

North Carolina Clubwoman

Fall 2019



Dedicated to Community Service Since 1902

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

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

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Margaret "Betty" Lee Tobert
(Mrs. Joseph Tobert)

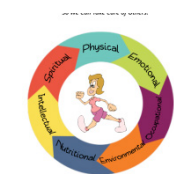
Celebrate Women

Ann Landis, GFWC-NC President



It has been a pleasure to preside over the 2018-2020 GFWC-NC Administration serving with your GFWC-NC Executive Committee, Junior Officers, Committee Chairmen and Members, and all of the GFWC-NC Clubwomen coming together as we CELEBRATE WOMEN.

Are we **“Taking care of ourselves so we can take care of others?”** What are you doing to take care of yourself? Summer was a great time to kick back, sit down, relax and read a book. I hope you found some time to have a picnic with your family and time to do whatever makes you feel happy and rested. Thirty-three of us went on the **“Sisters of the Sea”** Carnival Sunshine Cruise! Our participation earned \$482.21 for the President’s Special Project. Way to go, Federation Sisters!



It is also a good time to get caught up on your wellness checks. GFWC women are known especially for taking care of what is needed, so let’s focus on taking care of ourselves too.

Fall will be a busy time as clubs gear up for new activities and Fall District Meetings. Your GFWC-NC Executive Committee members and Junior Officers are here and ready to assist. We are looking forward to joining you at your Fall District Meetings. Please invite us to attend so we can share in your projects and events.

We want to share our GFWC enthusiasm. There are so many benefits of GFWC membership! As a member of GFWC, one of the world’s largest women’s volunteer service organizations of nearly 80,000 members, we have many available resources. We can garner information, ideas, insights, and inspiration from thousands of other women across the state, country, and around the world.

GFWC-NC offers student scholarships, participation in the Arts Festival for students and members, District and State contacts and resources and partnerships to affect local and state areas. We learn at **LEADS**, (leadership, education and development seminar), as well as learn from valued Federation Friends across the district, state, and nation. Our organization is a place where you can network, share ideas, and be a part of the largest group of volunteer women in the

world. The **“Passport to Learning”** (PTL) is a new program where you can garner new tricks of the trade and become a better leader in your club and the state.

The **Legislative Action Center** is yet another way to be involved and make significant impacts to legislation affecting our state and our nation. GFWC-NC offers the opportunity to volunteer locally in areas to influence your community. It also furnishes resources and options to impact the state and nation with collaborative work as a women’s volunteer service organization. GFWC-NC provides the opportunity for fun! Members continue to make friendships as we participate in volunteer opportunities in the GFWC-NC setting!

Mark your calendars now for the **Corporate Champions for Women and Children** (CCWC) event at the Hilton Charlotte Center City on October 17. Fundraising at the Corporate Champions for Women and Children event has been outstanding and continues to re-brand our organization and build our Legacy Fund to strengthen our financial health. Show your support. Buy a ticket today.



Have you joined the **“Girls With Pearls” Society**? We are looking for 100 women to join the society this administration. Your \$100 donation will help to secure the LEGACY of GFWC-NC. Work with us as we re-brand our organization and assure continued success. Members will be recognized at the GFWC-NC State Convention with a beautiful commemorative pin.



Remember to think healthy, make healthy choices and have some fun too. What you do today can improve all of your tomorrows!

We hope that you feel inspired to **take care of yourself and your health, while you are taking care of others.**

Our mission to thrive will build an even better, stronger GFWC of North Carolina. By doing so, we celebrate ourselves, the inspirational women who came before us and those yet to be!

Infinite Horizons

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



Summer break has ended, and school is in full swing! I know many of you spent time this summer planning your fall Thriving Children projects and activities. I enjoyed seeing your social media posts highlighting all the work you've done this past year.

Take a look at these GFWC-NC Juniors:

The **Winston-Salem JWC** packed produce and made sandwiches at a local organization that delivers nutritious meals to children.



Jean Woodley of the **Clayton JWC** installed a Little Free Library in her community. Learn more about them here: <https://littlefreelibrary.org/>



Here are some additional activities to consider for Thriving Children:

September:

- To promote literacy:
 - o Help families sign up for the Dolly Parton Imagination Library- <https://imaginationlibrary.com/>
- To support kids in school:
 - o Volunteer to tutor/read to a child
 - o Become a lunch buddy

October:

- Advocates for Children week: 10/20/19-10/26/19
<https://www.gfwc.org/wp-content/uploads/2019/06/2018-20-Juniors-Special-Program.pdf>

Consider planning projects around:

- National Bullying Prevention Month
- Teen Dating Violence
- Sudden Infant Death Syndrome (SIDS)

November:

- To promote wellness and healthy living:
 - o Host a community fitness night in partnership with your local recreation department.

On the Horizon

The GFWC-Juniorettes had an exciting Jam-boree this summer and are eager to start their fall activities. They will have their own team for the St. Jude's Research Hospital Run/Walk which will be held on Saturday, September 28th in Raleigh. Please consider supporting them by donating or walking with their team. Many of our Junior Officers will be attending SER during this time so we'll need the GFWC-NC Juniors to step in and show their support of this event and our Juniorettes. You can find out more information and register at: https://fundraising.stjude.org/site/TR/Walk/Walk?pg=team&fr_id=107572&team_id=242313©_link_share

Fall Conference will be held on Saturday, November 9th. This will be a time to reconnect with fellow clubwomen, participate in a hands-on project and gain valuable information. Hope to see you there!

In Junior Spirit,
LeAndra Ratliff

GFWC-NC 3rd Vice President and Director of Junior Clubs

Thriving Juniors

Jenn James, Junior Editor

I love this time of year! There is so much excitement in the air with kids going back to school, football games and the promise of all things Pumpkin Spice just around the corner. August is also the month that is buzzing with the excitement of Junior Clubs getting back into the swing of club socials, fundraisers, and volunteering.

To start off their club year, **Winston Salem Junior Woman's Club** packed produce and made sandwiches for H.O.P.E. of Winston Salem and the **Junior Women's Club of Raleigh** packed 10,100 meals to benefit Rise Against Hunger.



In order to be able to give, we also must have fundraising events. No one does it better than GFWC-NC Juniors! **Hickory Juniors** are currently holding a Wine Raffle to help support their community outreach to women and children's organizations. The **Junior Women's Club of Raleigh** organized the Lafayette Village Wine Walk. **Fuquay Varina Juniors** were



the 2019 Run the Quay Charity Partners and volunteered to help the event succeed for all men, women and children that participated in the race. **Burlington Juniors** unveiled their theme for the 2019-2020 club year: Joyfully Serving Our Community

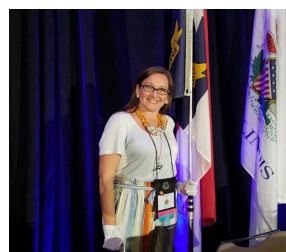
*Joyfully Serving
Our Community*



Charlotte Juniors, kicked off their club year with a summer cocktail hour at the beautiful Duke



Mansion in Charlotte and celebrated one of their own. Jennifer Nelson represented all GFWC-NC Juniors as the NC Leads graduate at the GFWC 2019 Convention in Austin, Texas.



Thank you to all the Juniors that represent GFWC-NC every day by living the Junior Pledge. Keep it up Ladies!



Keeping Districts Healthy... We all need Vitamin Sea!

**Jennifer Richards, GFWC-NC 2nd Vice-President
& Jill Sutphin, GFWC-NC Junior Secretary**



"As you grow older, you will discover you have two hands - one for helping yourself, the other for helping others" ~Audrey Hepburn

We hope everyone had a fun, safe and HEALTHY summer. As summer passes us, it is time to look forward to the Fall. Crisp mornings and evenings are perfect for walks to enjoy the changing leaves and cooler temperatures. It is also time for your District Fall Meetings. Please plan on attending these meetings. They are a wonderful time for learning, fellowship and catching up with all your Federation friends. The Executive Committee members always look forward to visiting the Districts and want to see you there! There will be some important business done at this meeting as nominations are made for the GFWC-NC nominating committees. Please support your District Presidents and host clubs that work hard to prepare these meetings.

District Fall Meetings:

District 1	October 5th	Waynesville
District 2	October 12th	Wilkesboro
District 3	October 5th	Charlotte
District 4	October 5th	Burlington
District 5	October 26th	Waynesville
District 6	September 28th	Garner
District 7	October 12th	Lumberton
District 8	October 5th	Roanoke
District 9	October 5th	Manteo

District Spotlight

DISTRICT 2

The Hickory Woman's Club hosted a Human Trafficking workshop for the club members and the community at the local library. They showed the "Not My Life"



video produced by UNICEF and had a local police official there to answer questions and speak to what was being done locally to fight Human Trafficking.

Members of the GFWC of NC Statesville Woman's Club volunteered at The Elder Center in Statesville on Thursday, July 18, 2019. They provided lunch, dessert and also participating in a group sing a long.

DISTRICT 6

The Junior Woman's Club of Raleigh supported the Lafayette Village Wine Walk, that offered wine, shopping, and treats.



Members of The Woman's Club of Raleigh enjoyed a fun evening out featuring Australia at, of course, Outback. Over several weeks members have gathered at different restaurants representative of different continents. These events are sponsored by the Night Community.



DISTRICT 8

The Woman's Club of Clayton partnered with Friends of the Hocutt-Ellington Library and the Town of Clayton to host a presentation and book-signing of the popular North Carolina author, Scott Mason, ***The Tar Heel Traveler***, as part of Clayton's Sesquicentennial celebration. The event took place on June 13, 2019 at the Gateway Event Center in Clayton. About 150 persons attended the event and feedback following the event has been very positive. Every guest was given a souvenir bookmark.



The Woman's Club of Williamston presented ninety-seven (97) ten-dollar (\$10.00) Chamber of Commerce gift certificates to Fire/Rescue, E911, Police Department and Sheriff's Office in recognition of their hard work, dedication and loyalty to Williamston and Martin County. Mary Bonner, Jeanne Maner and Phyllis Broughton were the volunteer co-chairs and attended the presentation. President of the Woman's Club, Deborah Grady, was also present.



Our first responders make a difference in the lives of the people in our county and community. They are there for us 24/7. May 1, 2019, Loyalty Day,

was a day to show our appreciation to these wonderful and extraordinary people. "The Woman's Club's mission is to support community services, charitable giving and educational enrichment," stated Mary Bonner.

The Woman's Club also supports Williamston Downtown, Inc., the Boys and Girls Club, Martin Community Players, Friends of Martin County Courthouse the local S.S. Cotton Scholarship, Relay for Life, Martin County Arts Council, the Historical Society, the Biggs House, student exchange program and Williamston Fire/Rescue.

The GFWC-NC Down East WC continues to do small-scale projects in the community, and a favorite is preparing a meal at Ronald McDonald House.





A dream you dream alone is only a dream. A dream you dream together is reality.

- Yoko Ono

We have arrived to the mid-year of an administration. We made a number of changes this past year to the award entry process. We hope these were found to be positive changes. For those who are still finding it difficult to navigate the changes, please be sure to attend the Fall Conference. We will be having a workshop on the award entry process.

And More Changes Are Coming... Don't let this statement scare you! At the 2019 GFWC Convention in Austin, the delegates voted in a bylaw change that affects the 2020 and forward Community Service Programs.

There will be FIVE CSPs going forward in 2020:

- Arts and Culture
- Civic Engagement and Outreach
- Education and Libraries
- Environment
- Health and Wellness

We really are very excited about where the new CSPs will take us. The new names were chosen to update and reflect evolving concerns and to fully integrate international projects into each individual program area. Before you cry out "Where's Home Life!" wait and see how this will all play out. All the resolutions will be reorganized into the appropriate locations.

At the Fall Conference, we will not only talk about the current award entry process, but we will also talk about how to move forward into the coming year. Although the new CSPs won't take effect until July 2020, once clubs start the 2020 calendar year, the new CSPs will come into play. So you'll need to think ahead.

Please bring questions with you to the workshop. We will not only review the past, plan for the future but will also answer your questions.

Updates to the 7 Grand Initiatives:

1. Martin Luther King, Jr. Day of Service – Goal 1,000 projects

To Date: 789 Projects

By January 20, 2020: **1,000 Projects**

2. Women in the Military projects – Goal 1,000 projects

To Date: 799 Projects

By January 20, 2020: **1,000 Projects**

3. The Million Dollar Club (a group of 1,000 club-women, clubs, districts, states, and regions donating \$1,000 each during the 2018-2020 Administration to maintain GFWC's Headquarters.) – Goal 1,000 members

To Date: 99 Members

By June 2020: **1,000 Members**

4. Legislative Action Center – Goal 1,000 members

To Date: 1,594 Members

By June 2020: **2,500 Members**

5. Arbor Day – Goal 1000 Trees

To Date: 17,811 Trees

By April 24, 2020: **20,000 Trees**

6. Donating Used Shoes – Goal 1000 shoes

To Date: 36,763 Pairs of Shoes

By June 2020: **40,000 Pairs of Shoes**

7. Dr. Seuss – Goal 1000 Books

To Date: 50,716 Books

By June 2020: **55,000 Books**

As you can see, some areas we excitingly EXCEEDED our goals!! And others still need support. Congrats to all our clubs for the hard work. We have several new goals to obtain; let's not stop now!!



Congratulations To...

These clubs, in our fabulous state, were recognized by GFWC in the Top 10 Projects:

- **Advocates for Children: The Woman's Club of Mount Airy** for their Buddy Benches
- **Domestic Violence: The Outer Bank's Woman's Club** for the refurbishment of their Shelter's Safe Room
- **Arts CSP: Wake Forest Woman's Club** creation of Alzheimer's Sensory Blankets
- **Conservation CSP: The GFWC Fuquay-Varina Junior Woman's Club's** Earth Day Litter Pick Up
- **Education CSP: GFWC South Brunswick Islands' Little Free Library**
- **Public Issues CSP: The Greensboro Woman's Club's** Sound the Alarm to Save a Life
- **Membership: GFWC Junior Woman's Club of Raleigh** for their University Outreach
- **Women's History & Resource Center: Woman's Club of Clayton** for their Centennial Celebration

As a reminder, these projects can be found at <https://gfwcnc.org/news-events/archived-documents/>. They are under the GFWC-NC Top Projects 2019. As you plan your 2020 projects, take a look at some of these; they might spark the next great projects!

Cool Project Ideas...

Are you looking for some new ideas? Here are a few that you can include in a newsletter and ask your club members to participate in:

- **ThreadUp** – <https://www.thredup.com/cleanout/donate-clothes> This is actually an online "Clothes

Closet" for people who want to sell their clothes online. However, if you don't want to participate that way, you can get a donation kit and send your items to them. They will sell them and/or donate them to a charity. Their charities include: Help a Mother Out; Girls, Inc.; Wardrobe for Opportunity; Big Brother Big Sister Foundation; and Feeding America.

- **Military Support** – 30,000 members of the North Carolina National Guard will deploy to the Middle East this fall. This deployment will follow two months in training in Texas. Ideas for Military support:

- **Angel's Bakers** (Soldiers Angels) <https://soldiersangels.org/angel-bakers.html> The Angel Bakers Team is a team of highly dedicated Soldiers' Angels volunteers who support our service members by sending a one-time care package, monthly, of home made goodies for our deployed military heroes. Our Angels send cookies, brownies, cakes and other delicious treats. Angels may also supplement their packages with store-bought bakery items or healthy snacks. To join Soldiers' Angels and participate in the Angel Bakers Team: <https://soldiersangels.org/team-angel-info.html>. This could be a neat project that your club members could easily participate in. Of course, they always accept donations.

- **For the animal lover** – consider fostering a military animal. [PactForAnimals.org](https://pactforanimals.org/military-foster-program/) (<https://pactforanimals.org/military-foster-program/>) supports our service men and women who have to leave their pet behind. Rather than the pet going to a kennel or shelter, consider fostering the pet.

- **Send expired coupons!** You can send your extra coupons and even your expired coupons to the troops which they can use in their PX or BX. <http://ocpnet.org>

If your club participates in one of these ideas, please let us know! We'd like to hear how some of these project ideas work out! And of course, Don't Forget to Report Your Projects!!!



All Aboard the MemberShip



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

Fall is a busy time for our clubs, but you are never too busy to recruit! When you are actively enjoying your volunteer work, your enthusiasm is a great motivator. Whether in person or through social media, encourage others to get involved. Do not let distance be a deterrent for a potential member – let her know that creating a new GFWC-NC club is actually pretty easy. Here is the checklist that will help a new club find its way to our Federation:

- o **Members:** 5 members (or more) is all it takes!
- o **Objectives:** Club's objectives conform to those of GFWC-NC
- o **Name:** Include "GFWC" in the club name
- o **Submit:** Charter application, bylaws, dues, roster to GFWC-NC HQ

Share the link to the new club Packet with prospective members – you can always find it at gfwcnc.org in the Forms section under Membership.

Remember, if your recruiting efforts pay off within YOUR club, be sure that your Club President submits the Recruitment Report to GFWC and to our MemberShip Crew – the September – November RECRUITMENT season report is due by **December 1st**. Learn more about the campaigns, tips, information, grants, and sample projects at <https://www.gfwc.org/membership/recruitment-campaigns/>

District Beacon: District 4

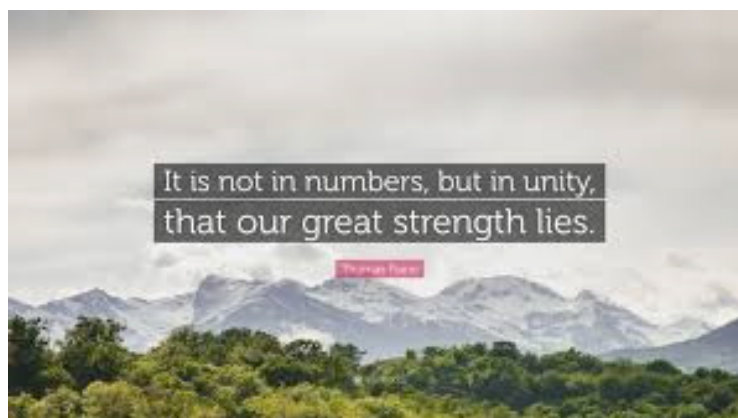
Lori Seiler, *District 4 1st Vice President*

Who are your Federation friends? Mine are.....

F-riendly
E-nthusiastic
D-edicated
E-mpathetic
R-eliable
A-ccepting
T-rustworthy
I-nclusive
O-ptomistic
N-ice

F-aithful
R-esponsible
I-dealistic
E-ager
N-ecessary
D-ependable
S-pecial

Enjoy your time with your Federation Friends by attending local meetings, supporting local volunteer efforts, attending District, State, Regional and National events. These friendships last a life time and will truly touch your heart and impact your life.



Juniorette Jammer

Jenn James, State Juniorette Advisor



In June, the GFWC-NC Juniorettes celebrated the 57th GFWC-NC Juniorette Jamboree at Jackson Park Elementary School in Kannapolis, NC, and celebrated the conclusion of another fabulous year! The theme was Healthy Juniorettes: Body, Mind, and Spirit. Twelve Juniorettes, advisors, and guests attended. The Juniorettes made bundles of pajamas, blankets, and stuffed animals. These were donated to the Cabarrus/Rowan Guardian ad Litem organization as part of the GFWC-NC Director of Junior Clubs' Special Project: Thriving Children. Attendees enjoyed learning about the GFWC-NC President's Special Project: Healthy Women with Renee Goodnight (Cabarrus Cooperative Extension Agency) teaching about making healthy choices in our foods.

The 2019-2020 GFWC-NC Juniorette Officers and CSP Chairmen were introduced: President, Julia Clark, A.L. Brown Juniorettes; 1st Vice President, Anna Roche, A.L. Brown Juniorettes; 2nd Vice President, Katie Bolick, GFWC Maiden Juniorettes, Arts, Life CSP, Lilly Beaver, A.L. Brown Juniorettes, and Home Life CSP, Kemari Sims, A.L. Brown Juniorettes. There are several available leadership positions: Secretary/Treasurer, Chaplain, Historian, Conservation CSP Chairman, Education CSP Chairman, International Outreach CSP Chairman, and Public Issues CSP Chairman. If you have Juniorette members that would like to be consid-

ered for appointment to the GFWC-NC Juniorette Board please send their name, contact information, qualifications, and position of interest to Jennifer James ncjuniorettes@gmail.com.

Special 'Thank You' to GFWC-NC Third Vice President and Director of Juniors Nikki Ratliff, GFWC Advocates for Children Chairman, Heather Bolick, GFWC-NC Juniorette Chairman, Jennifer James, and GFWC-NC Junior and Juniorette Parliamentarian, Georgann Athanaelos Sapp for making GFWC-NC Juniorette Jamboree 2019 AWESOME! Remember to use the following tags when posting to your Social Media: #gfwcnc #gfwc #juniorettes #thrivingchildren #gfwcncjuniors #gfwcncjuniorettes

We are busy planning for another wonderful year of Juniorette Service in North Carolina! Please feel free to contact Jennifer James with any Juniorette news, questions or suggestions at ncjuniorettes@gmail.com. We especially love pictures and project information so we can include them in upcoming issues of the North Carolina Clubwoman.

In Federation Service,
Jenn James, GFWC-NC State Juniorette Chairman
ncjuniorettes@gmail.com
704-793-3513

Juniorette State President

Julia Clark, GFWC-NC Juniorette President

I am so excited to be the 2019-2020 GFWC-NC State Juniorette President. Volunteering and helping people is my passion! It makes me so happy to know that I can make a difference in people's lives and the world. I am a senior at A.L. Brown High School in Kannapolis and have been an active member of the A.L. Brown Juniorettes for almost 4 years. I am also involved in NHS, Beta Club, my job, and Sports Medicine. However, I have been a part of Color Guard since 7th grade, and even though I've recently quit due to new commitments I will forever love it because it made a huge impact on my life.

My GFWC-NC Juniorette President's Special Project is Helping Kids with Cancer. I chose to do this project because my aunt is a childhood cancer survi-

vor and the stories that she and my mom share with me about the wonderful things that volunteers did for them made me want to do the same for others. My mom remembers receiving a stuffed animal and that made her day because she was scared and worried for her sister and something so simple gave her comfort and hope.

Some projects that my club plans to do and would be great for your clubs to consider are: donating supply needs to your local pediatric hospitals; getting your school and community to help and collect supplies for your hospitals; donating to St. Jude Children's Research Hospitals; or just spending time with the kids. From previous experience, the

simplest thing like volunteering your time or donating something as simple as a teddy bear or blanket will help the patients through this tough time and give them a smile.

One way that ALL GFWC-NC clubs can help support Helping Kids with Cancer is participating or donating to St. Jude Children's Research Hospitals. September 28, 2019, is the St. Jude Children's Research Hospitals Run/Walk in Charlotte and Raleigh. If you can attend one of these events it is an amazing experience. But if you cannot attend, please help raise

money through the GFWC-NC Juniorette Team. Here is the link to donate or join our team http://walkrun.stjude.org/GFWCNC_Juniorettes.

Thank you for this opportunity to serve at the state level of GFWC-NC as the State Juniorette President. I look forward to an awesome year!

In Federation Service,
Julia Clark
GFWC-NC Juniorette President
29juliarc@gmail.com
704-431-7606

Important Reminders

- Send in the **names** and **contact information** for your club's 2019-2020 Juniorette President and Advisor to Jennifer James at ncjuniorettes@gmail.com. We need this information as soon as possible to complete the Juniorette Handbook and the mailing list.

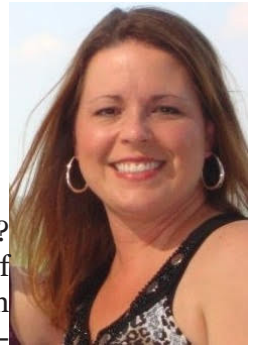
- **Juniorette State Dues and Remittance Form** are due **November 15th, 2019**.

Dues are \$20 per clubmember and include \$10 to GFWC, \$6 to GFWC-NC, and \$4 to the State Juniorette Fund. Dues and Remittance Form should be mailed to:

GFWC-NC Headquarters, 7474 Creedmoor Road #310 Raleigh, NC 27613
919/790-8684 hq@gfwcnc.org

Women's History and Resource Center

Tammy Kesky, GFWC-NC Chairman



Fall...a wonderful time of year when the air becomes crisp, colors mute into shades of amber and ruby, and we prepare ourselves for the festivities of the holidays. As clubwomen, Fall is the time we wrap up our club activities and begin to prepare for reporting. This year, while there is still plenty of time for an activity, why not plan something related to women's history?

Be creative. Projects don't need to be expensive or time consuming. Host a tea party at an assisted living center or a girl scout troop and share a presentation about a prominent female figure who had an impact on women's history. Participate in a local parade to commemorate the 19th Amendment. Write an article in your local newspaper about the impact your club has had on the community.

No time for a project? Consider preserving the history of GFWC and women volunteers with a monetary donation to the Women's History and Resource Center. Founded in 1984, the WHRC is celebrating its 35th anniversary this year. Giving levels begin as a "Friend" at only \$35! Go to GFWC.org under the Marketplace tab for online giving.

JUNIORETTE CLUB REMITTANCE FORM

DUES DEADLINE: NOVEMBER 15, 2019

Please do the following:

1. Complete the **Remittance Form** below
2. Attach/or email a copy of your **Club Roster** with a phone # and e-mail address for each member.
3. Attach a **check** made payable to **GFWC-NC** for **DUES and DONATIONS**.
4. Mail all of the above to: **GFWC-NC Headquarters**

7474 Creedmoor Road #310 Raleigh, NC 27613

919/790-8684 hq@gfwcnc.org

5. Mail or e-mail copies of the **Remittance Form** and **Club Roster** to:

GFWC-NC Juniorette Chairman: Jennifer James

c/o 1207 Woodacre Circle Kannapolis, NC 28081 704-793-3513

ncjuniorettes@gmail.com / smithjen75@gmail.com

CLUB NAME: _____ District: _____

CLUB PRESIDENT: _____

Email: _____

Phone #: _____

SPONSORING CLUB: _____

CLUB ADVISOR: _____

Address: _____

Email: _____

Phone #: _____

1. **DUES \$20.00 per member per year.** (GFWC \$10, GFWC-NC \$6, State Junioresettes \$4)

We are paying for _____ members for club year 2019 to 2020

Total enclosed for dues: (#_____ members x \$ 20) \$_____

***Advisors do not pay dues.**

2. Electronic copies of the Handbook are available at no charge. Please indicate e-mail address you would like the Handbook sent to: _____

3. **CONTRIBUTIONS** (Optional, but must be paid by Jan. 1st for reporting)

1. GFWC-NC Juniorette President's Special Project \$_____

2. Essie Harris Newsom Juniorette Scholarship (in addition to dues)(Edu)\$_____

3. GFWC-NC President's/JD's Special Project – \$_____

4. GFWC Signature Project – *Domestic Violence* \$_____

5. GFWC Junior Special Project – *Advocates for Children* \$_____

6. 1902 Society \$_____

TOTAL AMOUNT OF CHECK \$_____

4. **NC Clubwoman Magazine** will be provided by email to the club Advisor and Club President.
If entire club wants magazine, please send list of club members and their email addresses to
hq@gfwcnc.org.

IN ORDER FOR YOUR CLUB TO REMAIN IN GOOD STANDING, PLEASE PAY PROMPTLY.

If your club is no longer active or is having difficulties, let GFWC-NC Headquarters hq@gfwcnc.org and GFWC-NC Juniorette Chairman ncjuniorettes@gmail.com know immediately.

GFWC-NC State Fall Conference

GFWC-NC State Fall Conference

November 9, 2019

Shiloh Presbyterian Church Burlington, NC

“Celebrate Women & Thriving Children”

Taking Care of Ourselves...

So We Can Take Care of Each Other

District officers and Community Service Program (CSP) chairmen, club presidents, club CSP chairmen, and ALL clubwomen - mark your calendars! The Fall Conference will share information for the upcoming year and allow you to be a resource for your district and club, and to inspire enthusiasm for membership in GFWC-NC. Register today!

TENTATIVE SCHEDULE

Friday, November 8

10:00 am Executive Committee Meeting
4:00 pm Board of Trustees Meeting
7:00 pm Dutch Treat Dinner

Saturday, November 9

8:15 am Registration
8:15 am Pages Meeting
8:45 am Junior Business Session
9:30 am Fall Conference Business Session
Welcome & Invocation
Presentation of Pages
Credentials
Board of Trustees Report
CSP Reports
Nominating Committee Report
for CSP
Elections
Nominating Committee Report
for Officers
Nominating Report for Juniors
Various Committee Reports

12:00 pm Lunch
Passport to Learning
Minutes & Scripts
Engaging Learners
Community Service Program Updates
Hands - On Project
2:00 pm Various Committee Reports

Planning for the Future
Fundraising Report
Final Credentials
Adjournment

4:00 pm

2020 - 2022 GFWC-NC Officer
Nominee Meeting

Agenda Subject to Change

Additional information for the meeting will be provided via email

HOTEL

Drury Inn & Suites Burlington
1767 Glidewell Dr. Burlington, NC 27215

Room Rate: \$115.00 night plus taxes

Room Rate includes:

HOT Breakfast

5:30 KickBack

Parking

Wi-Fi

Popcorn & Soda in lobby

Reservations can be made by calling the 1-800-325-0720 and use group number 2389353 or by visiting www.druryhotels.com and entering 2389353 as the group number.

Cut-off Date:

October 8, 2019



GFWC-NC Fall Conference Registration Form



Name: _____ Club Name: _____

Position Held (Club, State, District): _____

District: _____ Delegate: Yes No Phone Number: _____

Please Check Appropriate Registration Fee:

Registration (including Lunch) on or before October 25, 2019	\$35.00
Registration (including Lunch) after October 25, 2019	\$45.00
Juniorette Registration (including Lunch) on or before October 25, 2019	\$25.00
Juniorette Registration (including Lunch) after October 25, 2019	\$35.00
1902 Society Donation	\$ _____
LEGACY Donation	\$ _____
Disaster Relief Fund Donation	\$ _____
501(c)3 Pender County Tree Fund Donation	\$ _____
Other: (Please specify) _____	\$ _____

TOTAL AMOUNT TO BE PAID: \$ _____

***AFTER OCTOBER 25, 2019 REGISTRATION WILL ONLY BE ACCEPTED ON-SITE
AND LUNCH IS NOT GUARANTEED.***

PAYMENT INFORMATION

Checks made payable to GFWC-NC and mailed to:
GFWC-NC 7474 Creedmoor Rd. Unit 310 Raleigh, NC 27613
E-mail: hq@gfwcnc.org

Name on Card: _____ Signature: _____

Address: _____

Credit Card Number (Visa or Master Card Only) _____

Expiration Date: _____ 3 Digit CVC Code (located on back of card): _____

E-mail to have credit card receipt mailed to: _____

Financial information about this organization and a copy of its license are available from the State
Solicitation Licensing Branch at 919-807-2214 or 888-830-4989 for NC Residents.

Legislation and Public Policy

Judi Stankowich, GFWC-NC Chairman



Three **NEW** GFWC Grand Initiatives Introduced!!

At the 2019 GFWC Convention, GFWC President Mary Ellen Brock issued three new challenges to the membership. There is no doubt that GFWC members will meet the challenge. Wouldn't it be great if GFWC-NC led the charge?

Two of the new challenges relate to the bills selected for action by GFWC members at the 2018 Region Meetings. Resolutions were proposed and adopted on these issues at the 2019 GFWC Convention.

Those new challenges are:

1. That 1000 calls or emails will be made to United States Representatives on September 23, 2019 urging passage of HR 2793 Miranda Vargas School Bus Driver Red Flag Act.

2. That 1000 calls or emails will be made to United States Representatives and United States Senators on October 23, 2019 urging passage of HR3265 and S1831 3D Printed Gun Safety Act.

Please take a moment and look up the legislation. Tell your club members, friends, family, and neighbors about these two bills. Ask them to write to their legislators requesting passage. Call and send an email requesting passage. Continue to keep contacting legislators until the bills are enacted.

If you are not a member of GFWC Legislative Action Center, please go to www.gfwc.com and enroll. GFWC LAC will alert you when action occurs on

these bills. It enables you to contact your own legislators with just one click. Ask your club members to enroll. Remember to use the words 'a member of the General Federation of Women's Clubs, an organization of 80,000 concerned women' after your name and put that in red for emphasis.

We want to make our numbers count. Every contact with a legislator counts as one. If your club is not reporting this information, please send it to me at judistankowich@atmc.net. We want to be sure GFWC-NC members are counted.

The third new Grand Initiative concerns a celebration coming up during the summer of 2020.

3. That 1000 club/state projects will be in place to celebrate the 100th Anniversary of Women winning the right to vote, August 26, 2020.

August 26, 2020 - 100th anniversary of women winning the right to vote. What a great day to celebrate. Make plans to party with your GFWC sisters and all your women friends.

Publish pictures of your celebrations in local newspapers and on Facebook. Include the information on your club website. Our ancestors worked hard for the right to vote. Let's honor that hard work.

Remember to report all your club's legislative activities to me.

GFWC of North Carolina on Amazon Smile

What is AmazonSmile?



AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from over one million organizations to support... GFWC of North Carolina.

How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

Domestic Violence Prevention & Awareness

Lori Seiler, GFWC Special Project Chairman



October is Domestic Violence Awareness Month, and here are some ideas of ways your club could get involved to bring awareness! Also remember on Martin Luther King Day in January, a declared a National day of Service to offer another Domestic Violence type project.

Make these suggestions part of your club work. Think outside of the box, put a new slant on an idea, and adopt it to your club work. With all projects/programs, think diversity--work with other groups or for other groups, or highlight diversity as the theme.

- Print table tents with a reminder that October is Domestic Violence Awareness Month and provide information about services and how to access them. Distribute table tents to area restaurants and hospital cafeterias.

- Provide materials to your local libraries for a display during October.

- Write an article or op-ed piece for your local newspaper or blog. Work with personnel from your local domestic violence shelter to provide additional information.

- Sponsor a Candlelight/Luminary Vigil during Domestic Violence Awareness and Prevention Month

- (October). Luminaries can be designed by a shelter's residents.

- Create Comfort Dolls out of muslin, with an attached card that says, "I am a Comfort Doll. I was made especially for you by a woman's heart and hand who cares. When you need strength or just a smile, hold me and feel the love I send. Like me, you are unique, worthy, beautiful and deserve all good things in life. You have the strength within yourself to be extraordinary." Comfort Dolls – created with our hands – given with our hearts. Give them to a local Shelter.

- Collect teddy bears to give to children at a child advocacy center, where children are interviewed and examined after an incident of abuse.

- Collect gently used purses and tote bags and fill them with health and beauty aids, jewelry, children's items, and other toiletries. Present them to your local shelter.

- Apply for Walmart's Community Grant pro-

gram to finance a project for your local shelter or to bring awareness to all types domestic violence.

- Have a White Ribbon Campaign (an international effort of men and boys working to end violence against women) to educate and inform their community about domestic violence. Distribute white ribbons to high school/college male athletes, etc.

- Donate pocket calendars and desk calendars to your local shelter to help women organize their lives

- Donate Mother's Day gifts to a shelter so that children can have a present to give their moms.

- Purchase holiday gifts for your local domestic violence shelter staff. Bake cookies or goodies and take them to your local shelter for the employees, as well as those living in the shelter, for the holidays or the weekend.

- Donate gently used or new children's books for a library at your shelter.

- Hold a "Bread for Bras" event. Make Irish Soda Bread and sell it to raise funds to buy bras for residents of shelters.

- Hold a "Showing and Glowing" of purple during October - Domestic Violence Awareness month. Distribute strings of purple lights to local businesses and community members to display. Attach a card explaining GFWC's Signature Project and your club's participation.

- Provide "Move Out Kits" for your local shelter. The kits include plates, cups, bowls, kitchenware, and bathroom items for families who leave the shelter and move into a home.

- Have a "Work Out to Wipe Out Domestic Violence" Awareness Benefit Day. Work with community partners to present a list of activities, such as belly dancing, Boot Camp Training, Pilates, a 10K Run, and self-defense. Collect an entry fee and donate funds to shelter and/or scholarship.

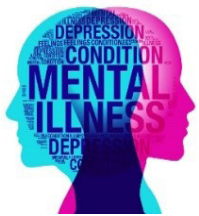
- Have a "Mardi Bra Party" in any month you wish. Send invitations to other women's groups and ask them to donate new bras and personal hygiene products for local shelter. Have a speaker from local shelter talk about Domestic Violence and the needs of the shelter.

Continued, Page 20

Home Life Community Service Project

Noreen Welch, GFWC-NC Art Chairman & Rebecca Duffy, GFWC-NC Art Junior

Chairman



As GFWC-NC clubwomen, let us confirm our commitment to mental health by becoming more aware of the issues surrounding mental illness.

In 2018, North Carolina ranked 30 out of 51 States, including the District of Columbia, in the prevalence of mental illness, including youths and adults.

The Top Five Most Common Mental Illnesses are:

- Depression. Impacting an estimated 300 million people, depression is the most-common mental disorder and generally affects women more often than men.
- Anxiety.
- Bipolar Affective Disorder.
- Schizophrenia and Other Psychoses.
- Dementia.

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness.

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Feeling sad and withdrawn for more than 2 weeks
- Severe mood swings that cause problems in relationships
- Intense worry and fears that get in the way of everyday activities
- Sudden overwhelming fear for no reason
- Seriously trying to harm or kill oneself or making plans to do so
- No eating, throwing up or using laxatives to lose weight
- Significant weight loss or weight gain
- Severe or out of control risk taking behavior that could cause harm to self or others
- Drastic changes in behavior or personality or sleeping habits
- Extreme difficulty in concentrating or staying still

The following information is contained in this link for a printable flyer: Warning signs of a Mental Health Crises;



- Inability to perform daily tasks like bathing, brushing teeth, brushing hair, changing clothes
- Rapid mood swings, increased energy level, inability to stay still, pacing; suddenly depressed, withdrawn; suddenly happy or calm after period of depression
- Increased agitation verbal threats, violent, out-of-control behavior, destroys property
- Abusive behavior to self and others, including substance use or self-harm (cutting)
- Isolation from school, work, family, friends
- Loses touch with reality (psychosis), unable to recognize family or friends, confused, strange ideas, thinks they're someone they're not, doesn't understand what people are saying, hears voices, sees things that aren't there
- Paranoia, suspicion and mistrust of people or their actions without evidence or justification

The following information is contained in this link for a printable flyer: What to do in a Mental Health Crisis;

- Keep your voice calm
- Avoid overreacting
- Listen to the person
- Express support and concern
- Avoid continuous eye contact
- Ask how you can help
- Keep stimulation level low
- Move slowly
- Offer options instead of trying to take control
- Avoid touching the person unless you ask permission
- Be patient
- Gently announce actions before initiating them
- Give them space; don't make them feel trapped
- Don't make judgmental comments
- Don't argue or try to reason with the person

The following information is contained in this link for a printable flyer: What to do if you suspect someone is thinking about Suicide.

Start a conversation saying something like this

- "Are you thinking about suicide?"
- "Do you have a plan? Do you know how you would do it?"
- "When was the last time you thought about suicide?"

Continued, Page 20

Taking Care of Ourselves So We Can Take Care of Others

Linda Browne, GFWC-NC President Special Project Chairman

EAT A "RAINBOW" OF COLORS EVERY DAY!



SEPTEMBER is “**FRUITS & VEGGIES – MORE MATTERS MONTH**”. Eating a colorful and balanced diet each day helps us get all the vitamins our bodies need. Green foods often contain Vitamin B, Vitamin E, and Vitamin K. These vitamins help

our cells, our body's tissues, and our blood work properly. Red and orange citrus fruits often contain Vitamin C, which keeps our immune system strong and helps us heal when we are hurt. Blue and purple foods keep your memory strong and lowers your chance of getting cancer. Orange foods often contain Vitamin A, which keeps our eyesight sharp and our skin healthy.

Resources: <https://www.heart.org/en/healthy-living/healthy-eating/add-color>

<https://www.choosemyplate.gov/>

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

OUR PROJECT GOALS: THINK HEALTHY – MAKE HEALTHY CHOICES – AND HAVE SOME FUN TOO!

“Success is the sum of small efforts repeated day in and day out.” ~Robert Collier

1) WALKING: To keep fit ... our walking goal will be to make it OVER THE MOON! (How far away is the Moon? About 250,000 miles from Earth)

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

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

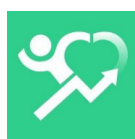
MEMBER TARGET - Annual physical; annual mammogram/monthly breast self-exam; annual gynecological exam; annual dental checkup & cleaning.

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

MEMBER TARGET - Fill half your plate with a variety of colorful fruits and vegetables at each meal. Drink at least four 8-ounce glasses of water each day. (New research indicates that we get needed water from many sources—including fruits and vegetables and non-water beverages – so we are relaxing the old “8×8-ounce” rule.)



IT IS SO EASY TO PARTICIPATE! All you need to do is keep track of what you do and eat. Be sure to give your reports to the member who will be doing the “Healthy Women” reporting for your club. In addition to your personal commitment, it would be fun to plan club programs and activities that support the “Healthy Women” goals to benefit club members and your local community.



CHARITY MILES UPDATE: If you have a smartphone, you are encouraged to use the Charity Miles app when you walk. (Remember to join the GFWC-NC team and we suggest you choose Shot@Life as your designated charity.) **Thank you to all who have joined the GFWC-NC team and are participating.** As of August 8, our Charity Miles team has 62 members who together have logged more than 7,000 miles! Special accolades go to the top 15 members on the GFWC-NC team’s “Leaderboard”: **Linda Browne, Debbie Yorrio, Bronwyn Megginson, Cathelene Nunn, Margaret Ann Brame, Karen Throckmorton, Sherry Thompson, Linda Sturgill, Carol Gardner, Noreen Hannon, Kim Fulcher, Jill Sutphin, Troyann Dougherty, Hope Hockaday, and Ann Landis. Way to go, ladies!**

If you have any questions about the “HEALTHY WOMEN” project or the Charity Miles app, please feel free to contact me or your district chairman.



Continued, Page 20

Home Life, continued

If the answer is “Yes” or if you think they might be at risk of suicide, you need to seek help immediately.

- Call a therapist or psychiatrist/physician or other healthcare professional who has been working with the person
- Remove potential means such as weapons and medications to reduce risk
- Call the National Suicide Prevention Line at 1-800-273-8255 or call 911
- Listen, express concern, reassure
- Focus on being understanding, caring and nonjudgmental

What can we as clubwomen do to help with mental health issues in our communities?

Learn about mental health—educate myself and others

See the person not the illness—strive to listen, understand, tell my own story

Take action—spread the word, raise awareness, make a difference

Domestic Violence, continued

• Assemble SHARP (Stalking, Harassment, and Rape Prevention) Kits, and donate them to a Rape Crisis Center. Each kit contains a cell phone and charger, a small paper tablet and pen, a flashlight, a whistle, a datebook, and a canister of pepper spray in non-transparent cosmetic bags.

• Purchase new journals and decorate the covers with inspirational sayings and donate them to your shelter for women to record their thoughts as part of the counseling/healing program.

If you have any questions or need help. Please contact Lori Seiler at panthers@bellsouth.net or call her at 336-212-0758.

Walk for Mental Health.

Participate in NAMI's largest mental health awareness and fundraising event, taking place in nearly 100 locations across the country. Visit the following link NAMIWalks.org website to learn more and register for a walk in your community today

Take action on advocacy issues for Mental Health

Policy change is one major way we can make a difference in the lives of people living with mental health conditions and their families. NAMI advocates for an array of issues including:

Protecting people's access to treatment and services

Attaining mental health parity

Securing better funding for research

Let's do our part to promote mental health in our communities!

References:

www.nami.org

www.mentalhealthamerica.net

www.talkspace.com

PRESIDENT'S SPECIAL PROJECT COMMITTEE MEMBERS:

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

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

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

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

District 2: Joanna Gaither (GFWC-NC Statesville Woman's Club); jogaither@bellsouth.net

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

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

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

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

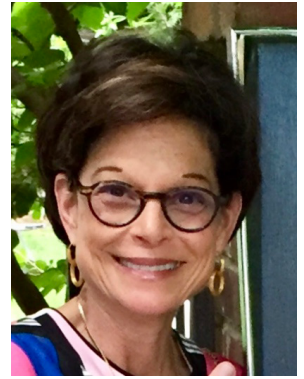
District 7: Holly Coleman (GFWC of Holden Beach); hollyc311@gmail.com

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

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

Coporate Champion for Women & Children

Bev Lassiter, Chairman



The summer break is over and with this brings about the beginnings of our fall Club Meetings in September!

One of the greatest perks of GFWC-NC is our Federation Friends and supporting each other! Grab your Federation sisters and plan to attend the third annual Corporate Champions for Women & Children Awards & Banquet on October 17th at The Hilton Center City Charlotte.

This year's "Lucy" Honorees volunteer in their communities and across the state, donate millions of dollars and work hard to better the lives of women and children in North Carolina. The honorees for 2019 are:

- **Novant Health nominated from District VII's town of Bolivia**
- **Charlotte Motor Speedway**
- **Our very own District IX's Joe Lamb, Jr. & Associates, which opened its doors in 1968 and is a pillar in the Outer Banks Community**

How wonderful to recognize and honor one of our own, Ann Lamb, who was a founding member of The Outer Banks Woman's Club in 1971.

Since this GFWC-NC fundraising event began in 2017, we have been able to raise nearly \$200,000, while also donating \$10,000 from last year's proceeds to Boys & Girls Homes of North Carolina.

Make plans now to join us in October to celebrate another year of amazing businesses, which give so freely of their time and dollars to support many of our Federation's causes.

Trees Needed!

It's Fall. Days are shorter, nights are cooler, and the colorful trees remind us that there is no better time to plant trees in North Carolina.

We started the tree planting project at Convention in April, by planting two large oak trees for Federation Day at a park in Pender County. Now GFWC-NC has an opportunity to help us finish the job!

No boots or shovels needed. To participate, join us at the Fall Conference in Burlington on November 9th, and bring donations for the 501(c)3 Pender County Tree Fund. Our goal is to raise \$1,200 - \$1,500 for the Tree Fund. Coincidentally, this will be enough to complete our goal of planting 1,000 trees for our GFWC President's Project!

The Pender County Parks and Recreation Department staff and volunteers will do the hard work. They will plant the trees in their parks where the trees were lost in last year's hurricane, helping their recovery efforts will have a long-term impact.

A \$25 donation provides the funding for 100 seedling trees and 1 Long Leaf Pine sapling for a

special Long Leaf Pine Reclamation project at one park. Larger donations can be used to purchase larger trees. If each club donates at least \$25 and each district donates \$100, we will meet our goal and help to accomplish the GFWC President's goal to plant 1,000 trees during this administration. Individual donations are also welcome!

These donations can be reported by clubs under the Conservation CSP! The results of this project will be reported to us by Pender County, and announced at our 2020 Convention.

As a thank you to all who participate, the Conservation CSP will be giving away a tree seedling at the Fall Conference to take home to plant.

See you in the fall, y'all!



Everything You Do Has a Public Relations Component

Jennifer Nelson, GFWC-NC Communications & Public Relations Chairman



So, I admit it, I am not the best with social media. I often leave an event thinking “oh bummer, I forgot to take a picture”. Or, I scroll through the tons of great pics on my phone and realize that I never posted and shared them on Facebook, Instagram or Twitter.

Sharing all the wonderful events, friendships and fun times we have together as clubwomen is important. But, let’s face it, some of us are much better at social media than others, and that’s okay. The first step is to admit it. The second step is then to ask for help. I hope these tips will help you to embrace social media this coming year.

The winner of the GFWC-NC Elizabeth Huntley Maddrey Tray Communications & Public Relations Award went to the **Junior Woman’s Club of Raleigh** because they utilize social media wherever they can. Here are 10 tips on how your club can optimize social media based on the success of the Junior Woman’s Club of Raleigh.

1. **Ask for help.** Solicit the assistance from those members who are active on social media and appoint them as official social media chairs, ambassadors or whatever fun title you want to give them.
2. **Create a plan.** Gather together and determine what your goals are for social media. What platforms will you use? How many new followers would you like to have? How many posts per day or week will you share? Aim for quality over quantity. Be realistic in your goals. Small steps.
3. **Build Relationships.** Engage and follow other community organizations you partner and volunteer with. Remember to tag them in posts. Tag your members as well.
4. **A picture is worth a thousand words.** Try to include great photos, images or graphics with every post. More people will look at pictures than will stop to read the actual post. You can create fabulous graphics with a free online tool called Canva.
5. **Imitate others.** “Imitation is the sincerest form of flattery”; or so they say. Follow other clubs; you will be inspired from their posts. Don’t hesitate to share posts from GFWC-NC, GFWC and/or other clubs, but be sure to balance that with original content.



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Public Issues Community Service Project

Julie Wolfe, GFWC-NC Public Issues Chairman & Jenna Pulley, GFWC-NC Public Issues Junior Chairman



The beauty of the Public Issues CSP is the breadth of the areas of interest it includes and the wide variety of activities it invites. Sometimes, though, with so many choices, it can be difficult to find a Public Issues program that suits your club. Here are some suggestions that worked for other clubs. You might like to try them as well or use these examples as an inspiration for a project tailored to suit your club's interests.

North Carolina Sorosis members thought outside the box and adopted a new project: The ABC's of Giving. Items were creatively selected, collected, and donated to a chosen cause, in this case, a local Domestic Violence Shelter. The club year was divided into six months with each month corresponding to four letters of the alphabet. Monthly donations were then suggested that started with the designated letters. In addition, the club addressed the chosen cause through handouts and newsletter articles. This project is a perfect fit for Public Issues because it lends itself to unlimited causes: veterans, police departments, firefighters, at risk youth, struggling families. Identify a need in your community and adopt the ABC's of Giving to support it! Your "giving" can be donations, fundraising, or hands-on.

Several clubs participated in Wreaths Across America in various ways. Your club can donate \$15.00 per wreath to www.wreathacrossamerica.org. Or members can participate in the wreath laying at Arlington National Cemetery. Or, like **Fuquay-Varina Woman's Club**, you can research and identify the veterans interred in a local cemetery, solicit for donations of materials for wreaths, and recruit community members such as high school students and veterans to help with the laying of the wreaths.

Your club may choose to focus on safety issues. Local police departments are very willing to speak to your club about personal safety as well as internet scams. Fire departments will come for a program on home safety, fire and smoke alarm awareness and Automated External Defibrillators. The **Southport Woman's Club** hosted a female officer from the local Sheriff's Office at a meeting to share tips on women's

self-defense. Twelve members took the local sheriff's self-defense class and then donated \$100 to the sheriff's self-defense program.

Does your club have members who like to organize things? The **Junior Woman's Club of Raleigh** knew that a local high school keeps a clothing closet where students in need can obtain items to wear. Students are referred to the closet by staff members and the clothes are provided to the students free of charge. The club's first year members chose to help organize and clean this closet so that students would have a better working space when they come to get their clothing. Chances are pretty good that your club can find a similar resource that could use organizing. If not a school's or community college's clothing closet, perhaps one at a domestic violence or similar shelter. Does a club member volunteer at a family assistance center, a back-pack program or with the Red Cross? Your club member's skills at organization might be greatly appreciated. You just have to ask. And here is an added bonus: minimal costs!

Many of us are familiar with the great services that Fisher House provides to the military community supporting veterans undergoing medical treatments and housing and supporting their families. Fisher House is always grateful for donations of food, gift cards, and toiletries. Never hesitate to contact your nearest Fisher House to ask what they need. This summer **GFWC of Holden Beach** did just that and delivered much appreciated food and supplies to the Fisher House at Camp Lejeune near Jacksonville. Pictured are GFWC-HB CSP Co-chairmen Donna Geise (left) and Patti Hogan at Fisher House.



This trip turned into a broader support of the military when they also learned of the nearby Camp Lejeune Operation Homefront Back-to School Brigade. After the stop at Fisher House, they visited Heroes Elementary School at Camp Lejeune and spent the rest of the day sorting donated school supplies, then packing them into backpacks purchased by Operation Homefront. Patti and Donna are pictured with other volunteers as well as the program coordinators for the Back-to-School Brigade.



Federation Friday Update

Karen Throckmorton,

GFWC-NC Corresponding Secretary

Volume 2 of Federation Friday began July 5th. It is being distributed every Friday via e-mail to Club Presidents. If you are not receiving them, please contact headquarters: hq@gfwcnc.org. We post it on FaceBook every Friday as well so that you can share it on your club and district FaceBook pages and with friends. Please feel free to share!

From July through September some of the topics include ESO, Eating Healthy While Traveling, August is Family Fun Month, National Immunization Awareness Month, North Carolina's Women's Health Report, National Wellness Month, Women's Equality Day, GFWC-NC Juniorette President's Message, Ovarian Cancer Awareness Month, 7 Grand Initiatives, Fruits and Veggies Month and much more!

Thank you Federation Friday Committee: Linda Browne, Holly Coleman, Donna Harrell, Cindy Hewett, Tammy Kesky, LeAndra Ratliff, Pauletta Parker and Crystal O'Neal, for your continued support. You are the best! And, many thanks to our guest authors this quarter; Helen Richie for her article on the changes to ESO, and Julia Clarke for her GFWC-NC Juniorette President's Message.

Here are a few more tips. Many of our members are involved with organizations outside of GFWC that also support our communities. Survey your members. Ask them to use those connections to access expertise. Red Cross, Guardian ad Litem programs and other justice services, your local pharmacists and veterans' organizations are just a few that come to mind. Ask for a speaker. Follow up with a related project, either hands-on or fundraising or both. Publish your good deeds in your newsletter, on Facebook, on your website. And, last but certainly not least, at the end of the year, report your project to GFWC-NC Public Issues CSP!



If you would like to request a topic or issue be addressed please feel free to contact me at karent@atmc.net.

All the best,
Karen Throckmorton
GFWC-NC Federation Friday Chairman
GFWC-NC Corresponding Secretary



In Memoriam

Margaret "Betty" Lee Tobert

(Mrs. Joseph Tobert)

May 7, 1934 - June 27, 2019



Betty loved The Woman's Club of Raleigh club and believed in its mission and goals. She served two terms as president, during both the 43rd and 49th years. She was dedicated, diligent in her duties and her vision and her plans improved our club. The following paragraph from Laura Ingalls Wilder's book, *Little House in the Ozarks*, was shared by Betty with the membership in 2007: "I know a little band of friends that calls itself a woman's club. The avowed purpose of this club is study, but there is an undercurrent of deeper, truer things than even culture and self-improvement. There are no obligations, and there are no promises; but in forming the club and in selecting new members, only those are chosen who are kind-hearted and dependable as well as the possessors of a certain degree of intelligence and a small amount of genius which is the capacity for careful work and success. In short, those who are taken into membership are those who will make good friends, and so they are each for all and all for each."

The Federation was a large part of Betty Tobert's life. She was a member of the Junior Woman's Club of Raleigh and served as its 1968-1969 President. She led the club with patience, diligence, and with a strong emphasis on partnership with the work of the North Raleigh Woman's Club, The Woman's Club of Raleigh, NCFWC (now GFWC of North Carolina), and GFWC. During her term, club members volunteered with Volunteers in Public Schools (VIPS), the Governor Morehead School for the Blind, and the Cerebral Palsy Center. Continuing volunteer service projects included a baby sitter training course, Voices from Home, a monthly craft corner, hostesses at the Chrysalis WC, docents at the Executive Mansion, Assistance to the Golden Age Club and Dorothea Dix hospital, maintaining the Clothing Closet, delivering babies to the Children's Home Society in Greensboro, the Olivia Raney Library, the O'Berry School and reciprocal projects with the Sub-Juniors (now Juniores). A \$1000 contribution to the Woman's Club's Building Fund was made.

Having served on the Board as President of the Juniors, Betty joined the Woman's Club in 1972. She held many leadership positions including chairman of Education, Finance, and Trustees. She oversaw the all encompassing inventory of the club's contents still used today. During her 1987-1988 administration, she continued the club's proud tradition of service with Education as her focus. A \$5000 grant was given through the Mini Grant Program administered by the Wake County Education Foundation. Additionally, members served as monitors for the project which supplemented 71 programs for 15,000 students in the Wake County school system. Docents were provided for the Executive Mansion and Mordecai House. Creative Writers and Great Decisions continued and the club volunteered with the Crisis Intervention Center, the Friendship Force, the Wake County Special Olympics, Mt. Vernon Redirection School, the Salvation Army, March of Dimes, Meals on Wheels, Chrysalis Woman's Club at the NC Correctional Center for Women, the Center for Battered Women and Children, the Arthritis Foundation, the Ronald McDonald House, the Raleigh Boychoir and the Red Cross. She ended her first term with the statement: "We honored our past, look to the future with enthusiasm and cherish the privilege of service together."

A leader innovates; a leader develops; a leader inspires trust; a leader has her eye on the horizon, a leader originates; and a leader is her own person. Each of these statements describes Betty and her leadership during 1998-2000. She prepared the club for the 21st century with education again as a focus. The club seal was adopted, a GFWC-SER banquet was held at the club, a fundraising "toast" was held in honor of Jim Graham with some of the proceeds used to create the Helen Graham scholarship. The Ann Collins scholarship was created. With the theme Tomorrow's Vision Today, Betty's emphasis areas were the opening of The Woman's Club of Raleigh Room in the Education Center of the Raleigh City Museum; participation in the events signalling the celebration of the Wake County public library system's 100th birthday; an artifact display case, funded by the club, placed in the historic State Capitol building upon completion of its renovation; and the sponsorship and dedication of the Lillian Exum Clement Stafford highway marker in Asheville, a pioneer of women's rights and the first female legislator in the South.

Betty Lee Tobert, a Raleigh native, was the only child of Samuel A. and Margie Brice Lee. She was the widow of Joe (a long-time Boy Scout volunteer and leader) and had a son, a daughter and three grandchildren. She was a 1956 graduate of UNC-Greensboro and later completed graduate studies at Duke University and NC State University. She taught school in Asheboro and Raleigh and had a 25-year career as Executive Director/Editor of GFWC of North Carolina. A long time-member of White Memorial Presbyterian Church, she was a community service volunteer for over 50 years being recognized with an Honorary Life Member of GFWC-NC, a Life member of the UNC-G Alumni Association and an Honorary Life and Life Member of The Woman's Club of Raleigh.

Obituary provided by The Woman's Club of Raleigh

Congratulations to Polly Russ, GFWC-NC Jennie Award Nominee

GFWC-SBI nominated Polly Russ for the Jennie Award and surprised her at their summer social, Mimosas in the Morning, at Bent Tree Plantation, with the announcement. Cindy Hewett directed the event, hosted by the Art Committee. Marie Marshburn, GFWC-SBI President, and Karen Throckmorton, GFWC-NC Corresponding Secretary, presented the award. Her family was in on the surprise and joined in the celebration and luncheon.

The club members formed a committee to pull together the award entry package. The entry was created with a lot of love and dedication and was an incredible presentation of Polly's exemplary life. It included a recommendation from the Club President, as well as stories and quotes from her fellow club members, life-long Federation friends, business associates, and friends in the community.

Polly was raised in Charlotte, North Carolina, and graduated from the University of North Carolina at Chapel Hill with a bachelor's degree in early childhood education. She graduated, got married and moved to Shallotte, North Carolina in 1972. This is where Polly began to make her mark. She taught kindergarten, worked with a mother's morning out program, and taught pre-school. She understood the importance of day care for working mothers in Brunswick county, so she opened the doors to Kid's Connection in 1985.

Polly was a charter member of the Shallotte Juniors and served as GFWC-NC 3rd Vice President and Director of Junior Clubs from 1982 to 1984. In 1988, Polly and several of her Shallotte Junior friends became charter members of the South Brunswick Islands Woman's Club. She served 4 years as Club President.

Polly is the perfect candidate for the Jennie Award which is named after GFWC's original inspirational leader Jennie June. Jane Cunningham Croly, professional journalist with the pen name Jennie June, attempted to attend a dinner at an all-male press club in New York honoring British novelist Charles Dickens in 1868. She was denied admittance based on her gender, and in response, she formed a woman's club, which became the roots of our Federation.

Polly will be recognized at the Southeastern Region Conference this September. The 16 Regional Finalists (2 from each region) will be featured in an upcoming edition of GFWC Clubwoman Magazine. One Clubwoman from each of the 8 Regions will be honored with a roundtrip to the 2020 GFWC Convention in Atlanta, Georgia in June of 2020.

GFWC-NC is so proud of Polly, and we are with her all the way to Atlanta!



Public Relations, continued

6. **Be current.** Don't forget also to keep your website updated with relevant information for both clubwomen and the general public.

7. **Include a call to action.** It's one thing to just share, but the goal is to interact and build an audience. Ask followers to respond by answering a question, join the club or some other action. But don't ask them to do five things in one post. Choose one call to action and save the second and third actions for separate posts.

8. **Consistency matters.** In order to be relevant, the frequency with which you post on various social media sites does matter.

9. **Remember to mix it up.** Sure, it's easy to cross post on various social media platforms, but you will not gain as many new followers if you are posting the exact same thing on different social media channels at the same time. You will also garner less interaction if they have already seen that content on another channel.

10. **Have fun.** We know our clubs are doing amazing things, so it will naturally be lots of fun to share that great work with others. Ask others to help, create the plan and make it happen.

She Changed the World: NC Women Breaking Barriers

On September 7th, representatives from GFWC-NC participated in the kick-off event for the NC Department of Natural & Cultural Resources She Changed the World campaign on the grounds of the NC State Capitol. This event featured remarks and performances by some amazing NC women. NC's copy of the 19th Amendment ensuring women's right to vote was on display inside the Capitol. Our very own Juanita Bryant was recognized for her groundbreaking work at the NC Council for Women. Learn more about this campaign to celebrate NC women at www.ncdcr.gov/about/featured-programs/she-changed-world-north-carolina-women-breaking-barriers



In the photo left to right: Kay Cashion, Crystal O'Neal, Juanita Bryant, Lori Seiler

Honorarium & Memorials

LEGACY FUND

- In Memory of Betty Tobert by Juanita Bryant
- In Memory of Betty Tobert by Bev Lassiter
- In Memory of Betty Tobert by Margaret Ann Brame
- In Memory of Betty Tobert by Pat Davis
- In Memory of Betty Tobert by GFWC-NC Past President's Club

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

President's Special Project Donations

- IN Travel



FOR WOMEN & CHILDREN

*presented by the General Federation
of Women's Clubs of NC*

The General Federation of Women's Clubs
of North Carolina, Inc. cordially invites you
to celebrate our 2019 award recipients
at the Corporate Champions for Women &
Children Reception and Awards Banquet

OCT 17 2019

HILTON CHARLOTTE CENTER CITY
222 East 3rd Street
Charlotte, North Carolina

Reception 6:00 pm | Awards Banquet 7:00 pm

Please RSVP with the enclosed response card
Dress is Business Attire



2019 CORPORATE CHAMPIONS FOR WOMEN & CHILDREN

Presented by the General Federation of Women's Clubs of NC

PLEASE COMPLETE AND MAIL THIS FORM TO CONFIRM
YOUR RESERVATIONS BY **OCTOBER 1, 2019**

- ☐ I plan to attend. _____ Total Number of Attendees _____
- | | |
|---|---|
| <input type="radio"/> Signature Level
\$10,000 – 2 tables of 8 | <input type="radio"/> Silver Level
\$2,500 – 4 dinner tickets |
| <input type="radio"/> Platinum Level
\$7,500 – 1 table of 8 | <input type="radio"/> Patron Level
\$1,000 – 2 dinner tickets |
| <input type="radio"/> Gold Level
\$5,000 – 6 dinner tickets | <input type="radio"/> Individual Ticket
\$150 each |
| <input type="radio"/> Sorry I cannot attend but enclosed is a contribution
to GFWC of North Carolina.
<input type="radio"/> \$1,000 <input type="radio"/> \$500 <input type="radio"/> \$250 <input type="radio"/> \$100 <input type="radio"/> Other _____ | |

\$ _____ Total Amount Enclosed

of Vegetarian Entrees _____ # of Gluten-free Entrees _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Attendees' Names _____

*If you wish to pay by credit card, please contact the GFWC-NC
Financial Associate at 919-418-2428. For more information, go to www.gfwcnc.org/CCWC.*

Upcoming Meetings

September 26-29, 2019
November 9, 2019
March 14, 2020
April 17-18, 2020

SER Conference
Fall Conference
Arts Festival
Annual Convention

Richmond, VA
Burlington, NC
Mebane, NC
Asheville, NC

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