



# The Heartbeat

December 2018

Volume IX Issue 3

*Merry Christmas*

May you have the gift  
of faith,  
the blessing of hope,  
and the peace of his  
love at  
Christmas and always.



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.

# **GFWC-MFWC Headquarters & Elected Officers**



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

## **2018-2020 Elected Officers**

Becky C. Wright  
President  
GFWC-MFWC Fine Arts Club of Bruce  
Northern District

Theresa Buntyn  
Vice President, Dean of Chairmen  
Decatur Woman's Progressive Club  
Central District

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Sherri E. Reid  
President-elect, Advisor to District Presidents and  
State Membership Chairman  
Cosmopolitan Club  
Southern District

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Frances H. Brown  
Secretary  
GFWC-MFWC Twentieth Century Club of Bruce  
Northern District

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Diane Rouse  
Treasurer  
GFWC-MFWC Florentine Evening Club  
Central District



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

All submissions 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)



# MFWC Facts

**Taken from "A History of the Mississippi Federation of Women's Clubs"  
1898 - 1998**

**by Tommye Hogue Rosenbaum**

**The World War I Years  
1912 - 1920**

**Administration of Mrs. Ben F. (Janie T.) Saunders  
1918 - 1920**

- Eleventh President of MFWC from Swan Lake, MS.

## **Highlights of this Administration**

- \* Was the last of the World War I presidents. During the time of America's involvement in World War I, cultural and social activities of the Federation took second place to War Service work.
- \* In 1918, the General Federation called on members for one dollar per capita to form a War Victory Fund to build furlough houses in war-torn counties. Miss M. Colie Covington assumed the responsibility for raising the money for the Mississippi Federation. Within six weeks, she had raised more than two thirds of the per capita amount.
- \* The Federation motto in 1918 was "Save! Save! Sacrifice!". By this time the Mississippi Federation has swelled to five thousand women.
- \* While active with all wartime causes, club women continued to pursue their Federation goals and ideals. Legislation was undertaken for a Compulsory Education Law and the Abatement and Injunction Act. They bought and sold Liberty Bonds, adopted war orphans and carried on their normal activities while grieving over family members who were actually in the War.
- \* The twentieth annual Convention of the Mississippi Federation of Women's Clubs, known as the "Peace Convention" was held in Jackson in November 1918. Mrs. Saunders named January first as "Treasure and Trinket Day" for the Fatherless Children of France and requested that each member contribute to the Young Women's Christian Association Fund.
- \* The Federation was now composed of fifteen departments. Mrs. Saunders said that since the War was over, the Federation would concentrate on "reconstruction work." She urged club women to work for "compulsory education, better homes and better salaries for teachers, improvement of rural schools, and medical inspection of schools."
- \* During the convention three major resolutions were adopted. The first concerned support for higher and year-round salaries for teachers. The second resolution urged legislation to erect a training school for the feeble-minded. The third resolution was to pledge full support to the food administration programs.







## A Message From Becky C. Wright

Merry Christmas Federation Friends,

Wow! What a year this has been! And now, here we are at the most wonderful time of the year—what a perfect time to reflect on the blessings that this year has afforded us and embrace all the joy and happiness of the season. I wake each morning with a song in my heart and gratitude not only for my faith and family, but also for our Federation—just a few of my favorite things.

Counting my blessings over the past two months, I have had the opportunity to visit Enterprise Woman's Club, celebrate the life of Lynda Love with a beautiful memorial service at our Headquarters, welcome a very special guest to Headquarters as our GFWC President Mary Ellen Brock stopped by for a tour, participate in the 90<sup>th</sup> Anniversary Celebration of Decatur Woman's Progressive Club, celebrate the 80<sup>th</sup> Anniversary of Fine Arts Club of Bruce, and attend The Holiday House sponsored by Lanier Club of Okolona. Additionally, with an amazing team, in the middle of all this flurry of activity, we hosted a very successful Southern Region Conference in October, was interviewed about our Headquarters and MFWC for an upcoming feature in Find It in Fondren, received a proclamation from Governor Phil Bryant recognizing Advocates for Children Week, and held a very informative Reporting Workshop and MS LEADS at our Headquarters in November—if you missed this, you missed a treat!

When counting my blessings, I would be remiss not to mention the statewide activity that has been going on continuously while I am living my best life serving you. Ladies, you have really embraced the idea of Empowering the Heart to Make a Difference! Your support of Soles4Souls, your donations to I Support the Girls, and your involvement with the Military Care Packages continues to be incredible! My heart swells with pride over the way that you are embracing the Seven Grand Initiatives as well as other projects within our communities. I feel as if I have been given the role of Mrs. Claus when thanks are given from those on the receiving end of your great works—you ladies are making me look great! And I love and appreciate you so much.



**Becky C. Wright**  
**2018-2020 GFWC-MFWC**  
**President**

*(Continued on page 6)*

(Continued from page 5 - A Message from Becky C. Wright)

I look forward to sharing with you on social media my travels from December. My calendar is full of wonderful activities and events that I will be celebrating with so many of you. Sadly, I will miss some events due to multiple events on some dates, but I have you on my calendar for next year! This month I will have the pleasure of attending Ackerman Twentieth Century Club's Christmas Brunch, Florentine's Tour of Homes, Homochitto Heritage Club's Christmas Auction, Quitman Woman's Club Tasting Tea, the Rudolph Run in Pontotoc, and Gulfport Women's Club Christmas Tea. I am also looking forward to the December meeting of the Present Day Club of Union and the Daddy Daughter Dance hosted by Twentieth Century and Fine Arts Clubs of Bruce benefitting St. Jude Children's Research Hospital. And finally, although always remembering the reason for the season, I look forward to participating in honoring the memory of those who have protected our freedom to both enjoy these festivities and celebrate our Savior's birth during the Wreaths Across America with the Lanier Club of Okolona.



Let us remember that while it truly is the most wonderful time of the year, for many throughout this great land, it is still a "Hard Candy Christmas" and as volunteers, what you are doing in your community will certainly empower the difference. With all the hustle and bustle of this joyous season, let us forget not to be kind and may the light of the season burn brightly in your hearts.

With Federation love,

*Becky*



## GFWC 7 Grand Initiatives

# Dr. Seuss Books

Goal: That clubs will donate 1,000 Dr. Seuss Books before June 2020

One of the Seven Grand Initiatives for the 2018-2020 Administration calls for clubs to donate Dr. Seuss books. It honors the tradition of GFWC clubs celebrating Read Across America Day every year. The observance, celebrated March 2 to mark Dr. Seuss' birthday, was established to encourage teachers, politicians, community leaders, and families to show kids that reading is fun. GFWC clubs always step up to the challenge!

Dr. Seuss is often best known for his zany Cat in the Hat character, but *Green Eggs and Ham* is his best-selling book! Published in 1960, it's one of his "Beginner Books" written with simple vocabulary to help young readers get started. Dr. Seuss books like *Green Eggs and Ham* have remained popular for decades. Get involved in this Grand Initiative and donate Dr. Seuss books to local daycare centers and Head Start programs! The colorful classics will not only help kids to read but will foster their love for reading.



## GFWC Advancement Area - Leadership

# MFWC Reporting

As many of you were unable to attend Summer Institute or the Reporting and LEADS conference in November. I will be sending the power point “ Rhythm of Reporting”, to all club presidents this week. I want to be sure all clubs will have the same information.

Our hope is by changing reporting this year not only to be more objective but will allow our chairmen a longer period of time to judge. We will be using a new score card for judging reports this year. This is similar to a rubric which many teachers use in class assignments. This powerpoint will share all items used for the reporting scorecard.

Please contact me if you need clarifications, have questions or suggestions.

Thank You  
Theresa Buntyn  
GFWC-MFWC Vice President



## Reporting Guidelines for 2018-2020

1. To report your club's statistics in each of the Community Service Programs (CSP) and Advancement Areas (AA), complete one GFWC-MFWC Report Cover Sheet for CSP and AA. Activities for Partners Such as HOBY, Canines Companions for Independence (CCI), Operation Smile and others will be included in the Community Service Program (CSP) area for documentation purposes and no longer be a separate report. That is all you are **required** to do for reporting. You can improve your chances of winning an award by submitting a narrative report and supporting material in each Community Service Program and Advancement Area. Reports should cover club activities from January 1 through December 31 of the previous year.
2. Narrative reports are limited to two single-spaced pages. Only the front side of a page can be used...no printing on both sides of the paper. Narrative information should include if applicable:
  - WHY did you help them?
  - WHAT did YOU do?
  - OUTCOME or Impact on the Community or state
  - Project Hours (Number of actively involved members x hours each)
  - Monetary donations from Clubs or Members
  - In-Kind Donations from Members
3. 2018 Definitions from GFWC for State Statistical form
  - Community Service Projects are the programs and projects members initiate and participate in to serve their communities, including projects with GFWC Partners.
  - Number of Projects is the numerical account of the programs and projects initiated and participated in by the clubs in your State.
  - Volunteer Hours is the amount of time that members worked on club approved programs and projects.
  - Dollars Donated is the monetary amount given to programs and projects.
  - In-Kind Donations reflect the monetary value for goods provided to programs and projects. Please refer to the GFWC In-Kind Donation Guide for an estimated value of commonly donated items at [www.gfwc.org](http://www.gfwc.org).
  - Dollars Spent are costs incurred by members, clubs, or State Federations to achieve Advancement Area goals. (Leadership, Communication and Public Relations, Legislative and Public Policy, Fundraising and Development)
  - Dollars Raised reflects the dollars earned from fundraising and development programs and projects.
4. Supporting material is limited to three pages. Only the front side of a page can be used...no printing on both side of the paper. Supporting material may include newspaper clippings, pictures of members/projects, resolutions, certificates, minutes from other organizations, thank you notes, correspondence, copies of checks, etc.
5. You must use a Report Cover Sheet with each report. Attach the completed cover sheet to the narrative and supporting material.
  - Our MFWC report form is two pages. Print out and use the one that corresponds to the report you are compiling.
6. Other programs are the GFWC Signature Program: Domestic Violence Awareness and Prevention and GFWC Juniors' Special Program: Advocates for Children. Report club statistics for these programs on the appropriate Report Cover Sheet, using one cover sheet for each of these areas.

(Continued on page 12)



## GFWC 7 Grand Initiatives Project

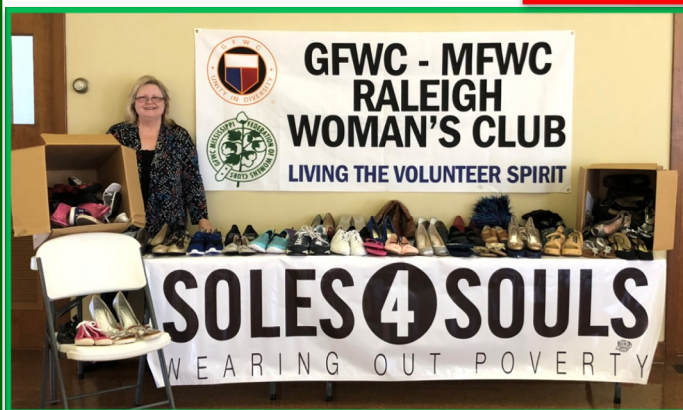
# SOLES4SOULS UPDATE

Goal: That clubs will donate 1,000 pairs of shoes to Soles4Souls or Nike Reuse-A-Shoe between July 1, 2018 and June 30, 2020.

**CONGRATULATIONS** GFWC-MFWC, WE DID IT!!! We collected and shipped over 1,000 pairs of shoes as part of the Soles4Souls GFWC Grand Initiative.

The following clubs have reported collecting and shipping the following pairs of shoes: Raleigh Woman's Club – 488, Florentine Evening Club – 51, Star Woman's Club – 35, Eupora Woman's Club – 20, Fine Arts Club of Bruce – 113, Fine Arts Club of Bruce Juniores – 38, Batesville Junior Woman's League – 85, Civic Woman's Club of Picayune – 92, Twentieth Century Club of Bruce – 40, Ackerman Twentieth Century Club – 283, Purvis Woman's Club - 100, Enterprise Woman's Club - 60, New Century Club of Calhoun City – 13, Cosmopolitan Club (Petal) - 31, Present Day Club (Union) - 100, and Iuka Twentieth Century Club – 12 for a **total of 1,561**.

Keeping reporting your numbers to Theresa Berryhill, GFWC-MFWC CSP Conservation Chairman at [tt\\_berryhill@hotmail.com](mailto:tt_berryhill@hotmail.com).





**GFWC Southern Region President's Special Project: Alzheimer's Association**

## **Charity Miles, SR, MFWC and You**

Ladies, have we got a deal for you... a way to be heart healthy (GFWC-MFWC President's Special Project) and a way to earn money for Alzheimer's Association (GFWC Southern Region President's Special Project) at the same time.

**How!!! You ask?** By walking, running, biking, etc. for at least 30 minutes at least 5 days per week for a total of 150 minutes you are meeting the American Heart Association recommendation for overall Cardiovascular Health and record your workouts in the Charity Miles App.

### **How to Get Started:**

Step 1: Download the Charity Miles App at <https://charitymiles.org>.

Step 2: Create your account and choose your charity. You will need to choose the Alzheimer's Association. On the Team Tab - If MFWC ALZ The Way For Kay is not listed, use the Search For A Team line and type in MFWC ALZ The Way For Kay.

Step 3: MOVE. The app will let you log all types of movement, from running and walking to dancing and biking. Be sure to open your app and pick the type of movement you are about to do. When you have completed your movement, be sure to turn off your app by clicking "Finish".

Step 4: Make a Difference. For every mile you move, you help earn money for MFWC ALZ The Way For Kay. You can also get sponsored by your friends.

Thank you for supporting both the GFWC Southern Region President's Special Project and the GFWC-MFWC President's Special Project.

**GET HEALTHY, HELP ALZHEIMER'S ASSOCIATION AND HAVE FUN DOING IT.**



**CHARITY MILES**

**MFWC ALZ The Way For Kay**

GFWC Southern Region President's Special Project: Alzheimers - Empower - Promote - Cure

**HOLIDAY SAFETY TIP**

Be prepared for emergency situations on the road by having a winter "survival kit" in the vehicle including items such as, a working flashlight, extra batteries, reflective triangles, compass, first aid kit, exterior windshield cleaner, ice scraper, snow brush, wooden stick matches in a waterproof container, and non-perishable, high energy foods like unsalted canned nuts, dried fruits, and hard candy.







# Christmas MFWC Style

**GFWC-MFWC Civic Woman's Club of Picayune**  
30th Annual  
**Christmas Pilgrimage**  
Saturday, December 1, 2018  
2:00 - 6:00 p.m.  
The proceeds fund scholarships for Picayune Memorial High School and Pearl River Central High School.

**Pilgrimage Sites**

**Heritage Baptist Church**  
385 Liberty Road  
Picayune, MS 39466

**Home of Mr. Hunter Lumpkin**  
Elsie Manor  
723 West Canal Street  
Picayune, MS 39466

**Dr. & Mrs. Hal Mark Schrock**  
710 Idlewild Drive  
Picayune, MS 39466

**Mr. & Mrs. Roger Walters Jr. (Bubba and Lacie)**  
69 Monk Mitchell Road  
Picayune, MS 39466

**GFWC-MFWC Homochitto Heritage Club Inc.**  
invites you to our annual  
**Christmas Auction**  
Monday, December 3, 2018  
at Meadville Baptist Church Fellowship Hall  
See letter for details

**22nd Annual Florence Christmas Tour of Homes**  
Sunday, December 2, 2018  
1:00 - 5:00 PM  
Sponsored by:  
GFWC-MFWC  
Florentine Club and  
Florentine Evening Club  
of Florence, MS  
Ticket - \$10

**Masquerade Ball**  
Friday, December 14th  
"Daddy Daughter Dance"  
6:30 PM - 8:30 PM  
CALHOUN COUNTY MULTI-PURPOSE BUILDING  
PITTSBORO, MS  
\$25  
HOSTED BY GFWC-MFWC WOMEN'S CLUB OF BRUCE  
BENEFITING ST. JUDE CHILDREN'S RESEARCH HOSPITAL

**A Christmas Brunch**  
Hosted by  
GFWC Ackerman  
Twentieth Century Club  
Featuring:  
\*Beautiful Tablescapes  
\*Delicious Dishes  
\*Door Prizes  
\*Featured Speaker  
\*Vendors  
Choctaw County Community Center  
Saturday, December 1st  
9:30 - 11:30 am  
Doors will open at 8:30 am  
\$20.00

**Your Christmas Parade**  
December 15  
10:30am  
Star Woman's Club Presents  
Banner Sponsored by MFWC

**Decatur Christmas Parade**  
Friday, December 7 • 6pm  
Downtown Decatur  
Decatur Dollars Drawing  
will be held at 5:30pm  
Parade sponsored by the  
Greater Decatur Chamber of Commerce  
and the GFWC-MFWC Decatur  
Woman's Progressive Club

**The Women's Club Of Gulfport**  
Cordially Invite you to  
High Tea  
St. Peters By The Sea  
Episcopal Church  
1909 15th St Gulfport, MS  
Saturday, December 8th 2018  
Serving at 4:00 O'clock P.M.  
Style Show & Silent Auction  
Second Annual Fund-raiser - \$25 donation

**Empowering the Heart to Make a Difference**  
Detect Correct Protect  
Merry Christmas  
REGENERATION OF THE HEART  
NATIONAL BOARD  
HONORARY BOARD

Each year, GFWC-MFWC clubs hold/sponsor Christmas events and fundraisers in our communities. Some of these events and fundraisers have become the "event of the Christmas season" and have become part of the communities' Christmas traditions.

Listed below are some of our Christmas MFWC Style events. So, find one in your area of the state, load up your friends and pay a visit to one of your sister clubs and enjoy their Christmas tradition.

## December 1st

- \* **A Christmas Brunch** hosted by the GFWC Ackerman Twentieth Century Club on Saturday, December 1, 2018, between 9:30 a.m. and 11:30 a.m. at the Choctaw County Community Center. Doors will open at 8:30 a.m. Ticket cost is \$20.00 each.
- \* **Christmas Tasting Luncheon** sponsored by the Cosmopolitan Club (Petal, MS). Come enjoy a taste of tried and true recipes that would be great for your Christmas social events. This food tasting will take place on December 1, 2018 between 11:00 a.m. and 12:30 p.m. at the Petal High School Cafeteria, 1145 Highway 42, Petal, MS. Contact Meri Newell for more information.



- \* The Civic Woman's Club of **Picayune Christmas Pilgrimage Tour of Homes** is Saturday, December 1, 2018, from 2:00 p.m. to 6:00 p.m.
- \* **Christmas Tour of Homes** sponsored by the Purvis Woman's Club will be on December 1, 2018, between the hours of 3:30 and 6:30 p.m. Tickets are on sale at \$10. per ticket. This tour will feature the homes of Clint and Lacey Simmons, Anthony and Susan Smith and Danny and Wendy Bryant.
- \* The GFWC-MFWC Twentieth Century Club of Bruce is sponsoring **Pancakes With Santa** on Saturday, December 1, 2018, from 8:30 to 10:30 a.m. at the Bruce Museum, Bruce Square. The Bruce Juniores will host the Jingle Bell Salon which will offer Make-Up, Nails & Face-Painting. Admission is \$10 at the door for one child and one parent. Additional children and parents \$3 each. For more information contact the Twentieth Century Club of Bruce.

### December 2nd

- \* The 22nd Annual Florence Christmas **Tour of Homes** is on Sunday, December 2, 2018, from 1:00 p.m. to 5:00 p.m. Sponsored by the GFWC-MFWC Florentine Club and the GFWC-MFWC Florentine Evening Club of Florence, MS. Tickets are \$10.00 each.

### December 3rd

- \* Civic Woman's Club of Picayune **Christmas Parade** is December 3, 2018. Theme this year is "The 12 Days of Christmas."
- \* GFWC-MFWC Homochitto Heritage Club, Inc. **Christmas Auction** will be held Monday, December 3, 2018, at Meadville Baptist Church Fellowship Hall at 6:00 pm. Our dinner will be catered by Bowie's BBQ. They will have it hot and ready for us to enjoy and the cost is the same as in prior years - \$15 per person and no dishes to wash!! You can give your money to a HHC member (there is a list of current members on our Facebook page), drop it off to Mandy Wilson at the Meadville branch of Bank of Franklin, mail a check to us at HHC, PO Box 235, Meadville, MS 39653 or PayPal us at mandywilson1@yahoo.com Each attendee is asked to bring one or more homemade items to auction off. Don't back out on coming if you don't have an item...it's ok, we'll have plenty for you to bid on. We'll have food items, Christmas decorations, home décor, hand painted items and some items you'll just have to see to believe!! We'll even have a silent auction you can bid on as the night progresses. You'll be provided a bidding number upon arrival. We'll also post some sneak peaks on our Facebook page closer to the Christmas Auction.

### December 7th

- \* On Friday, December 7, 2018, at 6:00 p.m. you are invited to attend the Decatur **Christmas Parade** in Downtown Decatur, MS. The Decatur Dollars Drawing will be held at 5:30 p.m. This parade is sponsored by the Greater Decatur Chamber of Commerce and the GFWC-MFWC Decatur Woman's Progressive Club.

### December 8th

- \* The Pontotoc Woman's Club will host its 9th Annual **Rudolph Run** 5k, 10K and Relaxing Reindeer on Saturday, December 8, 2018, at 9:00 a.m. Registration is online at RacesOnline.com. Colorful t-shirt is included when registering before December 1st. Starting point is the Dixie Regional Library, which benefits from our profits.
- \* The GFWC-MFWC Star Woman's Club present, **A Christmas Tour** on Saturday, December 8, 2018, between 2:00 p.m. and 4:00 p.m. at the Home of Henry and Julyln Cooper. Tickets are \$10.00 each.

### December 14th

- \* The GFWC-MFWC Women's Clubs of Bruce, MS are hosting their annual **Daddy Daughter Dance** on Friday, December 14, 2018 at the Calhoun County Multi-Purpose Building in Pittsboro, MS. The Dance will start at 6:30 p.m. and the cost is \$25.00. For tickets and more information, contact one of the GFWC-MFWC Women's Club of Bruce.

### December 15th

- \* The GFWC-MFWC Star Woman's Club presents the **Star Christmas Parade** on December 15, 2018 at 10:30 a.m.



(Continued from page 7 - Guidelines for 2018-2020 Administration)

7. Cross reporting is not allowed with the exception of three areas.
  - The GFWC-MFWC President's Special Project (PSP) "Empowering the Heart to Make a Difference", President's Special Project (PSP) can also be reported under Home Life
  - State Institutions: Mississippi State Schools for Deaf and Blind and Ellisville State School can be cross-reported under Education. Mississippi State Hospital and East Mississippi State Hospital can be cross reported under Home Life. Projects at State Veteran's Homes can be reported under Public Issues
  - Mississippi Public Broadcasting can be cross-reported under Education.
8. These reports GFWC-MFWC President's Special Project (PSP) "Empowering the Heart to Make a Difference", GFWC-MFWC Special Emphasis: State Institutions and Mississippi Public Broadcasting, have their own report forms; however, clubs will still need to complete one Report Cover Sheet for each of these when submitting reports.
9. During this 2018-2020 administration, International President Mary Ellen Brock has included "7 Grand Initiatives." They are the "7 Grand Initiatives" as each has 1,000 as a goal. The "7 Grand Initiatives" allow clubs to collectively participate in a "GRAND" project
  - That 1,000 clubs will do a service project on Martin Luther King Day, January 21, 2019; Each club in GFWC is asked to do a service project on that day. It may be in any area or any type of project and reported in the project's respective GFWC area as part of "The 7 Grand Initiatives"
  - That members will plant 1,000 trees on Arbor Day; Reported in Conservation
  - That members will donate 1,000 pairs of used shoes to Soles 4 Souls or Nike "reuse-a-shoe; Reported in Conservation
  - That members donate 1,000 Dr. Seuss books by March of 2020; Reported in Education
  - That 1,000 members join the Legislative Action Center; Reported in Legislation/Public Policy
  - That members do 1,000 projects devoted to women in the military; Reported in Public Issues



- That 1,000 members donate \$1,000 to "The Million Dollar Club" will have as its members 1,000 donors who donate \$1,000 each. The donor can be an individual member, member clubs,

districts, or state federations. The goal is one-million-dollars donated by June 27, 2020. Reported in Fundraising and Fund Development

10. In order for your club's reports to be judged:
  - Club dues must be paid by January 1st of each year
  - Reports must be postmarked on or before February 1st

### Special Reporting Tips

- I. Special Tips
  - Read your guidelines.
  - Follow the guidelines. This is what makes award-winning clubs.
  - Report everything that your club does – if unsure where to report put in the place where it makes the most sense.
  - Advancement Areas (Special projects) are an excellent place to win awards since many people do not report in these areas.
  - The number of members involved in the project cannot exceed the number of club members – even if you work with another group – you just have X number of members.
  - 1935 Society and 1734 Society go under Women's History and Resource Center.
  - **HOBY** Partner should be included in the Education CSP report.
  - **ESO.** Projects involving ESO should be reported under Education, adhering to GFWC guidelines for ESO. Note that GFWC will be awarding one \$50 Creativity Award for ESO. ESO Books Read (from the GFWC ESO List and the MFWC ESO list) and Hours should be reported on the Statistical Form under ESO.
    - ◊ Epsilon Sigma Omicron Epsilon Sigma Omicron is an honorary educational society open to all per-capita dues paying GFWC members. ESO provides clubwomen with a structured reading program that is educational and stimulates a desire for self-improvement. ESO materials are available online at [www.gfwc.org/what-we-do/communityservice-programs/epsilon-sigma-omicron](http://www.gfwc.org/what-we-do/communityservice-programs/epsilon-sigma-omicron).
  - **Youth Art** should be reported under Arts
  - Home Life report should include any partner activities with Canine Companions for Independence
  - International Outreach Community Service report should include activities with: Heifer International, Operation Smile, Shot@Life, UNICEF including any END Trafficking Projects
  - **GFWC Clubwoman** should be reported under Advancement Area – Communications.
  - In order to "count" for reporting, the activity

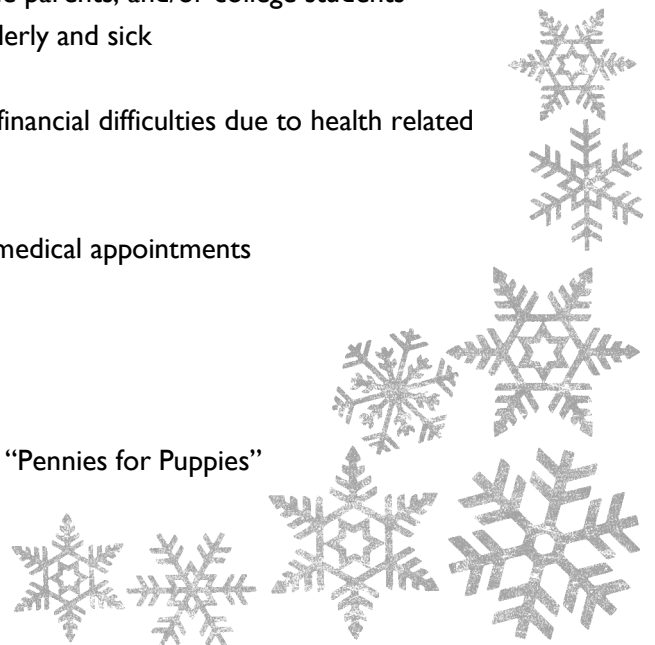
(Continued on page 23)

# Home Life A-Z Christmas Wish List



*Submitted by June Vaughn, GFWC-MFWC Home Life Community Service Program Chairman*

- A** – All hearts full of love and compassion for others
- B** – Blood donations to save the lives of others
- C** – Christmas from the heart that shows itself in deeds
- D** – Donations to the Mississippi Chapter of the American Heart Association through cookbook sales, personal donations, and other Ways and Means opportunities
- E** – Exercise, weight loss and healthy diet groups to promote heart health
- F** – Food bank donations, both monetary and food items
- G** – Grocery and Christmas shopping assistance as well as other errands for homebound, elderly, sick, and disabled
- H** – Healthy self-esteem and self-worth
- I** – Incorporation of fitness activities into club and community events
- J** – Joyful times with family and friends
- K** – Knowing that projects benefit our communities
- L** – Love, unconditional and without end
- M** – “Miracle Makers” for Canines for Companions
- N** – Nursing home visits to deliver Christmas Cards and gifts to residents
- O** – Organization of financial workshops for women, retirees, single parents, and/or college students
- P** – Preparing and delivering Christmas and other meals for the elderly and sick
- Q** – Quiet times with special family and friends
- R** – Remembering the less fortunate, especially those dealing with financial difficulties due to health related issues and job loss, with monetary donations at Christmas
- S** – Smiles shared in service to others
- T** – Transportation for disabled persons to Christmas shop or to medical appointments
- U** – Utilizing time and resources to enhance the lives of others
- V** – Vial of Life project involvement
- W** – Wishes for a Very Merry Christmas!
- X** – X-ceptional displays of love and kindness
- Y** – Your donations to Canines for Companions for Independence “Pennies for Puppies” project
- Z** – Zeroing in on the true meaning of Christmas: “Love”

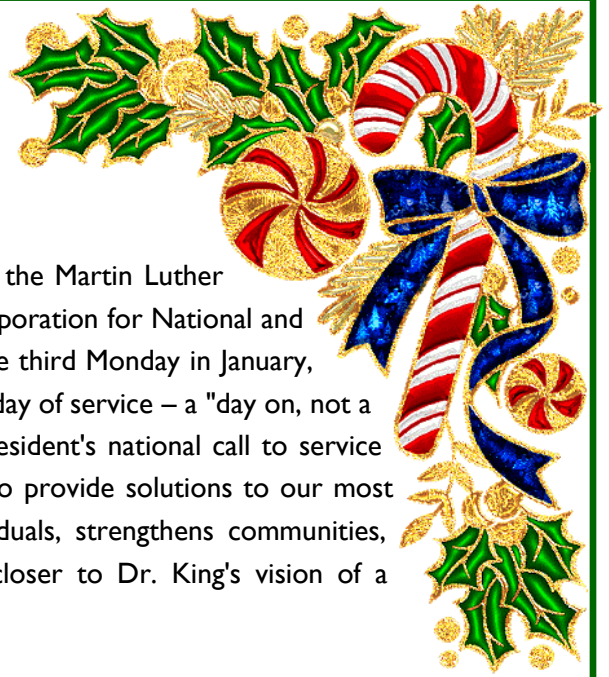




## GFWC 7 Grand Initiatives

# MLK Day of Service

Goal: That clubs will do 1,000 Service Projects on Martin Luther King Day, January 21, 2019 and January 20, 2020



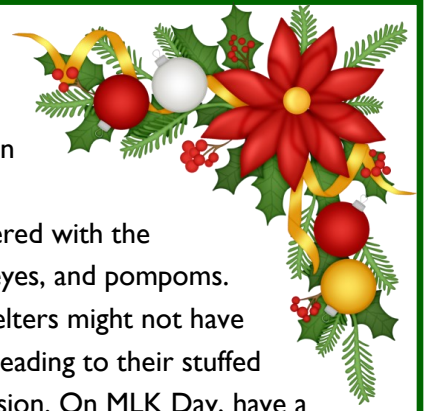
In 1994, Congress passed the King Holiday and Service Act, designating the Martin Luther King, Jr. Federal Holiday as a national day of service and charged the Corporation for National and Community Service with leading this effort. Taking place each year on the third Monday in January, the MLK Day of Service is the only federal holiday observed as a national day of service – a "day on, not a day off." The MLK Day of Service is a part of United We Serve, the President's national call to service initiative. It calls for Americans from all walks of life to work together to provide solutions to our most pressing national problems. The MLK Day of Service empowers individuals, strengthens communities, bridges barriers, creates solutions to social problems, and moves us closer to Dr. King's vision of a "Beloved Community."

Participation in the MLK Day of Service has grown steadily over the past decade, with hundreds of thousands of Americans each year engaging in projects such as tutoring and mentoring children, painting schools and senior centers, delivering meals, building homes, and reflecting on Dr. King's life and teachings. Many of the projects started on MLK Day continue to engage volunteers beyond the holiday and impact the community year-round.

### Examples of Service Projects:

- ♦ **Organize a Blood Donor Drive.** Celebrate Martin Luther King, Jr. Day and National Blood Donor Month at the same time! Due to bad weather and illness, January is one of the hardest months for recruiting blood donors. You can work with organizations like American Red Cross to host a blood drive event in your area.
- ♦ **Organize a Community Clean Up.** The Martin Luther King, Jr. Day of Service is meant to get everyone involved in the active betterment of their community. So, harness the power of the collective and organize a clean-up day in your neighborhood. There's a public park with your name on it!
- ♦ **Painting Project at School.** A national holiday means schools are closed, which makes it the perfect opportunity for volunteers to revitalize the public schools in their communities with a fresh coat of paint or beautiful murals! Start researching your area to see if there are schools or public places that will be hosting painting events for the Day of Service!
- ♦ **Make Weighted Blankets.** Weighted blankets are a common way to make individuals with autism feel calm and safe. The GFWC Library Club (Minnesota) partnered with a local Autistic Program to provide blankets for students with beans as stuffing. Their project was listed in the 2018 Top GFWC Projects. Take a page from their book and make blankets that will soothe students with autism.
- ♦ **Make Fleece Blankets and Pillows.** Making no-sew blankets and pillows are a great way for you and your family or you and your club to bond while helping those in need. Print off instructions, grab some fabric, and get started on making blankets and pillows that you can donate to those in need this winter.
- ♦ **Snow Shoveling Service.** Depending on where you live, January can be a rough time with ice and snow storms. It can be especially difficult for older people who have trouble getting around safely or who can't clear off their lawns or driveways. Establish a team of young and able members of your community to provide free snow shoveling services for seniors.
- ♦ **Make Mats for the Homeless.** Collect plastic grocery bags, cut them into strips, roll them in a ball of "yarn," and crochet waterproof mats for homeless vets to sleep on! It takes about 40 hours to make one mat. This idea comes from the GFWC Henry Clay Woman's Club (VA), featured in the newly released Top GFWC Projects of 2018!

- ♦ **Host a Feminine Products Drive.** Homeless shelters often lack tampons and pads. Despite being highly requested, menstrual products are one of the least donated items. With limited access to bathrooms and showers, as well as a limited wardrobe, being homeless while on your period can be difficult and uncomfortable. Host a drive in your community for feminine products and donate them to a shelter in need.
- ♦ **Hold a Bunny Workshop.** The GFWC Florentine Evening Club (Mississippi) partnered with the Florence Juniores (Mississippi) to create bunnies from washcloths, ribbons, googly eyes, and pompoms. The project was listed in the GFWC Top 10 Projects. The club realized children in shelters might not have someone to read to, so they donated books and bunnies to a local children's facility. Reading to their stuffed animals allowed children to enhance their reading fluency, expression, and comprehension. On MLK Day, have a bunny workshop of your own so children in shelters in your community have a reading buddy.
- ♦ **Wear a Pair, Bring a Pair.** The GFWC Woman's Club of Bloomfield (New Jersey) hosted a "Wear a Pair, Bring a Pair" pajama party. They sent invitations to members, family, and friends, who were asked to bring youth-sized pajamas to be donated to shelters in their area. To make the event even more fun, attendees were asked to wear pajamas! Their project was listed in the 2018 Top GFWC Projects.
- ♦ **Decorate and Refurbish a Shelter.** Brighten a shelter for survivors of domestic violence. The East Springfield Jr. Woman's Club (Ohio) partnered with three other local GFWC clubs to provide a more cheerful environment for domestic violence victims during a difficult time. The clubs purchased new bedding, provided five towel sets, made and hung curtains, and put framed art and inspirational quotes on the walls. The project was listed in the GFWC Top 10 Projects.
- ♦ **Host Prom for Military Children.** The GFWC Fuquay-Varina Junior Woman's Club (North Carolina) worked with a military-based non-profit to host prom for military children with special needs. Use MLK Day to have a dress and tux drive for a future prom you can host! The project was listed in the GFWC Top 10 Projects.
- ♦ **Host a Domestic Violence Awareness Tea.** The GFWC Cartersville Woman's Club (Georgia) formed a committee with other community organizations to raise funds for the local shelter. They held a tea, a less-costly event that offered a higher profit margin than a luncheon or dinner, and which also paid homage to the roots of the woman's club. The tea raised approximately \$5,000 for the shelter and raised awareness of the issue of domestic violence in the local community. Host your own benefit tea! The project was listed in the GFWC Top 10 Projects.
- ♦ **Beautify with Bikes.** The Woman's Club of Madisonville (Kentucky) collected fourteen used bicycles, painted them in vibrant colors, and attached baskets filled with annuals. Bikes had signs that said, "Welcome to Madisonville, Have a Great Ride" and "Provided by the GFWC KY Woman's Club of Madisonville." The bikes were placed throughout downtown to bring color to the neighborhood. Newspaper coverage resulted in townspeople donating bicycles and paint, with additional bicycles placed by homeowners and businesses. The project was listed in the GFWC Top 10 Projects.



For more ideas, be sure to read GFWC's News & Notes as it will share **new** project ideas for how you can contribute to your community on MLK Day of Service. Take notes on the ideas you like and present them at your club meeting!



## GFWC-MFWC President's Special Project: American Heart Association

# Know Diabetes by Heart

*Submitted by PSP Co-Chairman Bethany Flint, MS, RD, LD.*

Cardiovascular disease is the leading cause of death in the United States. Those living with diabetes (over 30 million people!) are at an increased risk for developing cardiovascular disease and twice as likely to die from a cardiovascular event, such as heart attack or stroke. In the U.S., every 80 seconds an adult with diabetes is hospitalized for heart disease and every 2 minutes an adult with diabetes is hospitalized for stroke. The number one killer of those with diabetes is cardiovascular disease.

Because of this, the American Heart Association has partnered with the American Diabetes Association, along with other industry leaders, to launch a collaborative initiative, Know Diabetes by Heart, with a goal of reducing cardiovascular deaths, heart attacks, and strokes in people living with type 2 diabetes.

The initiative is designed to

- improve patient and public awareness and understanding of the link between type 2 diabetes and cardiovascular disease,
- empower patients through education, and
- support healthcare providers through education and training to increase patient engagement

- all with the ultimate goal to reduce death rates from cardiovascular disease. It is crucial for patients and healthcare providers to talk about the increased risk and strategies to manage it. It is the hope of this initiative that this conversation will begin to take place.

So how do you have a discussion with your healthcare provider about diabetes and heart disease? Questions to start the conversation are as follows:

- Do you think I am at risk for a heart attack or stroke?
- What else contributes to my risk?
- Is this risk something I should be concerned about now?
- What lifestyle changes can I make now to lower my risk for heart disease?
- If I already take a medication for my heart, am I still at risk?
- What can I do to help prevent a heart attack or stroke?
- What resources can help me learn more about this?
- How will I know if what I'm doing is making a difference?

If you have diabetes, you can reduce your risk for heart disease and stroke by taking these actions:

- Talk to your doctor!
- Eat a heart healthy diet like the DASH diet, including a variety of colorful fruits and vegetables, lean meats, and fiber-rich whole grains.
- Increase physical activity - aim for at least 30 minutes daily.
- Quit smoking.
- Find healthy ways to decrease stress. This might include time management, getting more sleep, talking with a friend, practicing yoga, or praying.
- Monitor and track your blood glucose (sugar), blood pressure, and cholesterol as directed by your healthcare provider. Paying attention to all three is very important!
- Take your medications as prescribed by your doctor.

For more information and resources, visit [www.KnowYourDiabetesbyHeart.org](http://www.KnowYourDiabetesbyHeart.org).





## Green Bean Casserole

Check out this great Simple Cooking with Heart, heart-healthy version of an American holiday favorite!

### NUTRITIONAL INFORMATION

Calories - 77 Per Serving

Protein - 3g Per Serving

Fiber - 2g Per Serving

Cost Per Serving - \$0.62

### INGREDIENTS

Servings: 8

1 lb. frozen **green beans** (French cut is best), thawed

10.5 oz. canned, reduced-fat, low-sodium **cream of mushroom soup**

1/2 cup low-fat **sour cream**

1/2 tsp. **pepper**

1 small **onion** (cut into thin strips)

nonstick **Cooking spray**

1/4 cup whole-wheat **flour**



### DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a 9x13 casserole dish, combine green beans, soup, sour cream and pepper. Stir until well mixed and bake for 20 minutes.
3. While casserole bakes, spread out onion sticks and lightly spray with cooking spray.
4. Sprinkle flour over onion pieces, tossing to coat equally.
5. Spray a medium-large skillet with cooking spray and heat to medium-high heat. Add onions and cook until crisply, stirring occasionally.
6. Remove casserole from oven, add 1/2 onions and stir well.
7. Top with remaining half and return to oven, bake 5 minutes more.

For more Simple Cooking with Heart, heart-healthy recipes, use this link: [https://  
recipes.heart.org/en](https://recipes.heart.org/en).





*Merry Christmas*  
from our family to yours

*Merry Christmas*

May the  
Christmas  
season fill your  
home with joy,  
your heart with  
love and your life  
with laughter,  
peace, and  
happiness,  
always.

And remember  
that person in  
the line or sales  
lady could be  
your club's next  
member ... look  
for the  
opportunity!

And forget not  
to be kind ...

Sherri

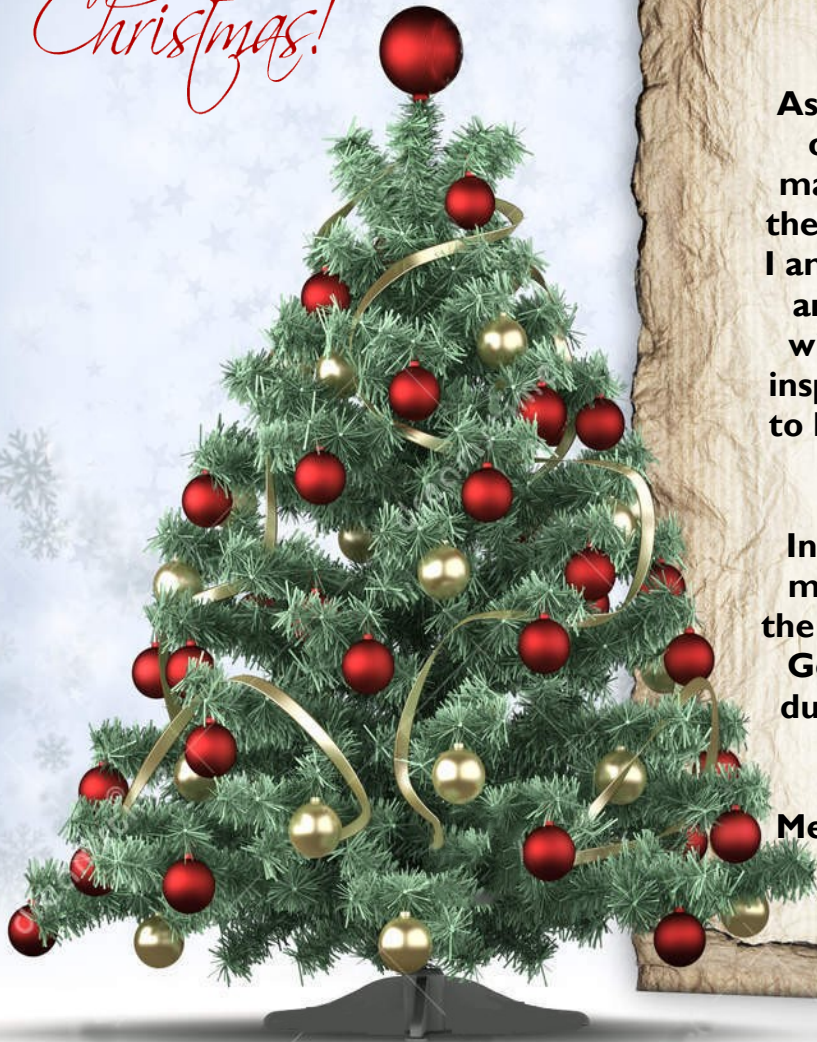
*Merry Christmas*

Merry Christmas to all of our  
dedicated MFWC clubs and  
members. I count it as a blessing to  
have you as my Federated Friends  
as we "Live the Volunteer Spirit."

Theresa



*Merry  
Christmas!*



**Christmas Greetings from my  
house to yours!**

**As I reflect on the many blessings  
of 2018, I am reminded of the  
many new places I have been and  
the many new friends I have made.  
I am so blessed to be a part of such  
an amazing group of volunteers  
with a servant's heart. You have  
inspired and empowered my heart  
to have a greater desire to make a  
difference!**

**In all the busyness of the season,  
may we take time to remember  
the true reason for the season. May  
God bless you and keep you safe  
during this Christmas season and  
throughout the New Year.**

**Merry Christmas and Happy New  
Year!  
Frances**



[Click here](#) to watch your Christmas card from Diane.







# Winter Driving Tips

Source: Mark Sedenquist is the publisher of [RoadTrip America](#), a Web site providing expert planning, advice and suggested itineraries for road trips. He's spent 30 years and a half-million miles on the road in North America. Also, visit [Tripso's forums](#)!

The months between November and March constitute one of the busiest road trip seasons. Snowbirds (people with summer homes in northern states from Idaho to Maine) head south in numbers large enough to give a crucial economic boost to the Sunbelt, especially California, Arizona and Florida. Add in winter sports enthusiasts, business travelers, holiday vacationers, foreign visitors and students, and it's easy to understand why America's highways are jammed even when temperatures plunge and driving conditions can be challenging.

If you find yourself hitting the road during adverse conditions, consider these 10 tips to stay safe on your journey.

1. **Know your route and keep abreast of weather conditions.** The Web can be a great source of current weather information. Make a list of Department of Transportation road-condition hotlines and consult them every few hours while you're on the road. Pay special attention to avalanche conditions along your route, because temporary road closures are common in mountain areas.
2. **Drink plenty of water.** When the weather is chilly, dehydration might seem unlikely, but according to a study by the Mayo Clinic, as little as a 1-2 percent loss of body weight can lead to fatigue and reduced alertness — both of which can be deadly when you are driving in icy conditions. Carry (and drink) five to six 16-ounce bottles of water per day. Keep them with you in the passenger compartment, as they might freeze in the trunk.
3. **Eat enough food.** Your body needs more nourishment in cold weather than it does on a balmy summer day. Avoid candy bars and other quick-sugar-release snacks. Sandwiches, fruit or a thermos of hearty stew are much better choices. Carry a day's worth of high-energy food and water in a warm area of your vehicle in case you are stranded for a few hours.
4. **Pack a winter travel safety kit.** Include a cell phone, an ice scraper and brush, a tow rope, cat litter (for use as a traction aid), blankets, a good flashlight, a candle, matches, a good book, a portable weather radio and a can of lock deicer. (Never use hot water on glass or locks — it will refreeze and create a bigger problem.) Here's a more [detailed list of road trip supplies](#).
5. **Slow down.** A good rule of thumb is to reduce speed by 50 percent in snowy conditions. Blasting through snowdrifts may look cool in TV advertisements, but it's way too hard on your vehicle to be worth it. Equally important: Don't go too slow. Your car needs momentum to keep moving through snow on grades.
6. **Keep a light touch on the controls.** Smooth operation is the key to keeping control in slippery situations. Nervousness can lead to a hard clench of the steering wheel, which can result in loss of control. Consciously loosen your grasp or stretch out your fingers from time to time to help prevent that white-knuckled grip.
7. **Know how to recover from skids.** When braking on a slippery road, it's all too easy to "lock up" your wheels by stepping on the brakes a little too hard. If you start to skid, steer the vehicle gently in the direction you want the front of your vehicle to go and don't touch your brakes. This used to be called "turning into the skid," but tests have shown that drivers often misinterpret these words in real-life situations.
8. **Keep your tires in good condition and properly inflated.** Cold weather reduces tire pressure, so check and adjust frequently. Tire tread depth should be at least 1/8-inch, and good snow tires with lugs will outperform just about any all-weather tire on the market. Carry (and be able to install) traction-control devices like snow chains whenever you know you'll be in a snowy area. Sometimes such devices are required, and if you don't have a set, you'll be forced to pay a premium to acquire them on the spot.
9. **Make frequent rest stops.** Winter travel is much more fatiguing than summer cruising, so stop every hour or so. Get out, stretch — maybe even make a few snow angels! It takes only five minutes to significantly improve your level of alertness.

10. **If you get stuck, stay in your vehicle.** Stay warm and wait for assistance. Make sure that your exhaust pipe is clear of any obstructions, including snow and ice; if you don't, carbon monoxide gas can build up inside the vehicle.

Whether you're hitting the road in winter for work or for pleasure, preparation and knowledge can help keep you whistling "Let it Snow" instead of fighting frostbite in a snowdrift.

## Winter Safety Tips

Source: *Andrea Lee lives in Silicon Valley, Calif., and is a part-time college instructor and a full-time mom of two boys – one in college, the other in preschool.* Care.com Community at <https://www.care.com/c/stories/5447/winter-safety-tips-for-seniors/>.

Now that we have talked about winter driving tips, let talk about winter safety tips for you.

During the winter months, ice, snow and cold temperatures can make life challenging for anyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses -- especially for seniors. (GFWC-MFWC Editor's Note: Yes, ladies, we are seniors.)

Check out the tips below that are specific to winter for preventing common cold-weather dangers that the elderly population faces.

1. **Avoid Slipping on Ice.** Icy, snowy roads and sidewalks make it easy to slip and fall. "Unfortunately, falls are a common occurrence for senior citizens, especially during the winter months," says Dr. Stanley Wang, a physician at Stanford Hospital in Palo Alto, Calif. Often these falls cause major injuries such as hip and wrist fractures, head trauma and major lacerations. While younger people often recover relatively quickly from such injuries, older adults face complications, which Dr. Wang says are a leading cause of death from injury in men and women over the age of 65. Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.
2. **Dress for Warmth.** Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low. According to the CDC, more than half of hypothermia-related deaths were of people over the age of 65. So, don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs. Your body temperature should never dip below 95 degrees -- if it does get medical assistance immediately.
3. **Fight Wintertime Depression.** Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation. To help avoid these issues, family members can check in on seniors as often as possible or send their loved one to adult day care; a short, daily phone call can also make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.
4. **Prepare for Power Outages.** Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods



(Continued on page 22)

# Check Out This Article ...

FREE

## FIND IT IN *Fondren*

VOL. 9, ISSUE 4 • WINTER 2018

**IF THESE WALLS...**  
The Mississippi Federation of Women's Clubs

**W**alking through the door of the Mississippi Federation of Women's Clubs meeting room, I can only think, "If these walls could talk."

For thirty years, I have driven past Woodrow Wilson Avenue and North State Street, wondering what lies behind the gate surrounding a brick building with the letters GPWC. What do they do there? When their president, Becky C. Wright of Banner, Miss., sent me a list of their accomplishments, I was stunned.

Organized as the Mississippi Federation in 1898 at Kosciusko, the Federation became a member of the General Federation of Women's Clubs (GFWC), the largest volunteer organization of women in the world, six years later.

And, at the present, the Federation is still continuing the mission started over 100 years ago. The clubhouse's central location is still vital to the organization and a renewal of the lease three years ago ensures their future for 15 years with an additional 15-year extension after that.

"We pay for the lease with our volunteer hours," Wright points out. "We keep up with our hours each month and every year we turn in a report to DPA (Department of Finance and Administration) with our combined volunteer hours served. Our hours are counted as minimum wage and pay the lease." >>>

COVER PHOTO BY SCOTTIE MOORE. PHOTOGRAPHED BY PAUL MOORE AND SCOTTIE MOORE. WINTER 2018 • FIND IT IN FONDREN 19

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Find It In Fondren® | Winter 2018:

<https://issuu.com/finditinfondren/docs/fiif-wi18/20>

Check it out and let me know what you think.



"The clubhouse is so conveniently located, if we want to volunteer at UMMC, the State Hospital (at Whitfield) or the Library Commission. It's in the center of everywhere," Wright says, sitting in the grand meeting room.

Several years ago, the state president selected the American Cancer Society as a special emphasis project. As fate would have it, the society's Hope Lodge project, located at the "point" where North State Street and Old Canton Road meet in Fondren, was announced a few weeks later. The clubs raised enough funds that when the lodge opens, a room will be named in their honor.

The national organization has several areas of emphasis, including domestic violence awareness and prevention, while in Mississippi, every two years the president selects a special project, such as Habitat for Humanity or Batson Children's Hospital. Three areas of interest carry on in the state from one administration to the next: state institutions (State Hospital at Whitfield, Mississippi School for the Deaf, Mississippi School for the Blind), Mississippi Public Broadcasting and Mississippi Library Commission. Comprised of 41 general clubs and 11 juniorette clubs around the state, clubs can also choose a local project.

The group's role was so vital to the establishment of the Mississippi Library Commission, Wright emphasizes, MPWC holds a permanent position on the five-member commission board. Suzanne Poyner, the Federation's current representative, is the chair of the commission and former president of the Federation.

A woman's right to education is something we take for granted now, Wright says, but it was not the case for all members. "Years ago, women didn't get the formal education that men did. A lot of our clubs were formed as reading groups. They grew out of that and we still encourage lifelong learning."

The Federation is an encourager of women and equal rights for women and is not a political organization. "Nationally, the General Federation of Women's Clubs is one of the oldest, nonpartisan, nondenominational women's volunteer service organizations in the country. Our theme is 'unity in diversity.' We are diverse, and we have to make sure we are working for the good of mankind," Wright says.



"When you drive by, it's just a house with a gate and two magnolia trees. Then when you find out what it is, there is a lightbulb. Then when you find out what we do, it blows into so much more," says Sherri Reid, member and president-elect.

Perceptions of club members are of stay-at-home moms and retirees, but most group members work full time. Becky and her husband own the Piggly Wiggly in Bruce. Reid is a designer for a flooring company in Petal.

"Many years ago, women didn't work," Wright says. "Now, our 41 clubs are accommodating of all lifestyles with meetings at night and weekends. We are moving away from the garden club mentality -- we even use paper plates now," she says with a laugh.

Wright acknowledges that volunteer organizations as a whole are declining. At the height of their membership, MPWC had 10,000 members. Now, there are closer to 1,000 members.

"The face of the club woman is changing," she says. "You don't have to have a certain pedigree to be a member. We don't ask to see a resume. It is more about being a volunteer because it is up to us to ensure the future of our children and future generations. As a community, we can do so much more."

(Continued from page 21 - Winter Safety Tips)

that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.

5. **Eat a Varied Diet.** Because people spend more time indoors and may eat a smaller variety of foods, nutritional deficits -- especially Vitamin D deficiency -- can be a problem. Nicole Morrissey, a registered dietician in southwest Michigan, recommends consuming foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.
6. **Prevent Carbon Monoxide Poisoning.** Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments-many communities have shuttle services specifically for seniors. Don't be afraid to reach out for help. Wintertime certainly poses challenges for seniors, but with a bit of planning and awareness, you will stay healthy and experience the joys of springtime soon enough.



(Continued from page 12)

must be a club-sanctioned event or a club approved event or project.

- Several clubs put monthly report forms for general members in their handbook and have a door prize drawing for those who turned in a report form for that month.
- You may split report, i.e., funds raised, publicity, and the project – but you cannot count in three places. Please make a note when you split report (for example: dollars raised reported under Fundraising).

## 2. Judging Process

- State Chairmen will judge your report. Neither the GFWC-MFWC President nor GFWC-MFWC Vice President judges any reports.
- Awards will be given to all areas reported on the GFWC-MFWC Statistical report. There will not be separate awards for partnerships as they are included in the CSP reports.
- Chairpersons do not judge reports in their district. MFWC now has a co-chairman in each reporting area to ensure that privilege is passed on to someone not in her residing district.
- Awards for five placements or top five scores will be granted to each District for the CSP, Advancement Areas, and GFWC and MFWC Signature programs. Clubs will be awarded these five places according to the top scores at each District Conventions in 2019. Clubs will also be awarded at the State level for the top five scores at the State Convention in April.

## Report Forms:

A fillable GFWC-MFWC Report Form is available at GFWC -MFWC website at this location [http://www.gfwc-mfwc.org/GFWC\\_MFWC\\_Forms.html](http://www.gfwc-mfwc.org/GFWC_MFWC_Forms.html). Be sure to pay close attention to the instructions at the bottom of the form. Be sure to check our website at the end of December for the latest Reporting Form.

This report is for Program #

**GFWC-Mississippi Federation of Women's Clubs, Inc.**  
**GFWC-MFWC Report Cover Sheet**  
2018-2020 Administration, Reporting Year 2019, Club Year 2018

Name of Club: \_\_\_\_\_ Town: \_\_\_\_\_  
Type of Club: ☐ General ☐ Junorette District # \_\_\_\_\_ # of Members: \_\_\_\_\_ Phone: \_\_\_\_\_  
Name of person preparing report: \_\_\_\_\_ Email: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

NOTE: USE ONE REPORT COVER SHEET FOR EACH PROJECT, PROGRAM OR SPECIAL EMPHASIS. REPORTS ARE TO BE POSTMARKED BY FEBRUARY 1, 2019 AND SHOULD COVER ACTIVITIES FROM JAN. 1<sup>ST</sup> THROUGH DEC. 31<sup>ST</sup>, 2018

GFWC-Mississippi Federation of Women's Clubs, Inc. Special Projects & Special Emphasis:		Number of Projects	Volunteer Hours	Dollars Donated	In Kind Donations
MFWC President's Special Project:	1. Empowering the Heart to Make a Difference: Detect, Correct, Protect.				
MFWC Special Emphasis:	2. State Institutions				
MFWC Special Emphasis:	3. Mississippi Public Broadcasting				
<b>GFWC-MFWC TOTALS FOR SPECIAL PROJECTS &amp; SPECIAL EMPHASIS:</b>		<b>0</b>	<b>0</b>	<b>\$ 0</b>	<b>\$ 0</b>

GFWC SPECIAL PROJECTS:		Number of Projects	Volunteer Hours	Dollars Donated	In Kind Donations
GFWC SIGNATURE PROGRAM: DOMESTIC VIOLENCE AWARENESS & PREVENTION	4. Community Service Projects				
	Partnership Projects:				
	Prevent Child Abuse America				
GFWC JUNIORS' SPECIAL PROGRAM: ADVOCATES FOR CHILDREN	5. Community Service Projects				
	Partnership Projects:				
	March of Dimes				
	St. Jude Children's Research Hospital				
<b>GFWC COMMUNITY SERVICE PROGRAMS (CSPs):</b>					
ARTS	6. Community Service Projects				
	Partnership Projects:				
	There is no partnership at this time.				
CONSERVATION	7. Community Service Projects				
	Partnership Projects:				
	There is no partnership at this time.				
EDUCATION	8. Community Service Projects				
	Partnership Projects:				
	Hugh O'Brian Youth Leadership (HOBY)				
HOME LIFE	9. Community Service Projects				
	Partnership Projects:				
	Canine Companions for Independence				
INTERNATIONAL OUTREACH	10. Community Service Projects				
	Partnership Projects:				
	Heifer International				
	Operation Smile				
	United Nations Foundation Shot@Life				
	U.S. Fund for UNICEF				

Revised 7/1/2018

Mail one copy of each report to:

- Theresa Bunty, GFWC-MFWC Vice-President, P. O. Box 355, Decatur, MS 39327 (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)
- Becky C. Wright, GFWC-MFWC President, 81 CR 281, Banner, MS 38913 (MFWC Report Cover Sheets & Narratives only. Do not send supporting materials)



# WREATHS across AMERICA

Remember the fallen. Honor those who serve. Teach the next Generation

Saturday, December 15, 2018 at 11:00 a.m.  
Rockwell City Auditorium, Okolona, MS

Sponsored in part by the GFWC-MFWC Lanier Club



# Announcements and Upcoming Events

## Important Dates (Overview)

Feb. 22nd	2019 GFWC-MFWC <b>Finance Committee &amp; Executive Committee</b> Meeting at GFWC-MFWC Headquarters, Jackson, MS
Feb. 23rd	2019 GFWC-MFWC <b>Winter Executive Board Meeting and Judging Day</b> at GFWC-MFWC Headquarters, Jackson, MS
March 2nd	GFWC-MFWC <b>Northern District Convention</b>
March 16th	GFWC-MFWC <b>Southern District Convention</b>
March 23rd	GFWC-MFWC <b>Central District Convention</b> , Florence, MS
March	GFWC-MFWC <b>Youth Art Reception</b> at GFWC-MFWC Headquarters, Jackson, MS, Date TBD
April 21st - 27th	GFWC Volunteers In Action Week
April 24th	GFWC Federation Day
April 25th - 27th	GFWC-MFWC Annual <b>State Convention</b> , in Starkville, MS. The Northern District will be hosting this convention.
For a complete listing of Important Dates, <a href="#">click here</a> .	

### Postmark Deadline:

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

# DEADLINES

## *approaching*

### WHEN WHAT

#### JANUARY 2019

- 1st GFWC-MFWC **State Club Dues** must be postmarked by this date each year for club reports to be judged and to be eligible for awards
- 1st GFWC-MFWC **District Club Dues**. Please note: District Dues must be sent to your District Treasurer

#### FEBRUARY 2019

- 1st GFWC-MFWC **Club Reports** must be postmarked by this date each year for reports to be judged
- 1st GFWC-MFWC **Challenge Grant applications, Hebron Memorial Scholarship applications and GFWC Writing Contest entries** must be postmarked by this date each year to be eligible for consideration
- 10th **GFWC-MFWC Lead applications, Clubwoman of the Year Award applications and Juniette of the Year (JOY) Award applications** must be postmarked by this date each year to be eligible for consideration
- 15th GFWC-MFWC **Scrapbooks and Yearbooks** must be postmarked by this date each year to be eligible for consideration

#### MARCH 2019

- 1st GFWC-MFWC **Club History Report** Form must be postmarked by this date each year
- 1st GFWC-MFWC **Sarah Peugh Butterfly Scholarship applications** must be postmarked by this date each year to be eligible for consideration
- 15th **GFWC-MFWC Club Newsletters and Club Websites entries** must be postmarked by this date each year to be eligible for consideration





# Are You Looking For The Perfect Christmas Gift, Check Out These Items

The following Ways & Means items are available for purchase from GFWC-MFWC. For more information or to order any item(s), please contact Amy Jacobs or Abby May, Ways and Means Co-Chairs.



T-shirt with "Above all else, guard your heart, for everything you do flows from it. Proverbs 4:23." White print on red heather shirt. T-shirt material is 52% cotton/48% polyester. Shirt is made by Bella Canvas in the unisex jersey short-sleeve V neck style. Click here for [Fit Guide](#). \$20.00 each.



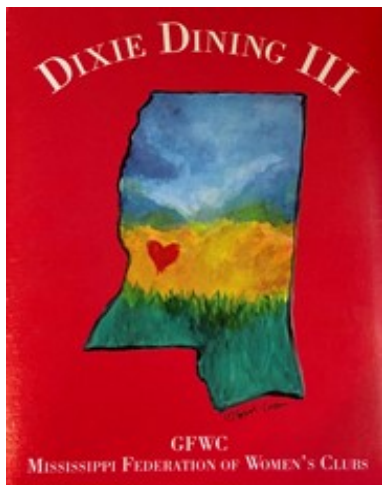
T-shirt with "And, Oh Lord God, let us forget not to be kind." Black print on marble white shirt. T-shirt material 52% cotton/48% polyester. Shirt is made by Bella Canvas in the unisex style. Click here for [Fit Guide](#). \$20.00 each.



White floral pillow with "And, Oh Lord God, let us forget not to be kind." Pillow is manufactured in Mississippi by The Little Birdie Company. \$25.00 each.



White floral pillow with "Above all else, guard your heart, for everything you do flows from it. Proverbs 4:23." Pillow is manufactured in Mississippi by The Little Birdie Company. \$25.00 each.



Dixie Dining III Cookbook. A beautiful addition to your kitchen. This is a fundraiser for President Becky C. Wright's PSP: Empowering the Heart to Make a Difference: Detect. Collect. Protect. Funds raised will go to the American Heart Association. Heart Disease is the number one killer of Americans. Softback with 777 recipes from GFWC-MFWC Clubwomen. \$20.00 each.



# 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 0.5% percent** of your total purchases to the Federation. For more information, [click here](#).

**amazon**smile  
You shop. Amazon gives.

## 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).



## Try an Easy Online Fundraiser

**Flower Power Fundraising** offers only the finest bulbs and plants available from growers in Holland and the United States with an unconditional 100% money-back guarantee. **Flower Power Resources. For more information, [click here](#).**

**FLOWER**  **POWER**

## 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. You can also order a GFWC Podium Banner or Road Sign. Prices start at \$35.00. The GFWC flag is a perfect, highly visible, and easily portable way to brand any event, publicity table, or speaking engagement. Go to [https://marketplace.gfwc.org/categories.aspx?Keyword=gfwc flag](https://marketplace.gfwc.org/categories.aspx?Keyword=gfwc%20flag) to place your order today.



## 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.

Follow these steps to Sign Up for News and Notes: scroll to bottom of any page on the GFWC website and enter your email address in the provided spot under the heading "Sign Up for News & Notes". Be sure to press the "Sign Up" button after entering your email address.

If you are signed up for News & Notes and have an issue with your subscription, contact [GFWC@GFWC.org](mailto:GFWC@GFWC.org).

  
NEWS AND NOTES

Enroll to receive the WHRC (Women's History and Resource Center) Newsletter by following these steps: scroll to bottom of any page on the GFWC website and enter your email address in the provided spot under the heading "Enroll to Receive the WHRC Newsletter". Be sure to press the red "Sign Up" button after entering your email address.