

*GFWC— Mississippi Federation  
Of Women's Clubs, Inc.*

Fall 2016

Volume VI, Issue # 1

**HAPPY  
FALL**  
*y'all!*



The mission of the GFWC-Mississippi Federation of Women's Clubs, Inc. is an organization of women whose goal is personal enrichment leading to volunteer service that benefits the community, state, nation and world.



Founded on May 25, 1989 and a member of the General Federation of Women's Clubs Since 1904.



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

All Submission are welcome. Photographs are encouraged. Mail articles and/or photographs to Lisa A. Harris, 822 SCR 115 S, Raleigh, MS 39153 or email to [lisaharris@outlook.com](mailto:lisaharris@outlook.com)

# A Message From Tinker Forrester

Hello, my Federation Sisters!

It is hard to believe that it has already been over six months since I began serving as your State President! To say that I have been busy representing you would be an understatement. Right off the bat, I was traveling around the state speaking to clubs and installing officers.

In June, I (along with several MFWC members and boosters) traveled to Baltimore, Maryland for the International Convention and were able to be present for the installation of Jo Anne Reid as Southern Region President.

July brought the Juniorette Retreat at the Huey Barn in Decatur and Summer Board/Institute, which was held at The Wise Center on the campus of MSU in Starkville followed by a tour of the T. K. Martin Express Yourself! Program studio and gallery. I have to tell you that Judy Duncan, the Director for the program, was surprised, astonished and beyond words with the turnout for the tour. She told me later that she thought maybe 20-25 ladies would come – there were over 60! AND, she had hoped to sell 2, maybe 3, of the artist's paintings – she sold 13! Words cannot begin to express the gratitude that I have for the positive response that you have shown for my President's Special Project!

In August, I (along with several other MFWC members) traveled to Arlington, Virginia for a Board of Directors meeting. While there, we had a 'Day in DC' – which included a briefing at the State Department, a tour of the U. S. Capitol & Library of Congress with lunch at the GFWC Headquarters. I also had the opportunity to get to know my fellow state presidents better.

September had me visiting with local clubs and attending my first HOBY Board meeting. There was also the St. Jude Walk/Run in Memphis (GO Team MFWC! – another \$5K+ raised for St. Jude!!!) which I had planned to attend but wasn't able to because of issues with an ankle – *kinda' need those in good working order to participate in a walk!* I have vowed & declared that I will be there next year!!!

In October, there were more club meetings, a Long-Range Planning Committee meeting at HQ and Southern Region Conference in Jacksonville, Florida AND Art in the Park in Houston, MS for the Express Yourself! artists!

November is already set to be a very busy month with more club meetings & special events – not to mention, I am Fundraising Chairman for my local club and this is a very busy time of the year for us as we hold two major fundraisers within the next few weeks!



**MFWC Member at State Department Briefing and tour of U. S. Capital & Library of Congress.**

(Continued on page 5)



**GFWC-MFWC Headquarters**  
**2407 North State Street**  
**Jackson, Mississippi 39216**

**2016-2018 Elected Officers**

Sheila "Tinker" Forrester  
President  
GFWC Ackerman Twentieth Century  
Club, District II

Becky C. Wright  
President-elect, Advisor to District  
Presidents and State Membership  
Chairman

GFWC-MFWC Fine Arts Club  
of Bruce, District III

Sherri E. Reid  
Vice President, Dean of Chairmen  
Cosmopolitan Club, District I

Theresa Buntyn  
Record Secretary  
GFWC-MFWC Decatur Woman's  
Progressive Club District II

Diane Rouse  
Treasurer  
GFWC-MFWC Florentine Evening  
Club, District V

(Continued from page 3)

I have also had the opportunity to visit the Express Yourself! studio on several occasions, with the most recent being yesterday, to spend time with the artists – getting to know them better – and to observe them while they are creating. Alas, yesterday afforded me the opportunity to fulfill a dream of mine that I thought would not come to fruition so soon! I was able to ‘track’ for one of the artists! The studio almost couldn’t contain the joy that Dee and I felt as we created her latest masterpiece: #1 – because she was trying a technique that she had never done before and #2 – because I was able to be a part of it! By the way, it is already sold before it is even framed!

Never ever let it be said that a woman – a Federated Clubwoman – can’t accomplish something once she sets her mind to it!

Where do your interests lie? What is your passion? What are you doing about it? The sky is the limit, you know! Imagine, Dream, Believe, Create, Inspire! That’s what I am doing, are you?

With my all,  
Informing Minds...Inspiring Hearts!  
Tinker



**Art in the Park in Houston, MS for the Express Yourself! artists!**



**Working with Dee**



**Masterpiece #1**



**Masterpiece #2**

# GFWC-MFHC 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. Daisye B. Lamkin

1910-1912

- Seventh president of MFHC

#### Highlights of this Administration

- \* From Friars Point, MS
- \* The Public Health Department was a new addition to the Federation. This department sold Red Cross seals and reported good sales. The money made from the sale of these seals was used in the fight against tuberculosis. This department also encouraged the teaching of "social hygiene" in schools.
- \* A scholarship to Teachers College, Columbia University, was announced by the Education Department.
- \* Active legislative work for the establishment of a juvenile reformatory in Mississippi had begun.
- \* The movement to eradicate tuberculosis was underway.
- \* The Departments of the Mississippi Federation at this time were Public Health, Civics, Legislation, Education, Civil Service Reform, Household Economics, Arts, Music and Literature.
- \* During her administration, Federation membership had only shown a small increase, but that ten more clubs had joined the Federation.
- \* Prior to the State Convention, the Recording Secretary had made an interesting motion. "... that the club women should wear business suits to the business meeting of the Federation and try to eradicate the impression that our meetings are not business but for the parade of our wardrobes." Records do not indicate if this was done.
- \* Mrs. Lamkin thought that the most important thing to come out of her time as president was that the Federation had learned the value of cooperation, calling it an "indispensable" quality.

# Message From Becky C. Wright

**GFWC's "IT'S THE REAL DEAL" Recruitment Campaign** continues to give you plenty of incentive to "be a game changer" in your community. MFWC has joined GFWC clubs nationwide in a popular membership recruitment campaign. Just finishing up the summer segment to GO FISH FOR MEMBERS, we are currently in the "BRIDGE THE GAP" for September, October, and November. How is your club working to "Bridge the Gap?"



I have had the opportunity to visit several clubs throughout our great state, and much interest is being expressed on ways to recruit. One way to recruit is to conduct a service project alongside a recruitment event. Prospective members can see your club in action and many times see the immediate results of your (and their) volunteer efforts first hand. Many times we invite prospects to club meetings that might just overwhelm them, so instead, invite them first to a more fun and festive event. Laughter, as well as helping others, is contagious and studies show making a positive difference in their communities helps volunteers to live longer, function better, and have lower rates of depression. If you are hosting a Christmas toy drive, invite friends along to help. Having a Rudolph or Ugly Sweater Run to benefit your club's cause? Invite prospects to volunteer to help with registration. Hosting a paint party to benefit our President's Special Project? Bring a friend! Share the fun, and share the benefits of belonging.

And speaking of benefits of belonging, have you checked out the new Member Benefits Section on our GFWC website? Many companies are now offering discount to GFWC members! For example, GFWC Members can now save up to 80% on over 93,000 products at Office Max and Office Depot! This is great for your printing, cleaning and office needs! Visit our GFWC website for more information!

Thinking about a positive influence and impact in our communities, what about those Junioresettes? I had the pleasure of attending the Junioresette Retreat this past summer, and let me tell you, Junioresettes are full of ideas and enthusiasm! Does your community have a Junioresette Club? What a wonderful group of young ladies from across the state under the leadership of their advisors and MFWC Junioresette Director, Brook McCarty! Don't let your high school and junior high girls lose out on their opportunity to serve.

Please consider starting a Junioresette Club now. Then recruit their mothers! Bridge the Gap today for a better MFWC tomorrow! And the benefits of belonging are exponential for Junioresettes!

Whether you are looking to grow your general membership, or start a Junioresette club, plan creative membership recruitment campaigns and events around the many national awareness and commemoration months and days aligned with GFWC Special Programs and Community Service Programs. See the [2016-2018 GFWC Club Manual](#) for more information about GFWC Membership, Special Programs, and Community Service Programs. You can also find a list of themed celebration days and months in the current GFWC Year in Pictures Calendar. Clubs achieving and reporting **three** new members on the [GFWC Recruitment Campaign Report form](#) will be recognized in [GFWC Clubwoman Magazine](#). Please submit a report even if your club only recruited one or two new members. **Every Member Counts!**

Also remember that funding is now available to help underwrite membership recruiting and rebuilding

*(Continued on page 10)*

**What's  
New?**

Check out our  
*Upcoming*  
**EVENTS**

**GFWC-MFWC Business Meetings**

February 2017	
10th	Finance Committee Meeting, Jackson, MS area
10th	Executive Committee Meeting, Jackson, MS area
11th	Winter Executive Board Meeting, Jackson, MS area
11th	Judging Day, Jackson, MS area

**Conventions Schedule**

2017	
February 27th	District V Convention, Prentiss, MS
March 4th	District II Convention, Location TBA
March 11th	District I Convention, Petal, MS
March 18th	District III Convention, Booneville, MS
March 25th	District IV Convention, Cleveland, MS
April 28th – 30th	119th GFWC-MFWC Annual State Convention, Pearl, MS



# JUST A LITTLE *Reminder* Important Deadlines

## January 2017

- 1st MFWC **State Dues** must be postmarked by this date for club reports to be judged and to be eligible for awards.

## February 2017

- 1st MFWC **Club Reports** must be postmarked by this date to be eligible for judging.

- 1st Applications/Entries must be postmarked by this date to be eligible for consideration for the following:

- MFWC Challenge Grant application
- MFWC Hebron Memorial Scholarship Application
- GFWC Writing Contest Entries

- 10th Applications/Entries must be postmarked by this date to be eligible for consideration for the following:

- GFWC-MFWC MS LEADS applications
- MFWC Clubwoman of the Year Award application
- MFWC Juniorette of the Year Award applications

- 15th MFWC Scrapbooks and Yearbooks must be postmarked to District Chairmen by this date to be eligible for consideration.

## March 2017

- 1st Forms/Applications must be postmarked by this date to be eligible for consideration for the following:

- MFWC Club History
- Sarah Peugh Butterfly Scholarship application

## Postmark Deadline:

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



(Continued from page 7, A Message From Your President-elect)

in your community. GFWC is offering \$50 grants for club member recruitment programs four times annually. The application process is straightforward and easy to complete. Apply today for the funding necessary to conduct a successful recruiting event.

Guidelines and suggestions for themes and recruitment campaigns can be found in the Membership Advancement Guide at [www.GFWC.org/GFWCMembers](http://www.GFWC.org/GFWCMembers) and I may be reached at [becky-wright1964@gmail.com](mailto:becky-wright1964@gmail.com) or by phone at 662-983-8836. As a reminder, reporting is just around the corner, and I am looking so forward to reading your Membership reports!



## Message From Sherri E. Reid

Ladies its coming! Whether we are ready for it or not. The days to meet with your club's committee chairs, counting up the many, many hours of volunteer hours, monies spent, and monies raised. Get a head start and begin to wrap your minds around it and you will be ahead of the game!!!

As I write this to you I am spending my Saturday getting all my notes compiled and my head wrapped around MY task at hand, to get everyone excited about reporting and make judging day organized!!

I know there are clubs out there who have not reported in 1, 2, 3 or more years, or maybe never reported.



If this is the case please contact me and let's try to put some numbers down on paper and get your hard earned hours working for our State Federation!!

Start little and then we can look at more next year. Let me help YOU!

**NOW for those who report on a regular basis...NO SLACKING!!** Get your organization queen of your club to working and I look forward to adding all the hours and monies used this year to make our communities, our state and world a better place!!

Thank everyone for all you do for our Federation, MFWC!!  
Sherri E. Reid – [reidshe@comcast.net](mailto:reidshe@comcast.net) phone or text 601-270-4464



### Fascinating and Fun Art Facts

Did You Know That : Da Vinci's other most famous work—which can be seen in the Convent of Santa Maria delle Grazie in Milan, Italy—originally included Jesus' feet. But in 1652, while installing a doorway in the refectory where the painting is on view, builders cut into the bottom-center of the mural, lopping off Jesus' feet.





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

Did You Know ... That the magnolia tree on the lawn of the Headquarters Building of the Mississippi Federation of Women's Clubs in Jackson, Mississippi, was planted on February 8, 1938. This was the same day the Mississippi State Legislature voted the Magnolia to be the state tree. Source: Dixie Dining Cookbook II



# MFWC

## 2017-119TH ANNUAL STATE CONVENTION

APRIL 28-30, 2017



**Holiday Inn: Pearl—Jackson Area**  
**110 Bas Pro Drive**  
**Pearl, MS 39208**

Indulge yourself at the **Holiday Inn Hotel Trustmark Park in Pearl, Mississippi**. Pearl's only full-service hotel is conveniently located just five miles from downtown Jackson and features a **complimentary shuttle to and from the Jackson Evers International Airport**.

Our hotel's location means guests are close to the many attractions of the Jackson, MS area. We are perfectly located next door to The Outlets of Mississippi, proudly featuring over 80 stores, the largest Outlet Mall in MS. Our hotel is also situated next door to the Bass Pro and Outdoor World Shop for the hunting and fishing enthusiast. Families can visit The Russell C. Davis Planetarium to see the stars or catch a rising star at a Mississippi Braves game just across our parking lot.

The business traveler will find our Jackson area hotel to be a convenient oasis. We are situated only minutes away from downtown, Jackson State University and the Jackson Zoo. Our Pearl hotel also provides a complimentary airport shuttle, 2,125 sq. ft. of flexible meeting space and high-speed, wireless Internet access to accommodate the business traveler.

While lodging in Pearl, hotel guests may enjoy delicious casual dining at the Alumni House Sports Bar and Grill, our sports-themed restaurant. We offer upscale amenities that include a large heated indoor pool, free high speed internet, complimentary local area shuttle, complimentary airport shuttle service from Jackson International Airport, Complimentary daily self parking and service animals are allowed.



# State Convention Ads

Why not purchase an convention ad or two to recognize the accomplishments of your club or your club members. Ads can be from any organization, individual or business who wishes to support our volunteer effects, not just from clubwomen and clubs. Do you know someone who wishes to support us by purchasing an ad? If so, ask them.

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

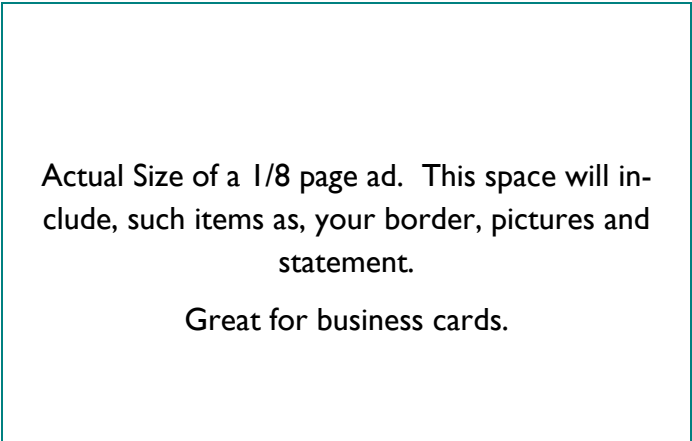
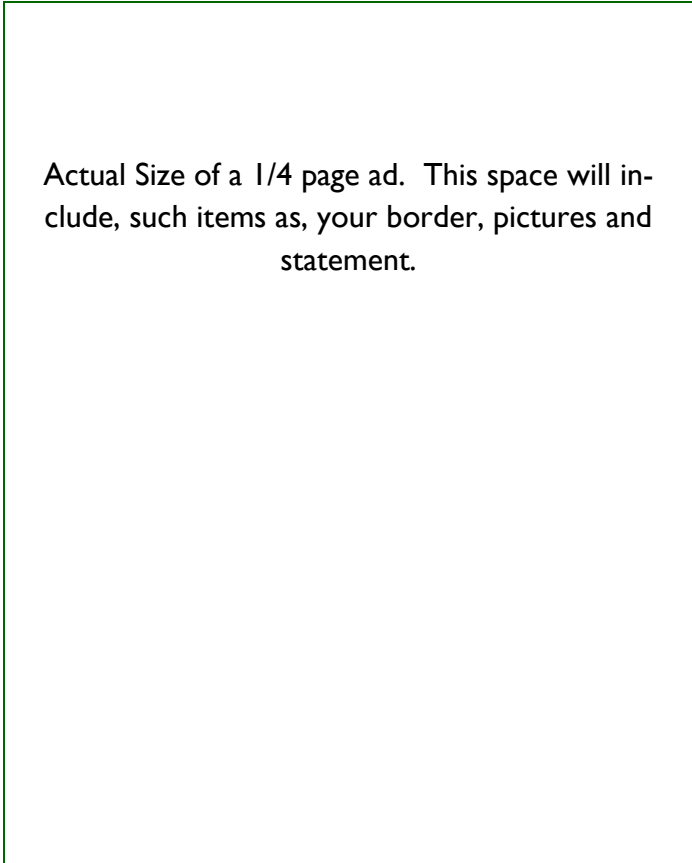
- ★ Full page (9.4" h x 6.9" w)- \$100.00
- ★ 1/2 page (4.5" h x 6.8" w) - \$50.00
- ★ 1/4 page (4.5" h x 3.6" w) - \$30.00
- ★ 1/8 page ( 2.28" h x 3.6" w) - \$20.00

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 2017 State Convention and note on check that it is for a convention ad.
- ★ You can email ad to lisaharris@outlook.com and then mail your form and check to Lisa A. Harris, 822 SCR fl 15 S, Raleigh, MS 39153.



**Deadline - (postmarked) April 17, 2017.**



### Club Resources Available On Website!

The following GFWC-MFWC 2016-2018 Administration documents are available for download from our website:

- ★ Club Manual. Use this [link](#) for a direct connection to our Manual.
- ★ Governance. This document contains the Constitution, Bylaws and Standing Rules of the GFWC-MFWC. Use this [link](#) for a direct connection to the Governance document.

The GFWC-MFWC 2016-2018 Administration Directory is available upon request. Contact Lisa A. Harris at [lisaharris@outlook.com](mailto:lisaharris@outlook.com) 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.

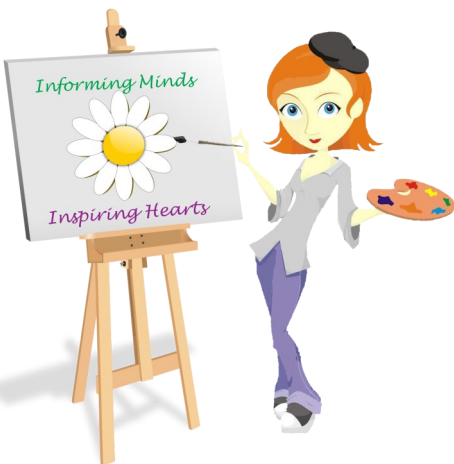
The following logos are available for download from our website. Use this [link](#).

- ★ President’s Special Project Logo - Be Inspired!
- ★ 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 GFWC-MFWC Forms are available for downloading/printing or viewing from our website at [http://www.gfwc-mfwc.org/GFWC\\_MFWC\\_Forms.html](http://www.gfwc-mfwc.org/GFWC_MFWC_Forms.html).



### Fascinating and Fun Art Facts

- Students who study art are 4 times more likely to be recognized for academic achievement.
- Leonardo da Vinci spent 12 years painting the Mona Lisa’s lips.
- The arts teach children that problems can have more than one solution.
- Teaching students to be creative is a deliberate process, much like teaching reading or math.



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 <https://www.kroger.com/account/enrollCommunityRewardsNow> 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 Create an Account.
5. Sign up for a Kroger Rewards Account by entering your email address and creating a password, selecting your preferred store, selecting or unselecting communications and 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 proceed 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 so that GFWC-MFWC can benefit from your shopping at Kroger's.



New  
 GFWC-MFWC  
 Youth Art Challenge  
 Contest

*Submitted by Libby Everett, GFWC-MFWC Youth Art Chairman*

This Youth Art Challenge is for students receiving no art instruction from private teacher(s) or certified art teacher; teachers giving art instruction in the self-contained classroom would fall in this category. The students who receive some type of professional art instruction will be considered only if they have never had an opportunity to participate in the MFWC Youth Art Contest. This competition focuses on low-incidence disability students who are considered “self-contained.” Special education course codes begin with a 13. If student has all course codes beginning with 13, the student is considered self-contained. The low incidence disabilities that may be considered self-contained include: autism, deaf-blind, developmentally delayed, emotional disability, hearing impaired, intellectual disability, multiple disability, orthopedically impaired, traumatic brain injury, and visually impaired. This would not include students ruled eligible for special education services who might have an opportunity to take part in the MFWC Youth Art Contest due to participation in a regular education classroom.

Teachers and/or special education supervisors must be allowed to choose the artwork to be presented for judging. Every effort must be made to protect the confidentiality of the students. Personally identifiable information should be limited in any advertisement, newspaper article, or signage. It is important that parents are made aware that their child’s name and artwork will be displayed at district and state competitions. Clubs should consider a signed parental consent form to be sure parents are made aware.

District first place entries will go directly to state level competition. First, second, and third place ribbons will be awarded in each division.

**Divisions:**

- Division 1 – Ages 3 - 5
- Division 2 – Ages 6 - 8
- Division 3 – Ages 9 - 12
- Division 4 – Ages 13 - 15
- Division 5 – Ages 16 - 21

**Rules:**

1. Entries must be sponsored by an MFWC member club.
2. Each club may submit two entries in each of the five divisions.
3. Typewritten identification cards must be firmly attached to the back of each entry. The label should contain the following information: Student’s name, Age, Division, and the complete name of the sponsoring club, city, and MFWC district. See example below.
4. All work must be original, done within the last 12 months. Items previously entered in MFWC



contests are ineligible.

5. Any pastel or charcoal must be sprayed with a fixative or covered with transparent material.
6. Dimensions: Before matting, minimum size must be at least 8-1/2 x 11 inches and maximum size must not exceed 20 x 24 inches.
7. Mats and Frames: It is preferred that entries be matted or attached to a firm backing. Mats should be stiff enough to stand. Cover pictures with transparent materials to protect if desired.
8. Do not use glass on entries.

Example of Youth Art Challenge Contest Identification card, which can be found on our website at [http://www.gfwc-mfwc.org/GFWC\\_MFWC\\_Youth\\_Art\\_Challenge\\_Guidelines.html](http://www.gfwc-mfwc.org/GFWC_MFWC_Youth_Art_Challenge_Guidelines.html).

Student Name: _____	
Age: _____	
Check the following Division:	
<input type="checkbox"/> Division 1 (Ages 3 - 5)	<input type="checkbox"/> Division 4 (Ages 13 - 15)
<input type="checkbox"/> Division 2 (Ages 6 - 8)	<input type="checkbox"/> Division 5 (Ages 16 - 21)
<input type="checkbox"/> Division 3 (Ages 9 - 12)	
Sponsoring Club: _____	MFWC District: _____
City: _____	

If you have any questions, please contact:

Libby Everett, Youth Art Chairman  
601-466-9418 (C)



### Fascinating and Fun Art Facts

- The first artists used ashes from fire, red clay or natural pigments from plants for paint.
- Nobody knows specifically when the first people starting producing art, but it is believed that art has been created as far back as 100,000 years ago.
- The earliest art work comes from Africa in the form of stone carvings. There are many examples of cave painting and carving from both Africa & Europe, dating back to 32,000 BC.
- Around 3,000 BC, people learned how to work with metals and began to create small pieces of art from bronze - often small statuettes. This was the era when people in Greece and India began to create art and in Egypt sculptors were creating large, lifelike stone statues which were painted realistically and were life-size.



# GFWC NEWS & NOTES

## 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](http://www.GFWC.org).

## 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.FlowerPowerFundraising.com/GFWC](http://www.FlowerPowerFundraising.com/GFWC) or call 1-888-833-1486.

## 2017 SUCCESS FOR SURVIVORS SCHOLARSHIP OPENS

As part of the [GFWC Signature Program: Domestic Violence Awareness and Prevention](#), the GFWC Success For Survivors Scholarship was created in 2011 to lend a helping hand to those impacted by intimate partner violence who are pursuing higher education. The scholarship aims to provide survivors with a means to achieve both financial and personal independence. Since its inception in 2011, GFWC has awarded over \$50,000 in scholarship funds.

You can change a life. [Make a tax-deductible donation to the Success For Survivors Scholarship fund today.](#)

We are excited to announce that the 2017 application process is now open! The Success for Survivors Scholarship application deadline is **February 3, 2017!** Applicants can mail completed applications to GFWC Headquarter or complete the electronical application. For more information on this scholarship please visit <http://www.gfwc.org/success-survivors/>.

## LET YOUR FLAG FLY

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](http://www.GFWC.org/Marketplace) to place your order today.

## TERRI LYNN

Terri Lynn has over 75 years of family tradition offering healthy and delicious gourmet products. Earn profits for you and your club selling premium nuts, chocolate confections, and scrumptious dried fruit selections. For more information, visit Terri Lynn at [www.terrilynnfundraising.com](http://www.terrilynnfundraising.com) or call toll free **800-323-0775** and ask for department GFWC15.





**Subscribe to News & Notes**

If you haven't yet subscribed to News & Notes, the best source for all things GFWC, what are you waiting for? Signing up is easy and gives you access to timely news items from around Headquarters, our partners, and our work on a national and local scale.

Simply provide your name, mailing address, email, and club name to GFWC Membership Services Manager Kate Garlick at [kgarlick@gfwc.org](mailto:kgarlick@gfwc.org) and you're all set!

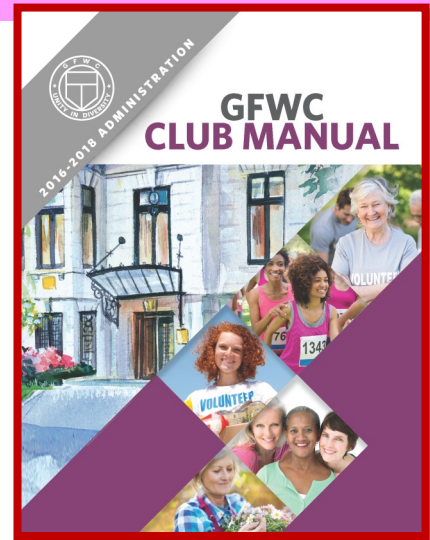
**2016-2018 Club Manual**

Download the 2016-2018 *GFWC Club Manual*, the best resource for your club's efforts in enhancing the lives of others through volunteer service. Read about each of GFWC's advancement areas, community service programs, and special programs. You'll also find complete rules and criteria for all of GFWC's awards, contests, and grants, along with the guidelines for the reporting system.

The *GFWC Club Manual* is a living document, and will be updated to reflect new and outdated information. If you wish to have a PDF file of the full *Club Manual* emailed to you for printing purposes, please contact [PR@GFWC.org](mailto:PR@GFWC.org).

**THANK YOU**

We would like to thank all of the clubs who have provided GFWC Headquarters with copies of their newsletters. Please continue to send copies to [pr@gfwc.org](mailto:pr@gfwc.org) or 1734 N Street NW, Washington, DC 20036.



**GFWC INTRODUCES A NEW BENEFIT OF MEMBERSHIP**

GFWC members are now eligible to receive discounts on goods and services, insurance, and travel. National companies such as Budget, TNT Vacations, and VPI Pet Insurance are offering significant price reductions to GFWC clubwomen. For instance, **you can save 10% at any of the 1,100+ pet-friendly Motel 6 locations in the U.S. and Canada!** Motel 6 offers a clean, comfortable room and great service for the lowest price of any national chain, and the discount will help you save even more. Visit [GFWC.org](http://GFWC.org) to learn more about this discount and many more.

**YOU'RE INVITED TO THE GFWC HOLIDAY OPEN HOUSE**

Every year, the historic GFWC Headquarters is transformed into a holiday wonderland – complete with a floor-to-ceiling Christmas tree, traditional holiday décor, and a buffet of delicious holiday treats! This year, we invite you to once again join us in celebrating the holiday at 1734 N Street NW, Washington DC 20036 on Wednesday, December 7 from 3 p.m. – 7 p.m.

Kindly RSVP by November 30 to [gsoriano@gfwc.org](mailto:gsoriano@gfwc.org), or [click here](#) for more information and to register online.

# Packing & Prepping Your Car for Holiday Travel (Brought to You by CarChex)



The holidays? They're great! The travel? Not so much.

As the season approaches, many of us will be driving to visit family and friends (or simply to get away). And while the holidays themselves are stressful enough, your holiday travel doesn't have to be. Here, we've put together some essential tips to make your trip safe and enjoyable.

## Documents & Warranties

No matter what happens on the road, you want to be prepared. Having your car documents—beyond just your driver's license, registration and insurance information—on hand can save you from a big headache.

If you have a vehicle protection plan, be sure to bring that information with you. Some plans have trip interruption service, which pays for hotel and food in the event that you need repairs while traveling. Having those documents with you makes it much easier to use the plan's benefits.

## Road Trip Gear

If you're going to do a long drive, preparation is key. Use this handy gear checklist to ensure comfort and safety no matter how long your trip:

- **Cell Phone Charger** – Keep your phone plugged in at all times so it's charged when you need it
- **Maps** – In case your GPS breaks or fails, or you're in an area without cell service
- **Jumper Cables** – You never know when you, or someone else on the road, may need them
- **Flashlight** – For when you need to see in the dark or under the hood (make sure the batteries are fresh!)
- **First Aid Kit** – Be prepared with a premade kit; you can pick one up at a convenience store or pharmacy
- **Pre-Moistened Wipes** – Good for washing up before eating on the road, cleaning your hands after filling up the tank or minimizing the mess from kids' sticky fingers

- **Snacks** – Hunger makes everyone cranky, so help stave it off
- **Tissues** – Perfect for stuffy noses and nose bleeds (it can get dry in the car!)
- **Surprises** – Speaking of making everyone cranky, fight boredom with coloring books, games and car-friendly crafts

### Winter-Specific Items

In some regions, winter weather may catch you off guard. If you get stuck, these items can mean the difference between moving forward and disaster:

- **Blankets** – If the heat stops working, stay warm while you wait for help
- **Tire Chains** – To get out of slippery situations (practice applying them at home first!)
- **Snow Socks** – An alternative to chains, these fit over tires to give added traction
- **Shovel** – Dig your way out of a rut; and to save space, choose a collapsible model
- **Roadside Flares** – If heavy snow is falling, these will make sure other cars see you
- **Spare Cell Phone** – In case you're stuck for a while (and make sure it's 100% charged)
- **Warm Accessories** – Keep a bag of gloves, hats, coats and boots on top of luggage or in an easily accessible spot
- **Non-Perishable Food** – Stock up on beef jerky, trail mix and dried fruits
- **Ice Scraper/Brush** – Keep your windows and lights clear from snow and ice

### Additional Car Travel Tips

Besides packing the right stuff, make sure you map out your trip well in advance, follow the weather report and don't hesitate to delay plans if a bad storm rolls in. Opt for simple preventative checks and maintenance (tire pressure, fluids, lights and wiper blades) to steer clear of problems on the road. Some drivers also opt for an extended auto warranty to make sure unexpected breakdowns are paid for.

### Take It Easy

Be sure you tell someone about your travel plans and call them when you arrive. Don't forget to get plenty of rest the night before you drive, and stop frequently to stretch and switch drivers. Remember, the idea is to get there in one piece. Driving fast or recklessly adds stress, and doesn't get you there any sooner—take things in stride and arrive in good cheer.

Enjoy the ride and happy holidays!

*Joe Campanella is the Executive Vice President, Business Development for CARCHEX, a leading provider of vehicle protection and vehicle inspection services.*



### Fascinating and Fun Art Facts

- The purpose of art is washing the dust of daily life off our soul - Pablo Picasso.
- From 1912-1948, the Olympic Games awarded medals for artworks inspired by sport.
- The only painting sold by Vincent van Gogh in his lifetime was the Red Vineyard which was bought by the Belgian artist Anna Boch.
- Four of the 21 most expensive painting sold at auction are by van Gogh and four by Picasso.

## Take a Walk After Dinner for Blood Sugar Control

When adults in a new University of Chicago study took a 10-minute walk immediately after dinner, their blood sugar levels fell by as much as 20 percent. Walking after meals at other times of the day also had a beneficial effect on blood sugar levels. The findings are in good agreement with other studies showing getting regular exercise (20 minutes a day or more) reduce the chances of developing diabetes by 25 to 50 percent.

Type 2 diabetes has become a major health issue in Mississippi. Thousands of adult Mississippians live with the complications of type 2 diabetes, including lower extremity amputations, end stage renal disease, blindness, loss of protective sensation, heart disease and premature death. **Type 2 diabetes is preventable.** You can delay or prevent the disease by starting with the small steps below.

### *What are the signs and symptoms of type 2 diabetes?*

Many people have no signs or symptoms. Symptoms can also be so mild that you might not even notice them. Nearly six million people in the United States have type 2 diabetes and do not know it. Here is what to look for:

- increased thirst
- increased hunger
- fatigue
- increased urination, especially at night
- weight loss
- blurred vision
- sores that do not heal

### *Who should be tested?*

Anyone 45 years old or older should consider getting tested for diabetes. If you are 45 or older and overweight, it is strongly recommended that you be tested.

If you are younger than 45, overweight, and one or more of the following risk factors is true:

- I have a parent, brother, or sister with diabetes.
- My family background is African American, American Indian, Asian American, Pacific Islander, or Hispanic American/Latino.
- I have had gestational diabetes, or I gave birth to at least one baby weighing more than 9 pounds.
- My blood pressure is 140/90 or higher, or I have been told that I have high blood pressure.
- My cholesterol levels are not normal. My HDL cholesterol ("good" cholesterol) is 35 or lower, or my triglyceride level is 250 or higher.
- I am fairly inactive. I exercise fewer than three times a week.

### *Preventing Type 2 Diabetes*

Making big changes in your life is hard, especially if you are faced with more than one change. You can make it easier by taking these steps: Make a plan to change behavior.

- Think about what might prevent you from reaching your goals.
- Find family and friends who will support and encourage you.
- Your doctor, a dietitian, or a counselor can help you make a plan.



### Step 1: Reach and Maintain a Reasonable Body Weight

Being overweight can keep your body from using sugar properly. It can also cause high blood pressure.

The Diabetes Prevention Program found that people who lost between 5 and 7 percent of their body weight significantly reduced their risk of type 2 diabetes. For example, if you weigh 200 pounds, losing only 10 pounds could make a difference!

Choose sensible ways to get in shape:

- **Avoid crash diets.** Instead, eat less of the foods you usually have. Limit the amount of fat, salt and sweets you eat.
- **Increase your physical activity.** Aim for at least 30 minutes of exercise most days of the week.
- **Set a reasonable weight-loss goal,** such as losing 1 pound a week. Aim for a long-term goal of losing 5 to 7 percent of your total body weight.

### Step 2: Make Wise Food Choices



What you eat has a big impact on your health. By making wise food choices, you can help control your body weight, blood pressure, and cholesterol.

- **Take a hard look** at the serving sizes of the foods you eat. Reduce serving sizes of main courses, desserts, and foods high in sugar or fat. Increase the amount of fruits and vegetables.
- **Limit your fat intake** to about 25 percent of your total calories. For example, if your food choices add up to about 2,000 calories a day, try to eat no more than 56 grams of fat. Your doctor or a dietitian can help you figure out how much fat to have. You can check food labels for fat content, too.
- **You may also wish to reduce the number of calories** you have each day. Your doctor or dietitian can help you with a meal plan that emphasizes weight loss.
- **Keep a food and exercise log.** Write down what you eat, how much you exercise — anything that helps keep you on track.
- **When you meet your goal, reward yourself** with a nonfood item or activity, like watching a movie.

### Step 3: Be Physically Active Every Day



Regular exercise tackles several risk factors at once. It helps you lose weight, keeps your cholesterol and blood pressure under control, and helps your body use insulin. Being physically active for 30 minutes a day, 5 days a week, reduces your risk of type 2 diabetes.

If you are not very active, you should start slowly, talking with your doctor first about what kinds of exercise would be safe for you. Make a plan to increase your daily activity, with the goal of being active at least 30 minutes a day most days of the week.

Choose activities you enjoy. Walking is one of the best ways to work extra activity into your daily routine:

- Take the stairs rather than an elevator or escalator.
- Park at the far end of the lot and walk.
- Get off the bus a few stops early and walk the rest of the way.
- Walk or bicycle instead of drive whenever you can.

Source: Mississippi State Department of Health. For more information, visit [http://msdh.ms.gov/msdhsite/\\_static/43,0,296.html](http://msdh.ms.gov/msdhsite/_static/43,0,296.html).