and I must go

Friday's Focus: Women's History Month – Women in Military

National Women's History Month

To mark the end of Women's History Month, we celebrate women in the military. These women have opened doors for all women to choose a military career and serve.

The First to Receive Medals

The first, and only, woman to receive The Medal of Honor was **Dr. Mary E. Walker**, a surgeon during the Civil War.

Annie G. Fox, the first woman to receive The Purple Heart, served during the attack on Pearl Harbor, December 7, 1941.

The Bronze Star went to **1st Lt Cordelia E. Cook**, Army Nurse Corps, during WWII. She was also the first woman to receive two awards - The Purple Heart and The Bronze Star.

Lt Edith Greenwood was the first woman awarded The Soldiers Medal in 1943 for heroism during a fire at a military hospital in Yuma, Arizona.

Lt Elsie S. Ott, the first woman to receive The Air Medal, was honored for her actions in 1943 as an air evac nurse.

Barbara Olive Barnwell was the first woman awarded the Navy-Marine Corps Medal for heroism in 1953. A SSGT from Pennsylvania and member of the Marine Reserve, she saved a soldier from drowning in 1952.

Colonel Oveta Culp Hobby, the first Director of the WAC, was the first woman to receive The U.S. Army Distinguished Service Medal in 1945.

The First to Enlist

Philadelphian **Loretta Walsh** enlisted in March of 1917 and became the first Yeoman (F) in the Navy.

The **Women's Armed Services Integration Act**, signed by President Harry Truman, was a landmark legislation passed in **1948**. Under the Act, women were permitted to serve as regular members of the armed services for the first time.

"During the time I have had WACs under my command, they have met every test and task assigned to them ... their contributions in efficiency, skill, spirit, and determination are immeasurable."

—American General Dwight D. Eisenhower in 1945.

"Today, every American can be proud that our military will grow even stronger with our mothers, wives, sisters, and daughters playing a greater role in protecting this country we love."

—President Barack Obama in 2013



Fun GFWC Facts:

The General Federation of Women's Clubs has long been a supporter of men and women in the military. In 1942, the second floor of historic GFWC Headquarters was converted into office space for the newly named WAR SERVICE DEPARTMENT. The department developed a lending library and provided valuable information in support of the war effort.

GFWC was invited by U.S. Secretary of State Edward R. Stettinius to participate as a consultant to the US Delegation at the UN Conference on International Organization, one of only five women's organizations so honored. GFWC representatives witnessed the signing of the U.N. Charter in San Francisco, CA, on June 26, 1945.

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GFWC-NC is calling and I must go

Friday's Focus: *World Health Day– National Volunteer Week– Cancer Control Month*

Sunday April 7th is World Health Day

Since the idea was born in 1948 at the First Assembly and officially took effect in 1950, the World Health Organization has promoted this annual celebration to highlight an area of concern around the world. Their goal is to create awareness through World Health Day activities. Previous World Health Day themes have included mental health, maternal and child health, and climate change.

World Health Day, April 7, 2019, will focus on securing universal health coverage (UHC) across the globe. According to the World Health Organization's website, UHC "is about ensuring all people and communities have access to quality health services where and when they need them, without suffering financial hardship. It includes a full spectrum of services needed throughout life, from health promotion to prevention, treatment, rehabilitation, and palliative care—and is best based on a strong primary health care system."

It's hard to believe that over half of the world's citizens do not have access to adequate healthcare services! Although progress is being made in countries in all regions of the world, millions of people still have no access at all to health care. These individuals and families are forced to decide between getting the health care they need and paying for other daily expenses such as food, clothing and shelter. WHO believes that health care is a human right and would like your support to spread the word about this critical issue facing men, women, and children around the world.

For more information about World Health Day, or to find out how your club can get involved in the fight to secure universal healthcare for people of all nations, visit <https://www.who.int/campaigns/world-health-day/world-health-day-2019>. You will also find links to key messages for your community regarding the celebration, as well as to videos and communication materials for your club's use.

National Volunteer Week is April 7-13, 2019

National Volunteer Week is celebrated annually worldwide to promote volunteerism, and in the United States it is organized by the Points of Light Foundation. It is the perfect week to volunteer; work on your President's Special Project and GFWC 7 Grand Initiatives!



April is National Cancer Control Month

The purpose of National Cancer Control Month is to raise awareness and to educate the public about the need to prevent cancer through healthy lifestyle choices and public health initiatives such as screening and improved access to care and treatment.

Cancer is a leading disease of today, right after heart disease. There are over 100 types of cancer, but they all start with some cells that begin to divide without stopping and then spread to surrounding tissues or organs. There are many causes: genetics, smoking, overexposure to sun and UV radiation, unhealthy nutrition, alcohol abuse, lack of physical activity, being overweight, radiation and exposure to some carcinogens.

Our bodies are designed to send signals when something is wrong. We know our own bodies the best and more often, than not, when something is wrong. Listen! Know the signs:

- American Cancer Society: www.cancer.org/
- National Cancer Institute: <https://cancercontrol.cancer.gov/>

Federation Friday

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Friday's Focus: *GFWC-NC Scholarship Winner! Convention is around the Corner & Arbor Day*

2019 GFWC-NC

Sallie Southall Cotten Scholarship

Congratulations to the candidates that interviewed for the 2019 GFWC-NC Sallie Southall Cotten Scholarship on March 23, 2019 at the Patterson & Pope Office in Morrisville, NC. The students were phenomenal in their academic accomplishments, extra-curricular activities, and overall endeavors. District candidates:

Emma Margarette Dingle	District 1, Bryson City WC
Hunter Douglas Tharpe	District 2, Statesville WC
Joshua Paul Toppel	District 3, Kings Mountain WC
Pearl Teiko	District 4, Dolly Madison WC
Victor Medina	District 5, Roxboro WC
Adriana Guadalupe Castro-Deblas	District 6, JWC of Raleigh
Reagan Laura Dumphoff	District 7, Southport WC
Ashley Arredondo	District 8, WC of Clayton
Lauren Elizabeth Winslow	District 9, Elizabeth City JWC

Joshua Paul Toppel, District 3, sponsored by the Kings Mountain Woman's Club, is the Runner-Up, receiving a \$1,000 Scholarship. Joshua plans to major in Business and Finance/Accounting at Appalachian State University.

Lauren Elizabeth Winslow, District 9, sponsored by the Elizabeth City Junior Woman's Club, is the winner of the 2019 Sallie Southall Cotten Scholarship, receiving \$3,000 yearly (Up to \$12,000 total). Lauren plans to major in AgriBusiness Management at North Carolina State University.

Congratulations to the 2019 Scholarship candidates and winners! We wish them much success as they continue in their academic careers!

Thank you to the Scholarship Committee; Dottie Jennings, Chairman, as well as the Judges: Sharon Greeson, Brenda Batchelor, Andie Johnson, Phyllis Broughton and Will Patterson (Business Community Member).

GFWC-NC 117th Annual Convention - April 26th-27th

Join us for the weekend at the Hotel Ballast,
301 North Water Street, Wilmington, NC 28401.

Today, April 12th, is the On-Time Registration Deadline!

Late Registration fee: \$25 additional after April 12th.



Join us and reconnect with your Federation friends! The Wilmington river front will not disappoint. We have big plans: motivational speakers Nancy Witter, Lucy Bramlette Patterson honoree, and Joy Wade of Going Beyond the Pink; Junior and General Fun Nights; Pilates classes; hands-on activities; LEADS Class & Winner; Inspirational Women Contest; Mammograms: on-site Mobile Mammography Unit; Information packed workshops: Passport to Learning, Membership; Importance of Social Media, CSP Project Roundtables, Taking Care of Yourself, and Retail Therapy!

April 26th is Arbor Day

This **day** encourages planting and caring for trees. The GFWC members' goal: plant 1,000 trees on Arbor Day!



Federation Friday

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GFWC-NC is calling and I must go

Friday's Focus: *GFWC Federation Day!*

April 24th is GFWC Federation Day

On April 24, 1890, the GFWC constitution was ratified. Sixty-three clubs from across the United States met in New York City and officially formed the General Federation of Women's Clubs under the leadership of Jane Cunningham Croly. Today there are approximately 3,200 clubs and 80,000 members worldwide. We have certainly come a long way since that day 129 years ago! Every year, Federation Day gives us the opportunity to reflect on where we have been as an organization and to look forward to the goals we hope to accomplish in the future.

"It occurred to them that union is strength. Then they began to reach out toward each other." This quote from GFWC clubwoman Julia Ward Howe, author of *The Battle Hymn of the Republic*, in 1889 is still relevant today. Just like our sisters in 1890, we continue to find strength in federation. GFWC unites us all to one common mission to celebrate Unity in Diversity.

Federation Day can be commemorated in many ways. One of the best ways is to attend the GFWC-NC Annual Convention in Wilmington on April 26th-27th. Imagine a hotel packed full of clubwomen sharing ideas and brainstorming on how we can improve our communities and enhance the lives of others through volunteer service!

If you can't make convention and are dedicated to sharing the good works of GFWC, there are many ways to celebrate: host a new member drive, ask your mayor to make a proclamation on April 24th as your club's Federation Day, offer to teach a women's history lesson in a local classroom and dress in vintage clothing for impact, or plant flowers or trees around your town with a placard announcing your club name and date of service (this fulfills one of the Grand Initiatives, too.) The opportunities are endless, only limited by your imagination!

Finally, once your club has participated in an activity, remember to record it in preparation for the Federation Day and Women's History and Resource Center Awards!

Let us unite our voices in honor of this Sisterhood of Service on April 24th, Federation Day, and continue the celebration throughout the Volunteers in Action Week, April 21st -27th.



A FEDERATION PRAYER

Gathered here are women, Lord
A sisterhood by plan
Pledged to do our very best
In every way we can.
Some have within us, God
The means to promote zeal.
Others have a heart that's touched
By what the others feel.
All here feel the need to serve
And bring about Thy way
Of understanding, truth and love.
This is the way we pray.
By action toward the things in life
That need our care and love.
So, look with favor on us Lord
And help to guide our ways
Let us see there is need
With love please fill our days.