

GFWC- MISSISSIPPI FEDERATION OF WOMEN'S CLUBS, INC.

FALL/WINTER 2014

GFWC-MFWC
2407 NORTH STATE
STREET, JACKSON,
MS 39202
WWW.GFWC-MFWC.ORG

Bringing Hope - Changing Lives

2014-2016 ADMINISTRATION OFFICERS

DARLENE C. ADAMS
PRESIDENT

SHEILA FORRESTER PRESIDENT-ELECT

BECKY WRIGHT VICE PRESIDENT

NANCY GRIFFIN RECORDING SECRETARY

DIANE ROUSE TREASURER

THE MISSISSIPPI
FEDERATION OF
WOMEN'S CLUBS,
INC., A PROUD
MEMBER OF THE
GENERAL
FEDERATION OF
WOMEN'S CLUBS



www.gfwc.org







Build hope * Touch lives



The GFWC-MFWC Newsletter is published by the GFWC-MFWC.

All submissions are welcome. Photographs are encouraged . E-mail or mail articles and photos to Lisa A. Harris
822 SCR 115 S
Raleigh, MS 39153
laharris@hughes.net
601) 940-1519

Email Address Needed

If you know someone who would like to receive GFWC-MFWC updates, notes, news and other items by email, please have them to email Lisa Harris at laharris@hughes.net and ask to be placed on the mass communication listing.



Important !!!
See page 26 for more information.
Re-Enroll NOW.

Dear Federated Friends;

As we move into the holiday season, we also draw near to closing out our 2014 year of service. Now is the time to look over any areas your club may be lacking hours and see if there is something you can do during this time. As many of you know, I work at a Senior Center. This time of year is very hard on those that have lost a loved one. I had a precious lady just yesterday crying because her husband had passed many years ago, but she said it felt tween the hours of 6:30 to like it just happened. The holiday season and their memories together had triggered the loneliness that is her reality.

There are also many suffering with cancer during this time. We have clubwomen currently struggling with this. Some of our family members are on Hospice as we speak, fighting the good fight to try to make it through Christmas. Some have left this world and the pain they were bearing, for eternal life with our heavenly Father. All this could make for a very sad holiday season.

As Clubwomen, let us be mindful of those as we take the necessary preparations to enjoy this season. Let us think of ways we could give support during this time. Let this season truly be a

season of spreading joy and not only of giving of gifts, but giving of our time.

With this holiday season, Frances Brown, North Committee Member for the President's Special Project Committee has a wonderful way your club can raise dollars for the PSP. It is "Calls from Santa." The only expense is creating and printing the forms. For a low cost of \$5, a child would receive a phone call from "Santa." Volunteers would make the calls be-8:30 p.m. on three specific nights listed on the forms. The parent or guardian would select the night they would like along with their child's general information that Santa Claus "should know." What a fun an innovated fundraiser! Frances said she still remembers the expression on her own child's face 20+ years ago. She encourages participants to have a camera ready to capture the moment. We want to thank the 20th Century Club of Bruce for sharing this fundraising opportunity with us. We will have a "generic" form you can edit and use for your club on our MFWC website. (See page 4 for the form.)

Another way to support the PSP during this holiday season is to make a donation to the PSP. It can be in honor of someone or in



Darlene C. Adams, President

memory of a loved one. This is another opportunity to get a tax deduction for 2014.

I have been blessed to recently travel to Batesville, Philadelphia, Ackerman and Bruce to meet with seven clubs and share my personal story regarding my President's Special Project. I thank you for the invitation and for the gifts, and particularly, your hard work and dedication to the PSP on behalf of the American Cancer Society. Remember, send all monies through MFWC. Attn: Diane Rouse. Treasurer and she will forward to ACS on your behalf. Doing it this way will ensure MFWC is credited as well as guaranteed all monies will stay in Mississippi.

(Continued on page 3)



(Continued from page 2)

As we soon will be coming to the close of another year, and many are stating their New Year's Resolution, I leave you with this thought by Charles Duhigg:

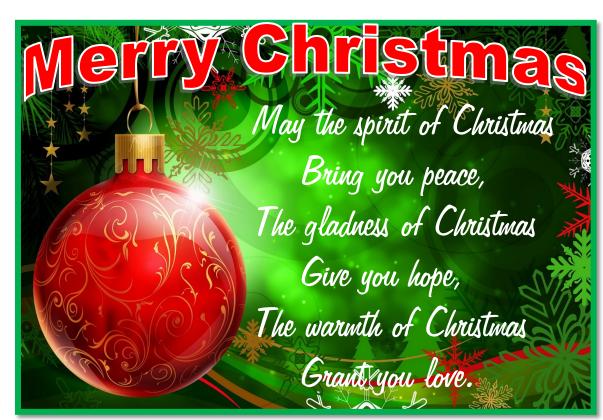
"Someone will write a resolution that says, 'I want to exercise more,' or 'I want to lose `15 pounds' — which is great, that's a great goal to have - but every study tells us that if you pose things in abstract, goal-related terms, it's much less likely you will accomplish it than if you structure it as an actual activity.

Let's structure our actual activities to accomplish our goals.

As I conclude, I wish you a Merry Christmas and joy, peace and promise for a better New Year.

In federation love,

Darlene



From GFWC-Mississippi Federation of Women's Clubs, Inc.

MFWC FACTS

Taken from "A History of the Mississippi Federation of Women's Clubs 1898-1998" by Tommye Hogue Rosenbaum.

The Early Years 1898-1912

Administration of Mrs. W. P. (Etta A.) Mills 1908-1910

Sixth president of MFWC

Highlights:

- From McComb, MS.
- Growth in the Federation continued with 800 members in 40 clubs
- MFWC began to adopt General Federation projects.
- Added new department to list of projects.
- The Education Department was the most stressed department by Federation.
- Each club was asked to adopt a rural school.
- * The Federation endorsed Mississippi's establishment of a training school for teachers.



alls From Santa.

A Fundraiser sponsored by GFWC-MFWC Twentieth Century Club of Bruce

GFWC-MFWC Twentieth Century Club of Bruce is a service organization whose members are volunteers dedicated to strengthening their communities and enhancing the lives of others through volunteer service.

By participating in this project you are helping us to support the many projects we do to enhance the lives of others and improve our community. For a tax-deductible donation of \$5.00, your child will receive a phone call from SAN-TA. Volunteers will be making calls between the hours of 6:30pm and 8:30pm (CST) on each of the three nights listed.

•	would like to have your child rece	
[] Tuesday, December 16, 2014	[] Wednesday, December 17, 2014	[] Thursday, December 18, 2014
Child's Name	Age	-
Phone number	Boy [] Gi	rl []
Names of Brothers/Sisters	Age	Names of Pet
Child lives with: [] Mother [] Father		
Name of School	Grade Teache	r's Name
What has child accomplished and/or don		
Hobbies/Interests		
Christmas Wish list		
What is child actually going to receive fro	om Santa?	
Does child's home have a fireplace? [] Y	res [] No	
Did child leave any special goodies for Sa	anta or reindeer last year? If so, what?	
On behalf of the many who will benefit fr	rom your generosityTHANK YOU!!	

Must be received by December 15, 2014
Return Forms with donation to Frances Brown (662-414-1048)
or any Twentieth Century Club Member



What's New?

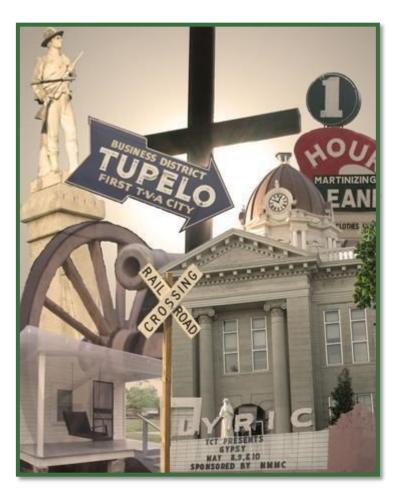
Conventions Schedule

2015	
Feb 28th	District III Convention, Okolona, MS
March 7th	District II Convention, Meridian, MS
March 14th	District I Convention, Ellisville, MS
March 21st	District V Convention, Meadville, MS
March 28th	District IV Convention, Greenwood, MS
April 23rd - April 25th	I 17th GFWC-MFWC Annual State Convention, Tupelo, MS

MFWC Business Meetings

February 2015					
l 3th	Finance Committee Meeting, GFWC-MFWC Headquarters, Jackson, MS				
l 3th	Executive Committee Meeting, GFWC-MFWC Headquarters, Jackson, MS				
l 4th	Winter Executive Board Meeting, GFWC-MFWC Headquarters, Jackson, MS				
l 4th	Judging Day, GFWC-MFWC Headquarters, Jackson, MS				

MFW



Double Queen Guest Room (above) and Hotel Exterior in the Sunny Mississippi Sun (right).

Holiday Inn & Suites Tupelo North 923 North Gloster Tupelo, MS 38804

Centrally located at the intersection of Gloster Street and McCullough Boulevard, Tupelo, MS, and in the heart of the bustling North Gloster area, Holiday Inn & Suites is located minutes from shopping – Mall at Barnes Crossing, Main Street and Mid-Town District, to name a few AND the area's premier attractions. Elvis Presley's Birthplace and Museum, The Automobile Museum, The Tupelo Buffalo Park and Zoo, and The Oren Dunn City Museum are just a few of *The All-American City*'s paramount attractions.

Holiday Inn & Suites is one of the newest hotels in Tupelo opening in April 2014. The spacious guest rooms feature contemporary furnishings and quality amenities, including free high-speed, wireless Internet access, 32-inch LCD HDTVs, refrigerators, microwaves, well-lit work desks with ergonomic chairs and triple-sheeted beds.





2015 - 117TH ANNUAL STATE CONVENTION APRIL 23 - 25, 2014 TUPELO, MS

Convention Ads

Why not purchase an convention ad or two to recognize the accomplishments of your club or your club members.

Ads come in many sizes and cost. Pick the right size for your announcement. Ads are available in the following sizes and cost:

- ★ Full page (9.4" h x 6.9" w)- \$100.00
- ★ 1/2 page (4.5" h x 6.8" w) \$50.00
- ★ I/4 page (4.5" h x 3.6" w) \$30.00
- ★ 1/8 page (2.28" h x 3.6" w) \$20.00

When selling or buying an ad in the Convention Program, please provide the following information for each ad:

- Name of Company/Person/Club purchasing the ad
- ★ Contact's email address
- ★ Contact's phone number
- ★ Contact's mailing address
- ★ Ad size and Amount Paid

Important Instructions and Comments:

- ★ All ads information and payment should be submitted with Convention Ad Form
- * Ads should be camera ready if at all possible.
- * Any GRAPHICS or PICTURES must be camera ready.
- Make checks payable to GFWC-MFWC
 2015 State Convention and note on check that it is for a convention ad.
- Mail check, ad and completed form to Lisa
 A. Harris, 822 SCR 115 S, Raleigh, MS
 39153.

Deadline - (postmarked) April 17, 2015.

Actual Size of a 1/4 page ad. This space will include, such items as, your border, pictures and statement.

Actual Size of a 1/8 page ad. This space will include, such items as, your border, pictures and statement.



Does your club have a website, let us know and we will add your link on the GFWC-MFWC website.

EMAIL ADDRESS CORRECTIONS

If you have changed your email address, please send your new email address to Lisa Harris



MFWC IS NOW TWEETING!!!

Follow us on Twitter for important Federation updates. Our twitter name is MS Women's Club @MSFWC.



Join MFWC on facebook at: http:// www.facebook.com/ #!/pages/Mississippi-Federation-of-Womens-Clubs-Inc/155818214452373.



Club Resources Available On Website!

The following GFWC-MFWC 2014-2016 Administration documents are available for download from our website:

- ★ Club Manual. Use this <u>link</u> for a direct connection to our Manual.
- ★ Governance. This document contains the Constitution, Bylaws and Standing Rules of the GFWC-MFWC. Use this <u>link</u> for a direct connection to the Governance document.

The GFWC-MFWC 2014-2016 Administration Directory is available upon request. Contact Lisa A. Harris at info@gfwc-mfwc.org for an electronic copy of our directory. For verification purposes you will need to provide your name and your club name in the requesting email. We are doing this to protect against identity theft of your contact information and photograph. Please do not share the information in this directory with anyone outside our organization.

The following logos are available for download from our website. Use this link.

- ★ President's Special Project Logo Let's get wild to finish the fight!. (color)
- ★ President's Special Project Logo Let's get wild to finish the fight!. (Black/White)
- ★ GFWC-MFWC Logo (color)
- ★ GFWC-MFWC Logo (Black/White)
- ★ GFWC Logo (color)

Instructions for saving logos. Right-click picture then click "save picture as". Be sure to save the logo on your compute hard drive when you can find them.

Club Forms Available On Website!

The following GFWC-MFWC Forms are available for downloading/printing or viewing from our website at http://www.gfwc-mfwc.org/GFWC MFWC Forms.html.

- ★ Challenge Grant Application
- ★ Club Dues Form
- ★ Club History Form
- Herbon Memorial Scholarship Application
- ★ Mississippi Public Broadcasting Reporting Form
- ★ GFWC-MFWC Report Form for 2014-2015
- ★ State Institution Reporting Form



MFWC DEADLINES

Postmark Deadline:

Please note: if the postmark deadline for an application /form/report falls on a Sunday, the application/form/report MUST be postmarked by the prior Saturday.

January

Ist Club Dues must be postmarked by this date each year for club reports to be judged and to be eligible for awards

February

st	Club Reports must be postmarked by this date each year for reports to be
	judged

Challenge Grant applications must be postmarked by this date each year to be eligible for consideration

Ist Hebron Memorial Scholarship applications must be postmarked by this date each year to be eligible for consideration

MS LEADS applications must be postmarked by this date each year to be eligible for consideration

10th Clubwoman of the Year Award applications must be postmarked by this date each year to be eligible for consideration

Juniorette of the Year Award applications must be postmarked by this date each year to be eligible for consideration

Scrapbooks and Yearbooks must be postmarked by this date each year to be eligible for consideration

March

1st Club History Reports must be postmarked by this date each year.

Ist Sara Peugh Butterfly Scholarship applications must be postmarked by this date each year to be eligible for consideration

Get Informed

Want to know what is happening each day in Congress or about hot issues and legislation?

By joining GFWC **Action E-List**, you will get an alert when your involvement can make a critical difference.

If you would like to received email of how your reps votes, then sign up for the **Mega-Vote** email from GFWC.

Go to http://capwiz.com/gfwc/home/, scroll to bottom of page and click on Action E-List and/or MegaVote and complete the subscription form. More hot topics click on the Issues and Legislation link under Policy Tools. To stay informed, just take a scroll around this page.

NEWS NEEDED!!!

If you have any news items that you would like to share with your MFWC Clubwomen, send it to laharris@hughes.net.



Photographs Are Needed!!

GFWC-MFWC pictures are needed. The pictures you submit will be used for the following projects, the website, the newsletters (General and Juniorette), the Mississippi Clubwoman, Power-Point presentations, dvd movies and the President's scrapbook.

When submitting your pictures, please include the following information with each picture: name of activity, people in picture, name of club(s), location, who took the picture and date taken. Please submit all pictures to Lisa Harris at lharis@hughes.net.

MFWC Ways & Means













2015 Ways & Means items can be purchased from any member of the Ways & Means Committee:

- * Annajeral Knight at annajeralknight@yahoo.com
- * Karan Hardin-Nestor at khardinnestor@yahoo.com
- ★ Melba Watkins at jimwatkins@2indstream.net
- ★ Jana Jarrell at jarrellj@bellsouth.net
- #I Let's get WILD to finish the fight! T-Shirt \$15 each (\$20 +sizes)
- #2 Note Cards I for \$1, 5 for \$5 or 10 for \$10
- #3 Easy Party Dip Packet \$3.00
- #4 Change Purses \$3.00 each
- #5 Decorative MFWC Emblem Ball (shown front & back) \$15 each or 2 for \$25
- #6 Tea Towels \$10.00 each



GFWC 2015 Annual Convention



Experience the rich history of Memphis, Tennessee at the GFWC Annual Convention, **June 13-15**, **2015**. Overlooking the legendary Mississippi River, the newly-renovated <u>Sheraton Memphis Downtown</u> will provide accommodations, while the <u>Cook Convention Center</u>, just a skywalk away, will host meetings and meals. We hope to see you there!

Important Dates: Registration open: February 23 - May 23





2015 Convention Tours

The 2015 GFWC Annual Convention tours have been set! A quartet of options are available on three consecutive days from June 10-12, 2015. Convention attendees and guests can mix and match from the offerings as they wish. Space for some activities is limited, but we will do our best to provide room for all. they wish. Space for some activities is limited, but we will do our best to provide room for all. Visit http://stage.gfwc.org/gfwc/2013_GFWC_Annual_Convention.asp for more information on the 2015 Convention Tours.

GFWC NEWS & NOTES

GFWC Convention Page Updated

The rich history of Memphis, Tennessee will be on display at the 2015 GFWC Annual Convention, June 10-13, 2015. In order to keep you up to date on the latest Convention information, GFWC.org's Convention page has now been updated with upcoming dates and tour information. Be sure to check back often for all the latest information on what is sure to be a rewarding and fun-filled stay in Memphis

Try an Easy Online **Fundraiser** Flower Power Fundraising offers you the chance to buy and sell flower bulbs for gardens all over your community. Earn 50% profit from sales while taking pride in a fundraiser that helps to beautify the community. An extra 5% from every sale also goes directly to GFWC to support national projects. When requesting information, please use GFWC in your organization name. Information and sales supplies can be found at www.FlowerPowerFundraisin g.com/GFWC or call 1-888-833-1486.

SUPPORT GFWC WHEN YOU SHOP AT AMAZON.COM

Help strengthen GFWC's volunteer programs the next time you shop at Amazon.com by making your purchases through GFWC's Amazon.com affiliate link. The link enables members to direct up to 15 percent of their total purchases to the Federation. The link can be accessed here, or by clicking on the Amazon.com image at www.GFWC.org.



2015 Success for Survivors Scholarship Opens

Since 2011 GFWC has offered the **Success for Survivors Scholarship** as part of our efforts to highlight the importance of rebuilding one's life after experiencing intimate partner violence. We are excited to announce that the 2015 application process is now open! For more information on this scholarship please visit **www.GFWC.org/scholarship**. You can also help to fund this scholarship by donating to the GFWC Signature Project Fund.







Subscribe to News & Notes

Receiving this email from a friend? Sign up to have News & Notes delivered straight to your inbox by emailing GFWC@GFWC.org.



A great gift for any GFWC Clubwoman is one our new series of slogan t-shirts! Choose from an array of colors and sayings including: GFWC Sisters in blue; Girl Friends Who Care in pink; Get Your Shine On in purple; 100% Certified Awesome – The GFWC Way in heather grey; Inspiring Change in key lime, and LOVE with the GFWC logo in red. All shirts run true to size and are available in sizes S-3XL. Place your order today at http://www.GFWC.org/gfwc/marketplace.asp.

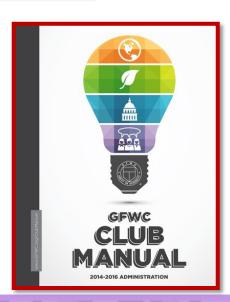
CELEBRATE YOUR CLUB'S BIRTHDAY

Is your club celebrating a milestone anniversary (25, 50, 60, 70, 75, etc. years)? To receive a certificate and letter signed by International President Babs Condon, acknowledging your club's accomplishment and to be featured in an upcoming issue of GFWC Clubwoman Magazine, please email GFWC@GFWC.org or call 1-800-443-GFWC (4392).



GFWC 125th Anniversary Pins Are Here!

Help celebrate GFWC's 125th Anniversary by purchasing the newly-released commemorative pin. With a \$12.50 donation, in addition to the pin, you will support the many exciting events surrounding this very special celebration at the 2015 GFWC Convention in Memphis, Tennessee on June 13-15. Start your celebration now.



Full version of Club Manual Now Available

You asked and we've delivered! Due to popular demand, a full PDF version of the 2014-2016 GFWC Club Manual is now available. Simply follow this link to download a current version of the Club Manual via GFWC's DropBox account. The most up-to-date version of the Club Manual will remain on the website, which allows you to download and/or print the Manual by section, CSP or Advancement Guide.

LET YOUR FLAG

The time has never been better to let our Emblem-spangled banner wave. GFWC Flags come in 3'x5' and 4'x6' sizes. The GFWC flag is a perfect, highly visible, and easily portable way to brand any event, publicity table, or speaking engagement. Go to www.GFWC.org/ Marketplace to place your order today.

SPOTLIGHT ON

Signature Project: Domestic Violence Awareness and Prevention

* Prevent Child Abuse America - www.preventchildabuse.org



Prevent Child Abuse America is the leading national, not-for-profit organization whose sole mission is "to prevent the abuse and neglect of our nation's children." Prevention is defined as the abuse or neglect never occurring. The Prevent Child Abuse America national office is located in Chicago, Illinois, and its network includes 47 statewide prevention chapters.

PCAA Resources: Prevention Planner Pinwheels for Prevention Award Application [PDF]

Juniors' Special Project: Advocates for Children

★ March of Dimes - www.MarchofDimes.com



The mission of March of Dimes is to improve the health of babies by preventing birth defects, premature birth, and infant mortality. They carry out this mission through research, community services, education, and advocacy to save babies' lives. They help moms have full-term pregnancies and healthy babies, and if something goes wrong, they offer information and comfort to families.

Conservation Community Service Program

★ ACTrees - <u>www.ACTrees.org</u>



Alliance for Community Trees (ACTrees) is a national nonprofit organization founded to improve the environment where more than 90 percent of America's population lives—cities, towns, and metropolitan areas.

Education Community Service Program

★ Hugh O'Brain Youth Leadership - www.HOBY.org



Founded in 1958, HOBY's mission is to inspire and develop our global community of youth and volunteers to a life dedicated to leadership, service, and innovation. For more than five decades, HOBY has been inspiring young people to make a difference and become catalysts for positive change in their home, school, workplace, and community.

Home Life Community Service Program

Canine Companions for Independence - www.CCl.org



CCI is a non-profit organization that enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships.

* Easter Seals - www.EasterSeals.com



Easter Seals provides services to ensure that all persons with disabilities have equal opportunities to live, learn, work, and play. Easter Seals assists more than one million children and adults with disabilities and their families annually through a nationwide network of more than 550 service centers.

★ Inside Knowledge - www.cdc.gov/cancer/knowledge/



The Inside Knowledge: Get the Facts About Gynecologic Cancer campaign educates women and health care providers about the five most common types of gynecologic cancer: cervical, ovarian, uterine, vaginal, and vulvar.



GFWC PARTNERS

Home Life Community Service Program

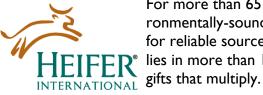
The Hearth Truth - http://www.nhlbi.nih.gov/educational/hearttruth/



The Heart Truth® sponsored by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health, is a national education program for women that raises awareness about heart disease and its risk factors and educates and motivates them to take action to prevent the disease.

International Outreach Community Service Program

Heifer International - www.Heifer.org



For more than 65 years, Heifer International has provided gifts of livestock and environmentally-sound agricultural training to improve the lives of those who struggle daily for reliable sources of food and income. Since 1944, Heifer has helped 15 million families in more than 125 countries through training in livestock development and livestock

★ Operation Smile - www.OperationSmile.org



Operation Smile is an international children's medical charity focused on restoring children's smiles through performing surgery on facial deformities such as cleft lip and cleft palate.

United Nations Foundation, Shot@Life - www.ShotatLife.org



Shot@Life, a United Nations Foundation's campaign, seeks to educate, connect and empower Americans to champion vaccines in order to save children in developing counties. Every 20 seconds, a child dies of a vaccine-preventable disease like pneumonia, diarrhea, measles and polio.

U. S. Fund for UNICEF - www.UNICEFUSA.org/GFWC



For more than six decades, GFWC has supported UNICEF, the United Nations Children's Fund, in its efforts to ensure the world's most vulnerable children have access to health and immunization, clean water, nutrition, education, emergency and disaster relief

Public Issues Community Service Program

★ Kettering Foundation - www.Kettering.org



The Kettering Foundation is a nonprofit operating foundation rooted in the American tradition of cooperative research. Kettering's primary research question is, what does it take to make democracy work as it should?

Sew Much Comfort - www.SewMuchComfort.org



Sew Much Comfort provides adaptive clothing to support the unique needs of our wounded service personnel members, including all branches of the military and national guard.

United Service Organizations - <u>www.USO.org</u>



Millions of times each year at hundreds of locations around the world, the USO lifts the spirits of America's troops and their families.

Presidents Special Project (PSP)

- * The GFWC-MFWC 2014-2016 administration tagline is Bringing Hope Changing Lives.
- * President's Special Project for the 2014-2016 administration is Let's get WILD to finish the fight! We will be supporting all forms of cancer eradication and the American Cancer Society.





Bringing Hope - Changing Lives

From The Desk Of

Darlene C. Adams

Dear Federation Friends,

Three little words can **change** your life – "you have cancer." Five little words can break your **hope** – "get your things in order."

For anyone that has been in the doctor's office, heard those words – what is next? That is where the American Cancer Society comes into play. Cancer has no age boundary, attacking the young to the old. For over 100 years, the American Cancer Society has been in the forefront, raising monies for research and to provide resources.

Throughout these next two years, I encourage each club to raise funds for the American Cancer Society, the 2014-2016 President's Special Project. All monies will be designated to stay in Mississippi. One of their projects that MFWC will support is the Hope Lodge, to be built in Jackson, MS. With a \$10.9 million price tag, the American Cancer Society has raised \$5 million so far. Can a MFWC donation make an impact on such a large amount needed? You better believe it! The Hope Lodge will be located on the campus of University Hospital by Lakeland, near our Headquarters. With 32 guest rooms, patients living at least 90 miles away will be able to stay, free of charge. When a cancer patient is fighting for his or her life, the last think they should be worried about is where they will stay when receiving treatment or how to pay for it. I personally know how important it is to have a place to go for an extended stay.

There are so many other needs being met for cancer patients through the American Cancer Society. We will also support those projects in Mississippi.

In the spirit of our President's Special Project campaign, "Let's get WILD to finish the fight!" for that loved one in your family struggling with cancer, or in memory of the one that lost his or her life to this disease. We will bring HOPE, and God willing, we will see CHANGE.

American Cancer Society's Hope Lodges

Facing cancer is hard. Having to travel out of town for treatment can make it even harder. Yet the American Cancer Society has a place where cancer patients and their caregivers can find help and hope when home is far away - an American Cancer Society Hope Lodge.

Each Hope Lodge offers cancer patients and their caregivers a free place to stay when their best hope for effective treatment may be in another city. Not having to worry about where to stay or how to pay for lodging allows guests to focus on getting well. Hope Lodge provides a nurturing, home-like environment where guests can retreat to private rooms or connect with others. Every Hope Lodge also offers a variety of resources and information about cancer and how best to fight the disease.

Currently, there are 31 Hope Lodge locations throughout the United States.

As of September 11, 2014, The American Cancer Society is looking to raise 10.9 million to build a cancer-patient lodging facility in Jackson, Mississippi on the old Schimmel's restaurant property in Fondren. This property is located on North State Street across from the University of Mississippi Medical Center. As of now, half of the money has been raised and construction could start as early as the spring of 2015 with the facility being operational by 2016.

Jackson's Hope Lodge will include 32 guest rooms, each with a private bath and sleeping accommodations for two. The Hope Lodge will also offer guests a chapel, community dining, kitchen and recreational areas, and each floor will have a day room and guest laundry with 24-hour access.

Other Hope Lodges are located throughout the southeast region in New Orleans, Birmingham, Memphis and Nashville. In 2012, 255 families from Mississippi used Hope Lodge facilities in the Mid-South Division for a total of 3,782 nights of stay provided.

Rooms would be made available on a first-come, first-served basis. The average stay at existing Hope Lodges is six to eight weeks.







Awareness Color & Ribbons

Awareness colors have become increasingly popular to garner attention for diseases and causes. Cancer is no exclusion - many cancer types have a designated color that are used for bracelets, ribbons, and other products.

Certain months and weeks have also been designated to create awareness about many types of cancer. Not all types have months or colors, but many of the more commonly diagnosed types do.

Tips for Buying Cancer Awareness Products

Wearing a t-shirt, bracelet or hat is a great way to show your support and help raise funds, but you have to be careful when buying awareness products. Unfortunately, some products are sold for profit, without any proceeds going to a cancer organization. When buying cancer awareness products, make sure the tag or label says "Proceeds go to XX foundation or organization. It is ideal that you recognize the organization. Otherwise, it could be a 'for-profit' corporation that does little for cancer research or promotion. If you don't feel comfortable making a purchase, making a donation or volunteering for your favorite cancer charity is also a great way to raise awareness.

Calendar of Cancer Awareness Months						
January	February	March	April			
Cervical Cancer Awareness	National Cancer Prevention Month Gallbladder and Bile Duct Cancer Awareness	Colorectal Cancer Awareness Kidney Cancer Awareness Multiple Myeloma Awareness	Testicular Cancer Awareness Esophageal Cancer Awareness Head and Neck Cancer Awareness			
Мау	June	July	August			
Melanoma and Skin Cancer Awareness Brain Cancer Awareness	National Cancer Survivor Month	Sarcoma Awareness Bladder Cancer Awareness				
September 💊	October	November	December			
Childhood Cancer Gynecological Cancer Leukemia/Lymphoma Ovarian Cancer Prostate Cancer Thyroid Cancer Awareness	Breast Cancer <u>Awareness</u> Liver Cancer Awareness	Pancreatic Cancer Lung Cancer Stomach Cancer Carcinoid Cancer Awareness Caregivers Month	CHOOSE HOPE ® SERVING THE CANCER COMMUNITY. SUPPORTING CANCER RESEARCH. 1-888-348-HOPE www.choosehope.com			

Visit http://www.choosehope.com/calendar-of-cancer-awareness-months to download and/or print a copy of this calendar.

Let's set to finish the fight!

What Is Cancer?

Cancer is a group of diseases characterized by the uncontrolled growth and spread of abnormal cells. If the spread is not controlled, it can result cer cases that are diagnosed annually in death. Cancer is caused by both external factors (tobacco, infectious organisms, chemicals, and radiation) and internal factors (inherited mutations, hormones, immune conditions. and mutations that occur from metabolism). These causal factors may act together or in sequence to initiate or promote the development of cancer. Ten or more years often pass between exposure to external factors and detectable cancer. Cancer is treated with surgery, radiation, chemotherapy, hormone therapy, immune therapy, and targeted therapy.

Can Cancer Be Prevented?

A substantial proportion of cancers could be prevented. All cancers caused by cigarette smoking and heavy use of alcohol could be prevented completely. In 2014, almost 176,000 of the estimated 585,720 cancer deaths will be caused by tobacco use. In addition, the World Cancer Research Fund has estimated that up to one-third of the cancer cases that occur in economically developed countries like the US are related to overweight or obesity, physical inactivity, and/or poor nutrition, and thus could also be prevented. Certain cancers are related to infectious agents, such as human papillomavirus (HPV), hepatitis B virus (HBV), hepatitis C virus (HCV), human immunodeficiency virus (HIV), and Helicobacter pylori (H. pylori). Many of these cancers could be

prevented through behavioral changes or the use of protective vaccinations or antibiotic treatments. Many of the more than 3 million skin cancould be prevented by protecting skin from excessive sun exposure and avoiding indoor tanning. Screening offers the ability for secondary prevention by detecting cancer early, before symptoms appear. Early detection usually results in less extensive treatment and better outcomes. Screening is known to reduce mortality for cancers of the breast, colon, rectum, cervix, and lung (among heavy smokers). A heightened awareness of changes in the breast, skin, or testicles may also result in detection of tumors at earlier stages. Screening for colorectal and cervical cancers can actually prevent cancer by allowing for the detection and removal of precancerous lesions.

Who Is at Risk of Developing Cancer?

Anyone can develop cancer. Since the risk of being diagnosed with cancer increases with age, most cases occur in adults who are middle aged or older. About 77% of all cancers are diagnosed in people 55 years of age and older. Cancer researchers use the word "risk" in different ways, most commonly expressing risk as lifetime risk or relative risk. In breast, and prostate) than for oththis publication, lifetime risk refers to the probability that an individual will develop or die from cancer over the course of a lifetime. In the US, men have slightly less than a I in 2 lifetime risk of developing cancer; for women, the risk is a little more than

I in 3. It is important to note that these probabilities are estimated based on the overall experience of the general population. Individuals within the population may have higher or lower risk because of differences in exposures (e.g., smoking), and/or genetic susceptibility.

Relative risk is a measure of the strength of the relationship between a risk factor and cancer. It compares the risk of developing cancer in people with a certain exposure or trait to the risk in people who do not have this characteristic. For example, male smokers are about 23 times more likely to develop lung cancer than nonsmokers, so their relative risk is 23. Most relative risks are not this large. For example, women who have a first-degree relative (mother, sister, or daughter) with a history of breast cancer are about twice as likely to develop breast cancer as women who do not have this family history.

All cancers involve the malfunction of genes that control cell growth and division. Only a small proportion of cancers are strongly hereditary, in that an inherited genetic alteration confers a very high risk for developing cancer. Inherited factors play a larger role in determining risk for some cancers (e.g., colorectal, ers. It is now thought that many familial cancers arise from the interplay between common gene variations and lifestyle/environmental risk factors. However, most cancers do not result from inherited genes but from damage to genes occurring



during a person's lifetime. Genetic damage may result from internal factors, such as hormones or the metabolism of nutrients within cells, or external factors, such as tobacco, or excessive exposure to chemicals, sunlight, or ionizing radiation.

How Many People Alive Today Have Ever Had Cancer?

Approximately 13.7 million Americans with a history of cancer were alive on January 1, 2012. Some of these individuals were cancer free, while others still had evidence of cancer and may have been undergoing treatment.

How Many New Cases Are Expected to Occur This Year?

About 1,665,540 new cancer cases are expected to be diagnosed in 2014. This estimate does not include carcinoma in situ (noninvasive cancer) of any site except urinary bladder, nor does it include basal cell or squamous cell skin cancers, which are not required to be reported to cancer registries.

How Many People Are Expected to Die of Cancer This Year?

In 2014, about 585,720 Americans are expected to die of cancer, almost 1,600 people per day. Cancer death in the US, exceeded only by heart disease, accounting for nearly I of every 4 deaths.

What Percentage of People Survive Cancer?

The 5-year relative survival rate for all cancers diagnosed between 2003 and 2009 is 68%, up from 49% in 1975-1977 (see page 17). The improvement in survival reflects both progress in diagnosing certain can-

cers at an earlier stage and improvements in treatment. Survival statistics vary greatly by cancer type and stage at diagnosis. Relative survival compares survival among cancer patients to that of people not diagnosed with cancer who are the same age, race, and sex. It represents the percentage for descriptive and statistical analysis of cancer patients who are alive after some designated time period (usually 5 years) relative to people without cancer. It does not distinguish between patients who are cancer-free and those who have relapsed or are still in treatment. While 5-year relative survival is useful in monitoring progress in the early detection and treatment of cancer, it does not represent the proportion of people who are cured because cancer deaths can occur beyond 5 years after diagnosis.

Although relative survival for specific cancer types provides some indication about the average survival experience of cancer patients in a given population, it may not predict individual prognosis and should be interpreted with caution. First, 5-year relative survival rates for the most recent time period are based on patients who were diagnosed from 2003 to 2009 and thus do not reflect the most recent advances in detection and treatment. Second, factors is the second most common cause of that influence survival, such as treatment protocols, other illnesses, and biological or behavioral differences in individual cancers or people, cannot be taken into account in the estimation of relative survival rates.

How Is Cancer Staged?

Staging describes the extent or spread of cancer at the time of diagnosis. Proper staging is essential in determining the choice of therapy and in assessing prognosis. A cancer's stage is based on the size or extent of the primary (main) tumor and whether it has spread to nearby lymph nodes or other areas of the body. A number of different staging systems are used to classify cancer. A system of summary staging is used of tumor registry data. If cancer cells are present only in the layer of cells where they developed and have not spread, the stage is in situ. If cancer cells have penetrated beyond the original layer of tissue, the cancer has become invasive and is categorized as local, regional, or distant stage based on the extent of spread. (For a more detailed description of these categories, see the footnotes in the table Five-year Relative Survival Rates (%) by Stage at Diagnosis, 2003-2009 on page 17.) For most cancers, clinicians use a different staging system called TNM, which assesses cancer growth and spread in three ways: extent of the primary tumor (T), absence or presence of regional lymph node involvement (N), and absence or presence of distant metastases (M). Once the T, N, and M categories are determined, a stage of 0, I, II, III, or IV is assigned, with stage 0 being in situ, stage I being early, and so on, with stage IV being the most advanced disease. Some cancers (e.g., lymphoma) have alternative staging systems. As the molecular properties of cancer have become better understood, tumor biological markers and genetic features have been incorporated into prognostic models, treatment plans, and/or stage for some cancer sites.

Source: American Cancer Society. Cancer Facts & Figures 2014. Atlanta: American Cancer Society; 2014.

CANCER IN THE U.S.

Leading New Cancer Cases and Deaths—2014 Estimates.

* Excludes basal and squamous cell skin cancers in and in situ carcinoma except urinary bladder.

Estimated No	ew Cases*	Estimated Deaths			
Male	Female	Male	Female		
Prostate	Breast	Lung & bronchus	Lung & bronchus		
233,000 (27%)	232,670 (29%)	86,930 (28%)	72,330 (26%)		
Lung & bronchus	Lung & bronchus	Prostate	Breast		
116,000 (14%)	108,210 (13%)	29,480 (10%)	40,000 (15%)		
Colon & rectum	Colon & rectum	Colon & rectum	Colon & rectum		
71,830 (8%)	65,000 (8%)	26,270 (8%)	24,040 (9%)		
Urinary bladder	Uterine corpus	Pancreas	Pancreas		
56,390 (7%)	52,630 (6%)	20,170 (7%)	19,420 (7%)		
Melanoma of the skin	Thyroid	Liver & intrahepatic bile duct	Ovary		
43,890 (5%)	47,790 (6%)	15,870 (5%)	14,270 (5%)		
Kidney & renal pelvis	Non-Hodgkin lymphoma	Leukemia	Leukemia		
39,140 (5%)	32,530 (4%)	14,040 (5%)	10,050 (4%)		
Non-Hodgkin lymphoma	Melanoma of the skin	Esophagus	Uterine corpus		
38,270 (4%)	32,210 (4%)	12,450 (4%)	8,590 (3%)		
Oral cavity & pharynx	Kidney & renal pelvis	Urinary bladder	Non-Hodgkin lymphoma		
30,220 (4%)	24,780 (3%)	11,170 (4%)	8,520 (3%)		
Leukemia	Pancreas	Non-Hodgkin lymphoma	Liver & intrahepatic bile duct		
30,100 (4%)	22,890 (3%)	10,470 (3%)	7,130 (3%)		
Liver & intrahepatic bile duct 24,600 (3%)	Leukemia	Kidney & renal pelvis	Brain & other nervous system		
	22,280 (3%)	8,900 (3%)	6,230 (2%)		
All sites	All sites	All sites	All sites		
855,220 (100%)	810,320 (100%)	310,010 (100%)	275,710 (100%)		

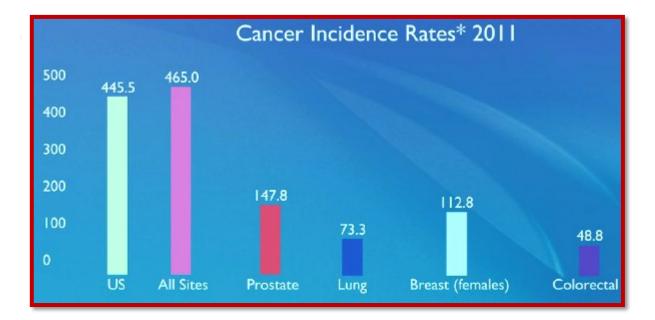
Five-year Relative Survival Rates* (%) by Stage at Diagnosis, 2003-2009									
	All Stages	Local	Regional	Distant		All Stages	Local	Regional	Distant
Breast (female)	89	99	84	24	Ovary	44	92	72	27
Colon & rectum	65	90	70	13	Pancreas	6	24	9	2
Esophagus	17	39	21	4	Prostate	99	100	100	28
Kidney [†]	72	92	64	12	Stomach	28	63	28	4
Larynx	61	76	43	35	Testis	95	99	96	74
Liver*	16	29	10	3	Thyroid	98	100	97	55
Lung & bronchus	17	54	26	4	Urinary bladder ^s	78	70	33	5
Melanoma of the skin	91	98	62	16	Uterine cervix	68	91	57	16
Oral cavity & pharynx	62	83	59	36	Uterine corpus	82	95	68	17



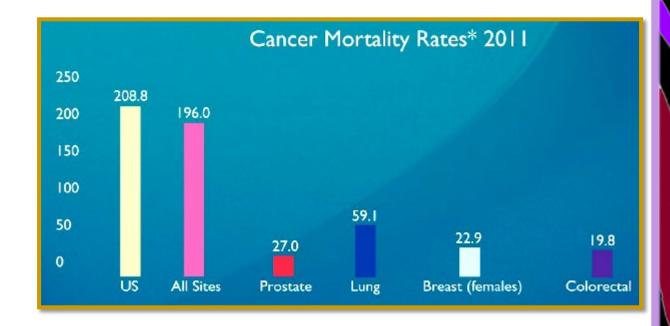
CANCER IN MISSISSIPPI

ancer is the second leading cause of death in Mississippi, accounting for about one in every five deaths.

The American Cancer Society estimates that **15,740** new cases of cancer will be diagnosed in Mississippi in 2014, including 1,510 new cases of colorectal cancer and 2,130 new cases of breast cancer in women.



*Mississippi Cancer Registry - February 11, 2014 Invasive Cancer Incidence All rates are per 100,000 age-adjusted to the 2000 U. S. Standard Population US rate is based on 2010 data release from NPCR



MISSISSIPPI CANCER FACTS

Summary: Mississippi Cancer Burden, Mississippi State Department of Health

Lifestyle factors such as cigarette smoking, consumption of high-fat foods, and physical inactivity remain the major risk factors that increase the chances of developing cancer.

In Mississippi, the most frequently diagnosed cancers include lung, prostate, breast, colorectal, and pancreatic cancers. While there are over 200 types of cancer, some of the most common are lung, bladder, prostate, breast, colorectal, liver, endometrial, kidney, leukemia, melanoma of the skin, non-Hodgkin lymphoma, pancreatic, and thyroid cancers.

Cancer Deaths

- Cancer is the **second leading cause of death** in Mississippi.
- During 2012, 6,468 Mississippians died from some form of cancer. Cancer accounted for 15.5% of total deaths, with an age-adjusted rate of 199.4 deaths per 100,000 persons.
- The American Cancer Society estimates that 6,350 Mississippians will die from cancer in 2014.

Cancer Rate

- The 2006-2010 age-adjusted cancer incidence rate among males in Mississippi (598.6 per 100,000) was **higher** than the U.S. average (542.3 per 100,000), whereas the female rate (396.9 per 100,000) was lower than the U.S. average (418.8 per 100,000). ²
- In 2014, an estimated 15,740 Mississippians will be diagnosed with cancer.
- In 2014, an estimated 2,420 lung cancer, 2210 prostate cancer, 2,130 breast cancer, and 1,510 colorectal cancer diagnoses are expected to occur in Mississippi. ²

Sources

- ¹ Mississippi State Department of Health Vital Statistics, 2012
- ² American Cancer Society: Cancer Facts and Figures 2014

CANCER CAN BE PREVENTED

- **★ 60% of all cancers are preventable.** About one-third of cancer deaths are linked to lifestyle factors that **you** can control: diet, physical activity, and weight.
- ★ Medical checkups can make a difference. Regular screening exams can result in early detection and treatment of cancers of the breast, colon, rectum, cervix, prostate, testes, oral cavity and skin.
- ★ Everyone is at risk of developing cancer, but especially **older adults**. Over three quarters of all cancers are diagnosed at age 55 and older.



What You Can Do

- * Stay physically active to maintain your fitness and prevent obesity. Extra weight can increase your risk of colon and breast cancers. Keeping to a healthy weight means keeping cancer away.
- * Eat a diet high in vegetables and fruit. A diet low in red meat and high in vegetables and fruit reduces the risk of a broad range of cancers. Colored fruits and vegetables, and cruciferous vegetables like broccoli and cauliflower, may be especially helpful. Changing what's on your plate is the simplest step you can take against cancer.
- * Don't smoke. Don't start, and if you do smoke or chew tobacco, stop. Quitting tobacco can have a profound effect on your cancer risk. Quitting is hard, but getting help can double your chances of success. Help is free with the Mississippi Tobacco Quitline.
- * Get screened for cancer regularly. Screening can be simple and effective for detecting common cancers early ask your doctor.





Did you know that if you or your family or your friends shop at Kroger, the GFWC-MFWC can benefit from it. HOW!!! You, your family/friends just need to sign up for the Kroger Community Rewards Program. It is free to all. How does it work? Just shop at Kroger's and a percentage of your total shopping bill will be donated to the GFWC-MFWC. Yes, it's that easy...all you have to do is shop at Kroger's. Your family or friends do not need to be a member of the GFWC-MFWC to help us earn cash through the Kroger Community Reward Program. They just need to shop at Kroger's.

How Do I Sign Up, You Ask!!! Just follow these steps or ask for assistance at your local Kroger's.

- 1. Register online at krogercommunityrewards.com or download and use the Apple App or Goggle Play.
- 2. Be sure to have you Kroger Plus card. If you do not have a Kroger Plus Card, they are available at the customer service desk at any Kroger.
- 3. Click on Sign In/Register.
- 4. If you are a new online customer, click SIGN UP TODAY in the New Customer? box.
- 5. Sign up for a Kroger Rewards Account by entering zip code, clicking on favorite store and entering your email address and creating a password, agreeing to the terms and conditions.
- 6. You will get a message to check you email inbox and click on the link within the body of the email.
- 7. Click on My Account and use you email address and password to procee4d to the next step.
- 8. Click on Edit Kroger Community Rewards information and input you Kroger Plus card number.
- 9. Update or confirm you information.
- 10. Enter NPO number (for GFWC-MFWC it is 81631) or name of organization, select organization from list and click to confirm.
- 11. To verify you are enrolled correctly, you will see your organization's name on the right side of your information page.
- 12. REMEMBER, purchases will not count for GFWC-MFWC until after you register your Kroger Plus card (s).
- 13. You must swipe your roistered Kroger Plus card or use your telephone number that is related to our account when shopping for each purchase to be accredit to our account.

Note: If you used your phone number to register, call 800-576-4377, select option 4 to get your Kroger Plus card(s) numbers.

Important Note ... Please Read... If you have signed up in the pass, you must re-enroll every year. So please, go check you account information to that GFWC-MFWC can benefit from your shopping at Kroger's.





Mississippi Federation of Women's Clubs, Inc. **GFWC-MFWC Report Cover Sheet**



2014-2016 Administration, Reporting Year 2014

Name of Club:		al District Manufacture		own:	Diamon	
		alJuniorette District# Numbe		s:	Phone:	
Name of person prep		g report: Em- City:	aii:	7:	Code:	
Address:		City:		гір	code:	
		each project, program or special emphasis. Reports are to be d should cover activities from Jan. 1 st through Dec. 31 st , 2014		Volunteer	Dollare	In Kind
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	2	Prevent Child Abuse America			<i>₽</i> <u>~</u>	
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Please mail copies to:

1. Darlene C. Adams, GFWC-MFWC President, 3004 The Woods Road, Picayune, MS 39466 (MFWC Report Cover Sheets & Narratives only)

2. Becky Wright, GFWC-MFWC Vice-President, 81 CR 812, Banner, MS 38913 (MFWC Report Cover Sheets, up to 2 pages of narratives per GFWC Special Project, CSP, AA and MFWC Special Projects and up to 3 pages of supporting materials per GFWC Special project, CSP, AA and MFWC Special Projects)

Revised 12/13/14