

Empowering  
the  
Heart to  
Make a  
Difference

Detect  
Correct  
Protect



American Heart  
Association

# The Heartbeat

May 2018

Volume IX, Issue 1

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the  
Heart to  
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Detect  
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## 2018-2020 Administration Logo



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 "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)

# A Message From Becky C. Wright

Dear Federated Friends,

What an honor it is to address you for the first time in print! The past four weeks have been positively surreal, and it took several days for reality to set in that I had been entrusted with such an esteemed honor of serving as the GFWC-Mississippi Federation of Women's Clubs President. Encouraged by the life-changing superwomen who have traveled this journey before me, surrounded by the great balance of enthusiasm and wisdom from the most amazing Executive Committee, with reinforcement from a dedicated Executive Board, and encircled with over 1,100 eager Mississippi Federated volunteers, the path ahead and the empowering difference our federation will make, hopefully will change your life just as much as it has changed my life.



I had the honor, or maybe it was the duty, of speaking to our local Rotary Club this week. My husband, a Rotarian, introduced me in my new position and made the comment that my “climb” began in 2003 when I represented Mississippi as the LEADS Delegate. My first response was that the 15-year climb needed some explaining! My maiden name is Crabb. So, referencing the Alex and Ani analogy of a crab, I explained that I had taken a roundabout way of travel, taking a sabbatical to hone the skills that I thought were necessary to lead in this capacity and to become worthier of such an honor, and then like a flash, I fell asleep on a Saturday night and awakened the next morning in a trajectory mode. I had reached my intended destination, with still much to learn, however, finding my true path, on an interesting journey, but hopefully always staying true to myself.

As I mentioned in my opening remarks in Gulfport as your Incoming President, I was born a wanderer filled with wonder. Your invitations to speak at your clubs and install your officers this past month have certainly fed my yearnings as I have wandered all across our great state seeing all the wonder that your clubs are doing to improve the quality of life by empowering the difference. Your invitations thus far have afforded me the opportunity to see the work being done in Decatur, Raleigh, Eupora, Calhoun City, Crystal Springs, Petal, Iuka, Bruce by way of Okolona, and Florence, and many more have your name and a date in my planner. How exciting and how thankful I am to have the opportunity to learn from you. It is my goal for the next two years to visit—and volunteer with each club, not only attending formal meetings, but also being a volunteer in one of your service projects. I may not be the sharpest knife in the drawer, but if you show me my assignment—I will be up for the task!

I have been both surprised and amazed at the ways our club members have embraced my President's Special Project, “Empowering the Heart to Make a Difference: Detect. Correct. Protect.” I am so thankful that we have started the conversation, that we are Getting our numbers, that we are Owning our lifestyle, that we are Raising our voice, that we are Educating our federation, friends, and family, and

*(Continued on page 6)*



## 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

Frances H. Brown

Secretary

GFWC-MFWC Twentieth Century Club of

Bruce,

Northern District

Sherri E. Reid

President-elect, Advisor to District

Presidents and State Membership

Chairman

Cosmopolitan Club,

Southern District

Diane Rouse

Treasurer

GFWC-MFWC Florentine Evening Club,

Central District



# 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. William (Anne M.) Wright  
1912-1914**

- Eighth president of MFWC

## **Highlights of this Administration**

- \* From Jackson, Mississippi.
- \* 1912 Convention was held in Holly Springs, Mississippi.
- \* The Conservation Department had its beginnings during her term as President.
- \* The Federation membership had reached approximately fifteen hundred members with eleven new clubs were announced bringing the total clubs to eighty-eight.
- \* The most important achievement of Mrs. Wright's administration was the establishment of a State Endowment Fund, with its goal of five thousand dollars to be raised by clubwomen.
- \* The Health Department reported progress in its fight against tuberculosis and hookworm.
- \* The Education Department had begun to establish kindergartens and the Arts Department was sponsoring traveling libraries and art exhibits.
- \* At this Convention the *BULLETIN* was adopted as the official news publication of the Mississippi Federation.
- \* The annual meeting of the Mississippi Federation of Women's Clubs fifteenth convention in Hattiesburg in 1913 was delayed by the birth of Mrs. Wright's son. She introduced her four month old son to the convention, where he was hailed as the "Federation Baby".
- \* Report from the 1913 convention indicate that eighteen new clubs had been formed during the year.
- \* In her speech Mrs. Wright offered seven suggestions that she felt would improve the Federation and asked the delegates to consider her suggestions.
  - First, she advocated that each club hold a Federation Day for the purpose of informing club members and the public about the work of the Federation.
  - Second, she suggested dividing the state into districts and holding annual district meetings. The Federation President should attend each of these district meetings.
  - Third, she suggested that all clubs elect their officers at the same time during the year.
  - Fourth, she felt state conventions should be held in the fall, as the 1913 convention was held in the fall.
  - Fifth, she suggested that the MFWC initiate an Endowment Fund to cover the costs of operating the Federation.
  - Sixth, she suggested that clubs use the newspaper for publicity for their activities.
  - Seventh, she advocated the Federation form a Political Science Committee and a Peace Committee.
- \* Most of Mrs. Wright's suggestions became a part of Federation Policy.

(Continued from page 3)

that we are Donating through MFWC to the American Heart Association. May was a great month to kick off our efforts with Stroke Awareness Month, Blood Pressure Education Month, and Women's Health Week, and we must go forward with that knowledge as we continue to guard our hearts.

Additionally, our clubs have embraced the two areas of special emphasis that I mentioned at state convention: continuing to grow our membership and encouraging life-long learning through Epsilon Sigma Omicron. ESO is an honorary educational society open to all per-capita paying GFWC federated club members and creates an additional area of volunteerism for our members. What I was not totally expecting is how the enthusiasm over ESO would spark interest in the "outside world" identifying prospects for membership! Ladies, this is just the tip of the iceberg, as the more we share with others, and the more that we encourage and root for each other, the more we will see that by empowering others, we are empowering our federation.

Speaking of empowering others, GFWC has had a long-time partnership with Hugh O'Brian Youth Leadership and MFWC is a strong supporter of HOBY. HOBY's mission is to inspire and develop our global community of youth and volunteers to a life dedicated to leadership, service, and innovation. Consequently, as MFWC President, I will be serving on the Mississippi HOBY Board of Directors for the next two years. Along with Belinda Peacher, I am very excited to have the volunteer opportunity to represent MFWC at the upcoming HOBY Mississippi Leadership Seminar in June. Many of our clubs have sponsored high school sophomores and hopefully several of our Junioresettes will be representing their schools.

You will hear more about HOBY and our other GFWC Partners at Summer Institute on July 21<sup>st</sup> when we meet at the Mississippi Library Commission in Jackson. Summer Institute is such a great way to learn more about our federation, pick up on ideas to take home to your local communities, and to get to know your fellow clubwomen. Be on the lookout soon for the Call to Summer Board and Summer Institute and make your plans to attend so that you may begin your adventure. My hope is that at the end of the next two years, we can all look back and say that we have learned something new, found our courage, taught someone else a new skill, encouraged someone else, and truly Empowered the Heart to Make a Difference.

Always remember that life begins at the end of your comfort zone, so have courage and serve as if no one is watching—but record those hours!

In Federation Love,  
Becky



## Message From Tinker Forrester

Dear Federation Friends,

I am so grateful to each of you who encouraged and supported me during the 2016-2018 GFWC-MFWC administration. My time spent serving as the President of GFWC-MFWC was a whirlwind of activity and, if I had it to do all over again, I wouldn't change a thing. I will admit that, in the beginning, I had grandiose plans to keep meticulous records of all the hours and miles spent taking care of Federation business. However, with each new day bringing some little something, the days melded into weeks and then months and before I knew it, the time had come to pass the Pin and Gavel.



Sometimes in life you have to learn to not sweat the small stuff ESPECIALLY when your goal is being accomplished WITHOUT you documenting every little detail!

My President's Special Project – EXPRESS Yourself! Art Program – had a two-fold mission. The first was to raise awareness that everyone – including those individuals with physical challenges – have the ability to be creative in some form or fashion and I believe the significant increase in reporting in the Arts CSP is a testament to the fact that MFWC clubs embraced the concept. Secondly, I was committed – with the Executive Board approval - to raise \$25,000 to fund the first-ever endowment for the program, which – there again – was evidenced at State Convention with the presentation of a symbolic check for \$30,337 to Judy Duncan who oversees the program.

The other thing that I held high hopes for was to see the MFWC organizational structure be updated, going from 5 to 3 Districts. We were able to see the culmination of this plan at the 2018 State Convention with the installation of the new Northern, Central and Southern District officers. My hat is off to all of those that helped to bring the plan to fruition.

During the 2016-2018 administration, clubs around the state reported the following:  
8,912 Programs & Projects; 387,999 Volunteer Hours; \$589,941.50 in Dollars Donated; \$944,779.50 Dollars in In-Kind Donations; \$215,321 Raised; \$177,619.50 Spent and 1947 Books Read. Thank you to all the clubs that reported and I encourage even more clubs to, at least, send in statistical information in the future in order for MFWC to have an even better understanding of the amount of time, energy and money that is expending in all of our communities around the state that have active, federated clubs.

All in all, I can truly say job well done by a wonderful, volunteer-minded group of women that I am proud to call my friends.

Forever Informing Minds and Inspiring Hearts Together!  
Tinker

# New Districts for GFWC-MFWC

During the 2016-2018 Administration, the Long Range Planning Committee under the direction of Past President Celia C. Fisher was asked to review the benefits of redistricting our State. The Committee, after long discussions and several meetings, found that it would benefit the GFWC-Mississippi Federation of Women's Clubs, Inc. to divide our state into three new districts.

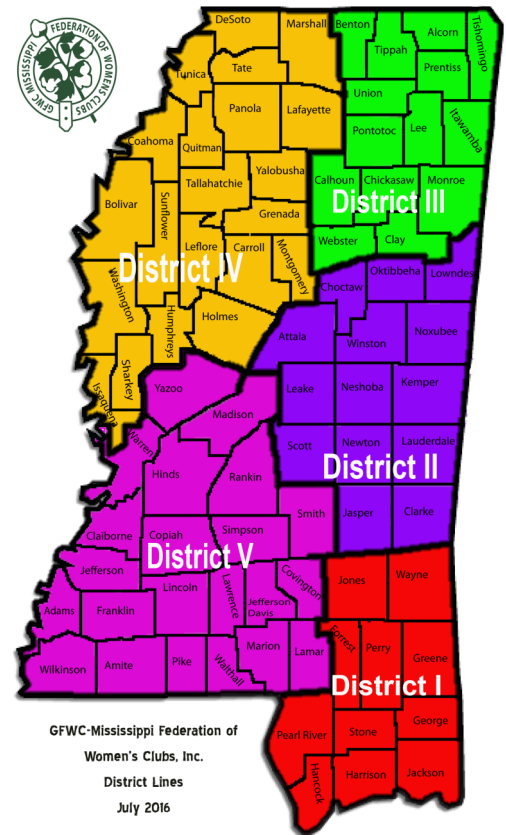
The reasons for redistricting are as follows. Membership in service organizations has declined steadily for several decades. This has certainly been true with GFWC and within Mississippi. Some districts have suffered more than others. Clubs have, for various reasons, ceased to meet and many clubs have declined in membership. This has created an imbalance in the districts and places an extreme hardship on a small district to be successful particularly when it comes to hosting district and state conventions.

The Long Range Planning Committee met several times to address this issue and worked out a plan for creating new districts that would be as equal and fair as possible. Every possible consideration was given to proceeding with redistricting in a way that would be fair to all.

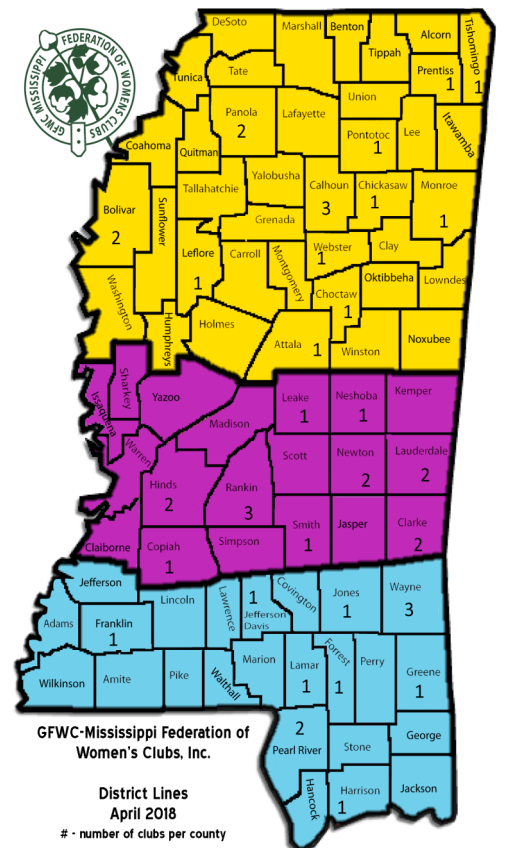
The proposal was to create three new districts geographically using the number of clubs and members to determine the boundaries. These districts will be Northern, Central and Southern.

The above proposal was voted on and approved by you at the 2017 State Convention.

At the 2018 State Convention, time was allotted for the new districts to meet and take care of all organizational business., including approving the new model bylaws and the nomination and installation of 2018-2020 officers. Bylaws were adopted for each new District with the understanding that they can be amended and tailored to fit each new District by vote of the new District in the future.



MFWC Districts prior to April 2018



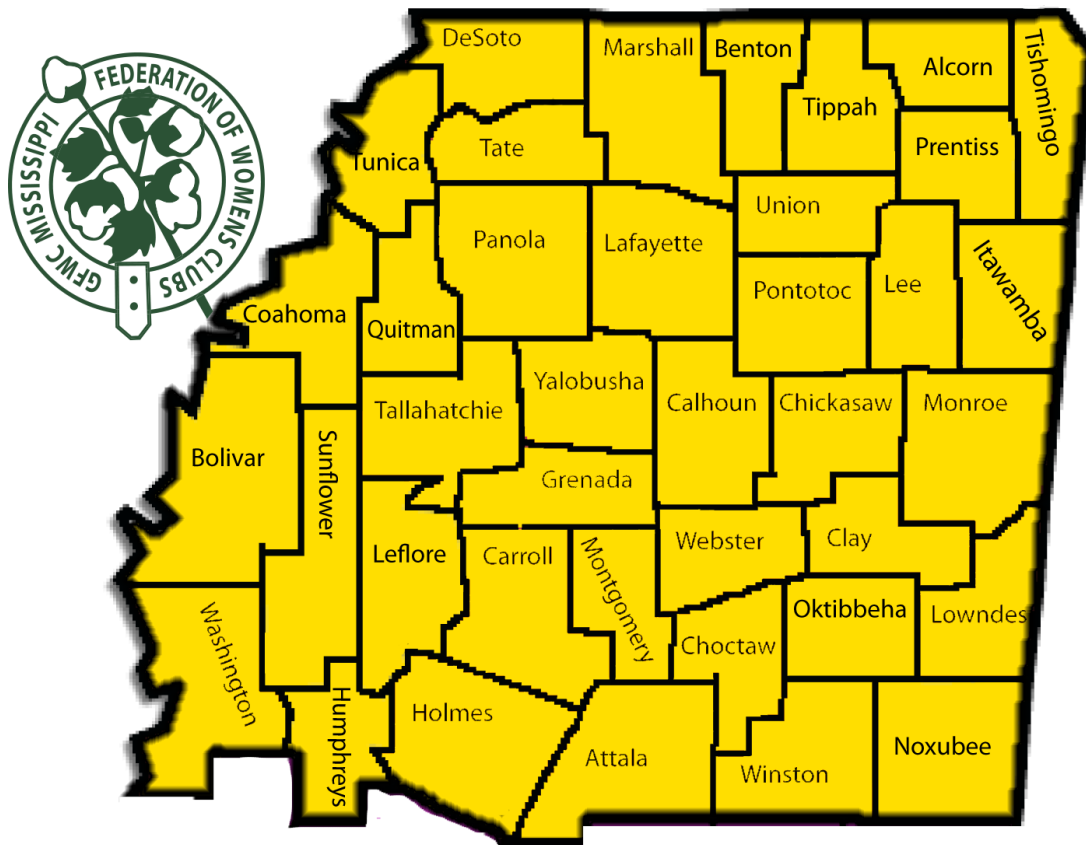
MFWC Districts after April 2018



## Northern District



2018-2020 Northern District Executive Board. Left to Right, Amy Jacobs, President; Lisa McGee, President-elect; Sharon Hudson, Vice President; Janae Winter, Recording Secretary; Pamela Maxwell, Treasurer; Sheila Shea, GFWC International President; Becky C. Wright, GFWC-MFWC President-elect and Tinker Forrester, GFWC-MFWC President.



## Northern District



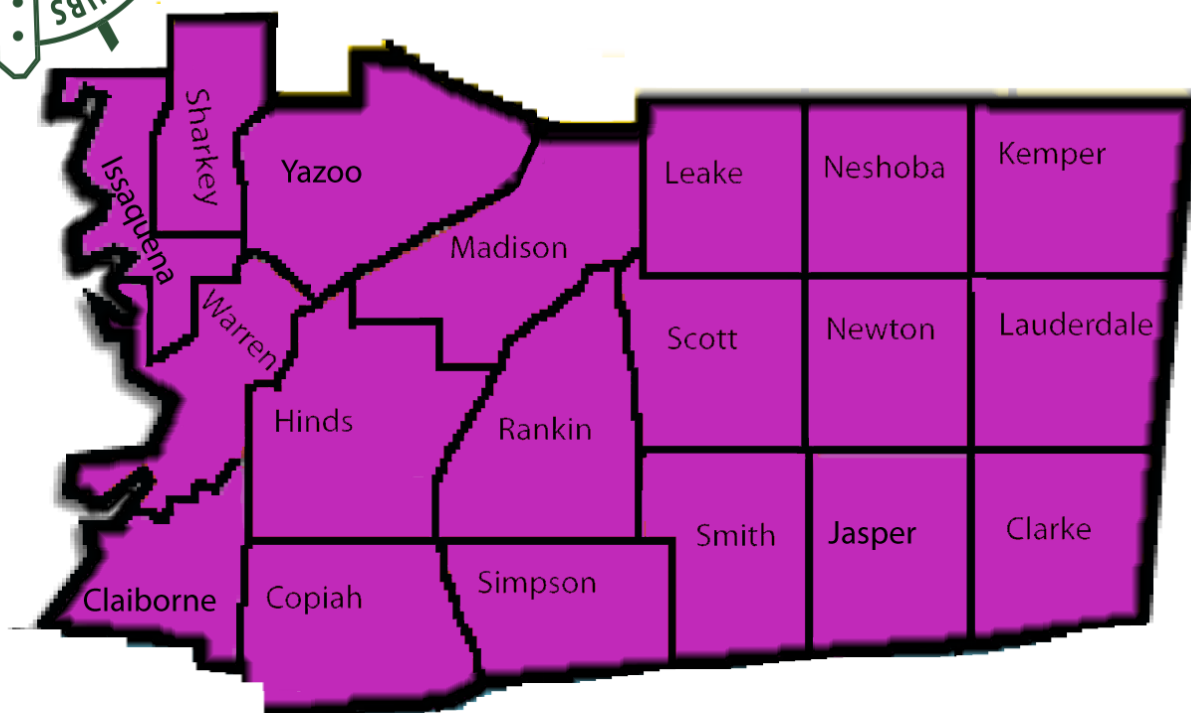
## Central District



2018-2020 Central District Executive Board. Left to Right, Belinda Peacher, President; Ada McGrevey, President-elect; Shirley Lamar, Vice President; Lynn Smith, Recording Secretary; Lisa A. Harris, Treasurer; Sheila Shea, GFWC International President; Becky C. Wright, GFWC-MFWC President-elect and Tinker Forrester, GFWC-MFWC President.



## Central District



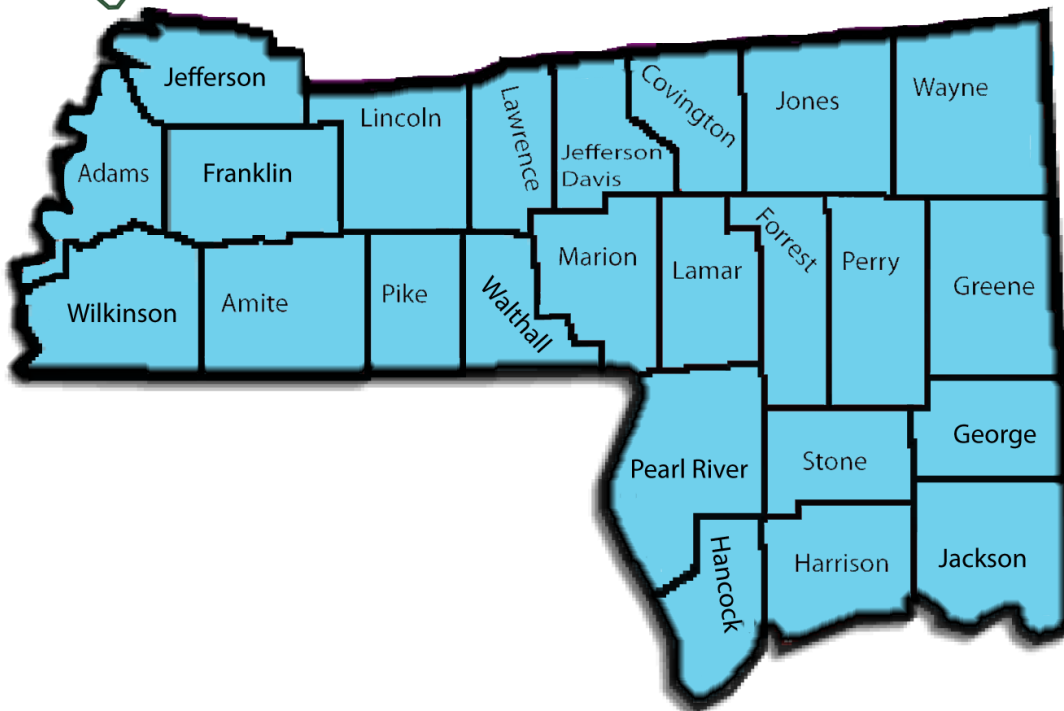
## Southern District



2018-2020 Southern District Executive Board. Left to Right, Debbie Benoit, President; Meri Newell, President-elect; Shirley Stough, Vice President; Carolyn Tedford, Recording Secretary; Marie Porter, Treasurer; Sheila Shea, GFWC International President; Becky C. Wright, GFWC-MFWC President-elect and Tinker Forrester, GFWC-MFWC President.



## Southern District



*GFWC-Mississippi Federation of  
Women's Clubs, Inc.  
120th Annual State Convention  
Gulfport, Mississippi*



**General Club Awards  
Club Year 2017, Reporting Year 2018**

- \* **GFWC Signature Program: Domestic Violence Awareness & Prevention**
  - 3rd Place - Fine Arts Club of Bruce
  - 2nd Place - Women's Club of Gulfport
  - 1st Place - Raleigh Woman's Club
- \* **GFWC Signature Program: Domestic Violence Awareness & Prevention Partnership**
  - 3rd Place - Fine Arts Club of Bruce
  - 2nd Place - Raleigh Woman's Club
  - 1st Place - Cosmopolitan Club
- \* **GFWC Juniors' Signature Program: Advocates for Children**
  - 3rd Place - Decatur Woman's Progressive Club
  - 2nd Place - 20th Century Club of Bruce
  - 1st Place - Cosmopolitan Club
- \* **GFWC Juniors' Signature Program: Advocates for Children Partnerships**
  - 3rd Place - Cosmopolitan Club
  - 2nd Place - 20th Century Club of Bruce
  - 1st Place - Fine Arts Club of Bruce
- \* **GFWC CSP Arts**
  - 3rd Place - Raleigh Woman's Club
  - 2nd Place - Cosmopolitan Club
  - 1st Place - Fine Arts Club of Bruce
- \* **GFWC CSP Conservation**
  - 3rd Place - Pontotoc Woman's Club
  - 2nd Place - Decatur Woman's Progressive Club
  - 1st Place - Raleigh Woman's Club
- \* **GFWC CSP Education**
  - 3rd Place - Fine Arts Club of Bruce
  - 2nd Place - Ackerman 20th Century Club
  - 1st Place - Raleigh Woman's Club
- \* **GFWC CSP Education Partnership (HOBY)**
  - 3rd Place - Ackerman 20th Century Club
  - 2nd Place - Florentine Club
  - 1st Place - Florentine Evening Club
- \* **GFWC CSP Home Life**
  - 3rd Place - Raleigh Woman's Club
  - 2nd Place - 20th Century Club of Bruce
  - 1st Place - Fine Arts Club of Bruce
- \* **GFWC CSP Home Life Partnership**
  - 3rd Place - 20th Century Club of Bruce
  - 2nd Place - Raleigh Woman's Club
  - 1st Place - Fine Arts Club of Bruce
- \* **GFWC CSP International Outreach**
  - 3rd Place - Star Woman's Club
  - 2nd Place - Eupora 20th Century Club
  - 1st Place - Raleigh Woman's Club
- \* **GFWC CSP International Outreach Partnership**
  - 3rd Place - Fine Arts Club of Bruce
  - 2nd Place - Civic Woman's Club of Picayune
  - 1st Place - Florentine Evening Club
- \* **GFWC CSP Public Issues**
  - 3rd Place - Cosmopolitan Club
  - 2nd Place - Decatur Woman's Progressive Club
  - 1st Place - Raleigh Woman's Club
- \* **GFWC CSP Public Issues Partnership**
  - 3rd Place - Fine Arts Club of Bruce
  - 2nd Place - Cosmopolitan Club
  - 1st Place - Raleigh Woman's Club
- \* **GFWC AA - Communication and Public Relations**
  - 3rd Place - Cosmopolitan Club
  - 2nd Place - Batesville Jr. Woman's League
  - 1st Place - Fine Arts Club of Bruce
- \* **GFWC AA Leadership**
  - 3rd Place - Fine Arts Club of Bruce
  - 2nd Place - Decatur Woman's Progressive Club
  - 1st Place - Raleigh Woman's Club
- \* **GFWC AA Membership**
  - 3rd Place - Florentine Club
  - 2nd Place - Fine Arts Club of Bruce



- 1st Place - Florentine Evening Club
- \* **GFWC Epsilon Sigma Omicron (ESO)**
  - 3rd Place - Batesville Woman's Club
  - 2nd Place - Philadelphia Woman's Club
  - 1st Place - Women's Club of Gulfport
- \* **GFWC AA - Legislations and Public Policy**
  - 3rd Place - Civic Woman's Club of Picayune
  - 2nd Place - Decatur Woman's Progressive Club
  - 1st Place - Star Woman's Club
- \* **GFWC AA - Fundraising and Development**
  - 3rd Place - Civic Woman's Club of Picayune
  - 2nd Place - 20th Century Club of Bruce
  - 1st Place - Ackerman 20th Century Club
- \* **GFWC AA Flower Power**
  - 3rd Place - Raleigh Woman's Club
  - 2nd Place - Civic Woman's Club of Picayune
  - 1st Place - Decatur Woman's Progressive Club
- \* **GFWC AA Terri Lynn Foods**
  - 2nd Place - Decatur Woman's Progressive Club
  - 1st Place - Raleigh Woman's Club
- \* **GFWC AA WHRC**
  - 3rd Place - Raleigh Woman's Club
  - 2nd Place - Fine Arts Club of Bruce
  - 1st Place - Florentine Evening Club
- \* **GFWC-MFWC President Special Project: EXPRESS Yourself! Art**
  - 3rd Place - Batesville Woman's Club
  - 2nd Place - Decatur Woman's Progressive Club
  - 1st Place - Ackerman 20th Century Club
- \* **GFWC-MFWC Emphasis Area: Mississippi Public Broadcasting**
  - 3rd Place - Florentine Evening Club
  - 2nd Place - Decatur Woman's Progressive Club
  - 1st Place - Raleigh Woman's Club
- \* **GFWC-MFWC Emphasis Area: Mississippi State Institutions**
  - 3rd Place - Batesville Woman's Club
  - 2nd Place - Raleigh Woman's Club
  - 1st Place - Florentine Club

### Club Creativity Awards

- \* **GFWC Signature Program: Domestic Violence Awareness & Prevention** - Raleigh Woman's Club
- \* **GFWC Juniors' Special Program: Advocates for Children** - Fine Arts Club of Bruce & 20th

- Century Club of Bruce
- \* **CSP Arts** - Ackerman 20th Century Club
- \* **CSP Conservation** - Quitman Woman's Club
- \* **CSP Home Life** - Fine Arts Club of Bruce
- \* **CSP International Outreach** - Star Woman's Club
- \* **Communication & Public Relations** - Cosmopolitan Club
- \* **Leadership** - Ackerman 20th Century Club
- \* **Legislation & Public Policy** - Florentine Club
- \* **Membership** - Bruce Fine Arts Club
- \* **Fundraising & Development** - Civic Woman's Club of Picayune
- \* **WHRC** - Cosmopolitan Club
- \* **ESO** - Star Woman's Club

### Honor Clubs

#### District I

- \* Cosmopolitan Club
- \* Ellisville Fidelia Club
- \* Fine Arts Club of Waynesboro
- \* Civic Woman's Club of Picayune
- \* Lucedale Fine Arts Club
- \* Poplarville Woman's Club
- \* Women's Club of Gulfport
- \* Present Day Club of Waynesboro

#### District II

- \* Decatur Woman's Progressive Club
- \* Enterprise Woman's Club
- \* Fortnightly Club of Meridian
- \* Ackerman 20th Century Club
- \* Philadelphia Woman's Club
- \* Present Day Club of Union
- \* Quitman Woman's Club
- \* Thursday Club of Walnut Grove
- \* 21st Century Club of Kosciusko

#### District III

- \* Eupora 20th Century Club
- \* Fine Arts Club of Bruce
- \* Iuka 20th Century Club
- \* Lanier Club
- \* New Century Club of Calhoun City
- \* 20th Century Club of Bruce
- \* Pontotoc Woman's Club
- \* Woman's Club of Aberdeen
- \* Woman's Club of Booneville

#### District IV

- \* Batesville Jr. Woman's League
- \* EPHFIC Women's Club of Cleveland
- \* Batesville Woman's Club
- \* Cleveland Woman's Club
- \* Greenwood Woman's Club

(Continued from page 13)

## District V

- \* Crystal Springs Floral Club
- \* Florentine Club
- \* Florentine Evening Club
- \* Gavel Club
- \* Homochitto Heritage Club, Inc.
- \* Purvis Woman's Club
- \* Raleigh Woman's Club
- \* Star Woman's Club
- \* LeBonte' Women's Club
- \* 20th Century Club of Prentiss

## President's Award of Excellence

- \* Under 20 Members: Florentine Evening Club
- \* 21-35 Members: Decatur Woman's Progressive Club
- \* 36-50 Members: Women's Club of Gulfport

## Scholarships/Grant Recipients

- \* Hebron Memorial Scholarship - Robyn Hadden, MS State University
- \* Sarah Peugh Butterfly Scholarship - Kelly Corley, Florence Juniores
- \* Challenge Grant - Robbie Sellers & Leann Swafford, Petal High School

## MFWC Leadership Education and Development Seminar (LEADS) Participants (Malone-Sisk Educational/Leadership Endowment)

- Amy Mullins, Homochitto Heritage Club, Inc.
- Carolyn Tedford, Poplarville Woman's Club

## GFWC-MFWC LEADS Delegate to 2018 GFWC International Convention

- Carolyn Tedford, Poplarville Woman's Club

## District Clubwomen of the Year

- \* Meri Newell, Cosmopolitan Club, District I
- \* Gina Lucas, Ackerman 20th Century Club, District II
- \* Lyn Blaylock, Eupora 20th Century Club, District III
- \* Minetta Veazey, Florentine Evening Club, District V

## Clubwoman of the Year

- \* Lyn Blaylock, Eupora 20th Century Club, Eupora, MS.

## District Clubs of the Year

- \* Cosmopolitan Club, District I
- \* Decatur Woman's Progressive Club, District II
- \* Fine Arts Club of Bruce, District III
- \* Batesville Woman's Club, District IV
- \* Raleigh Woman's Club, District V

## Club of the Year

- \* 3rd Place - Decatur Woman's Progressive Club
- \* 2nd Place - Fine Arts Club of Bruce
- \* 1st Place - Raleigh Woman's Club

## Book Awards

### Scrapbooks

- \* **Classification A (20 and under members)**
  - 3rd Place - Florentine Club
  - 2nd Place - Iuka 20th Century Club
  - 1st Place - Florentine Evening Club
- \* **Classification B (21-35 members)**
  - 3rd Place - Woman's Club of Booneville
  - 2nd Place - Cosmopolitan Club
  - 1st Place - Star Woman's Club
- \* **Classification C (36-50 members)**
  - 2nd Place - Fine Arts Club of Bruce
  - 1st Place - Women's Club of Gulfport

### Yearbooks Printed

- \* **Classification A1 (20 and under members)**
  - 1st Place - Quitman Woman's Club
- \* **Classification B1 (21-35 members)**
  - 2nd Place - Poplarville Woman's Club
  - 1st Place - Cleveland Woman's Club

### Looseleaf

- \* **Classification A2 (20 and under members)**
  - 3rd Place - Batesville Woman's Club
  - 2nd Place - Florentine Club
  - 1st Place - Iuka 20th Century Club
- \* **Classification B2 (21-35 members)**
  - 3rd Place - Civic Woman's Club of Picayune
  - 2nd Place - Decatur Woman's Progressive Club
  - 1st Place - Raleigh Woman's Club
- \* **Classification C2 (36-50 members)**
  - 1st Place - Fine Arts Club of Bruce

## GFWC Photography Contest

- \* **Living Things**
  - 3rd Place - Kay Fairley
  - 2nd Place - Linda Guraedy
  - 1st Place - Celia Fisher



- \* **Scenes**
  - 3rd Place - Sharon Hudson
  - 2nd Place - Dianne Roberts
  - 1st Place - Ada McGrevey
- \* **Still Live**
  - 3rd Place - Sharon Hudson
  - 2nd Place - Jeanine Gregory
  - 1st Place - Linda Guraedy

- \* **Volunteers In Action**
  - 3rd Place - Lisa A. Harris
  - 2nd Place - Melissa Carleton
  - 1st Place - Sharon Hudson

## **Juniorette Club Awards** **Club Year 2017, Reporting Year 2018**

- \* **GFWC Signature Program: Domestic Violence Awareness & Prevention**
  - 3rd Place - Dixie Daisy Juniores
  - 2nd Place - Pontotoc Juniores Club
  - 1st Place - Juniores Diamonds
- \* **GFWC Juniors' Signature Program: Advocates for Children**
  - 3rd Place - Eupora Juniores
  - 2nd Place - Dixie Daisy Juniores
  - 1st Place - Florence Juniores
- \* **GFWC Juniors' Signature Program: Advocates for Children Partnerships**
  - 2nd Place - Eupora Juniores
  - 1st Place - Juniores Diamonds
- \* **GFWC CSP Arts**
  - 3rd Place - Dixie Daisy Juniores
  - 2nd Place - Bruce Fine Arts Juniores
  - 1st Place - Juniores Diamonds
- \* **GFWC CSP Conservation**
  - 3rd Place - Dixie Daisy Juniores
  - 2nd Place - Bruce Fine Arts Juniores
  - 1st Place - Juniores Diamonds
- \* **GFWC CSP Education**
  - 3rd Place - Bruce Fine Arts Juniores
  - 2nd Place - Dixie Daisy Juniores
  - 1st Place - Juniores Diamonds
- \* **GFWC CSP Education Partnership (HOBY)**
  - 3rd Place - Dixie Daisy Juniores
  - 2nd Place - Bruce Fine Arts Juniores
  - 1st Place - Juniores Diamonds
- \* **GFWC CSP Home Life**
  - 3rd Place - Eupora Juniores
  - 2nd Place - Bruce Fine Arts Juniores
  - 1st Place - Juniores Diamonds
- \* **GFWC CSP Home Life Partnership**
  - 1st Place - Juniores Diamonds
- \* **GFWC CSP International Outreach**
  - 3rd Place - Bruce Fine Arts Juniores
  - 2nd Place - Dixie Daisy Juniores
  - 1st Place - Juniores Diamonds
- \* **GFWC CSP International Outreach Partnership**
  - 3rd Place - Dixie Daisy Juniores
  - 2nd Place - Florence Juniores
- \* **1st Place - Juniores Diamonds**
- \* **GFWC CSP Public Issues**
  - 3rd Place - Florence Juniores
  - 2nd Place - Bruce Fine Arts Juniores
  - 1st Place - Juniores Diamonds
- \* **GFWC CSP Public Issues Partnership**
  - 1st Place - Juniores Diamonds
- \* **GFWC AA - Communication and Public Relations**
  - 3rd Place - Bruce Fine Arts Juniores
  - 2nd Place - Dixie Daisy Juniores
  - 1st Place - Juniores Diamonds
- \* **GFWC AA Leadership**
  - 3rd Place - Bruce Fine Arts Juniores
  - 2nd Place - Dixie Daisy Juniores
  - 1st Place - Juniores Diamonds
- \* **GFWC AA Membership**
  - 3rd Place - Bruce Fine Arts Juniores
  - 2nd Place - Dixie Daisy Juniores
  - 1st Place - Juniores Diamonds
- \* **GFWC AA - Legislations and Public Policy**
  - 3rd Place - Dixie Daisy Juniores
  - 2nd Place - Bruce Fine Arts Juniores
  - 1st Place - Juniores Diamonds
- \* **GFWC AA - Fundraising and Development**
  - 3rd Place - Bruce Fine Arts Juniores
  - 2nd Place - Dixie Daisy Juniores
  - 1st Place - Juniores Diamonds
- \* **GFWC AA WHRC**
  - 3rd Place - Juniores Diamonds
  - 2nd Place - Bruce Fine Arts Juniores
  - 1st Place - Dixie Daisy Juniores
- \* **GFWC-MFWC President Special Project: EXPRESS Yourself! Art**
  - 3rd Place - Florence Juniores
  - 2nd Place - Bruce Fine Arts Juniores
  - 1st Place - Juniores Diamonds
- \* **GFWC-MFWC Emphasis Area: Mississippi Public Broadcasting**
  - 2nd Place - Juniores Diamonds
  - 1st Place - Dixie Daisy Juniores

(Continued on page 16)

(Continued from page 15)

\* **GFWC-MFWC Emphasis Area: Mississippi State Institutions**

- 2nd Place - Bruce Fine Arts Junioresettes
- 1st Place - Dixie Daisy Junioresettes

**Honor Clubs**

**District I**

- Sub Debs of Waynesboro
- Junioresette Diamonds

**District III**

- Booneville High School Junioresettes
- Bruce Fine Arts Junioresettes
- Eupora Junioresettes
- Junioresettes of New Century Club
- Pontotoc Junioresette Club

**District V**

- Dixie Daisy Junioresettes
- Florence Junioresettes
- Les Aimes Junioresettes

**Book Awards**

**Scrapbooks**

- 2nd Place - Bruce Fine Arts Junioresettes
- 1st Place - Junioresette Diamonds

**Yearbooks**

- 1st Place - Junioresette Diamonds

**Junioresette Clubwoman of the Year**

- \* Alexis Edwards, Bruce Fine Arts Junioresettes, Bruce, MS

**Junioresette Club of the Year**

- \* 3rd Place - Bruce Fine Arts Junioresettes
- \* 2nd Place - Dixie Daisy Junioresettes
- \* 1st Place - Junioresette Diamonds

**Poetry & Short Story Contest  
Club Year 2017, Reporting Year 2018**

**Youth Poetry**

- \* **Youth Category I (Grades K, 1 & 2)**
  - 3rd Place - Decatur Woman's Progressive Club
  - 2nd Place - Cosmopolitan Club
  - 1st Place - Cosmopolitan Club
- \* **Youth Category II (Grades 3, 4 & 5)**
  - 3rd Place, 2nd Place & 1st Place - Decatur Woman's Progressive Club
- \* **Youth Category III (Grades 6, 7 & 8)**
  - 3rd Place - Decatur Woman's Progressive Club
  - 2nd Place - Cosmopolitan Club
  - 1st Place - Fine Arts Club of Bruce
- \* **Youth Category IV (Grades 9, 10, 11 & 12)**
  - 1st Place - Fine Arts Club of Bruce

**Youth Short Story**

- \* **Youth Category I (Grades K, 1 & 2)**
  - 3rd Place, 2nd Place & 1st Place - Decatur Woman's Progressive Club
- \* **Youth Category II (Grades 3, 4 & 5)**
  - 3rd Place - Decatur Woman's Progressive Club
  - 2nd Place - Cosmopolitan Club
  - 1st Place - Cosmopolitan Club
- \* **Youth Category III (Grades 6, 7 & 8)**
  - 3rd Place, 2nd Place & 1st Place - Cosmopolitan Club

**Members Short Story**

- 1st Place - LeBonte' Women's Club

**Members Poetry**

- 2nd Place - LeBonte' Women's Club
- 1st Place - Batesville Jr. Woman's League

**Click here to  
View, Print or  
Download**

A copy of the Official Convention Program and Awards Book can be viewed, printed or downloaded from our website by clicking the button to the left.

# Youth Arts & Youth Art Challenge Contest

## Club Year 2017, Reporting Year 2018

### Youth Art Contest

**Class A** (Students receiving lesson from private instructors)

- \* **Division A1 - Kindergarten - Grade 1**
  - 1st Place - Enterprise Woman's Club
- \* **Division A2 - Grades 2 & 3**
  - 3rd Place - Florentine Evening Club
  - 2nd Place - Quitman Woman's Club
  - 1st Place - Batesville Woman's Club
- \* **Division A3 - Grades 4, 5 & 6**
  - 3rd Place - Florentine Evening Club
  - 2nd Place - Batesville Woman's Club
  - 1st Place - Enterprise Woman's Club
- \* **Division A4 - Grades 7, 8 & 9**
  - 3rd Place - Decatur Woman's Progressive Club
  - 2nd Place - Batesville Woman's Club
  - 1st Place - Pontotoc Woman's Club
- \* **Division A5 - Grades 10, 11 & 12**
  - 2nd Place - Decatur Woman's Progressive Club
  - 1st Place - Batesville Woman's Club

**Class B** (Students receiving instruction as part of a school curriculum with a certified art teacher)

- \* **Division B1 - Kindergarten - Grade 1**
  - 2nd Place - Enterprise Woman's Club
  - 1st Place - Batesville Woman's Club
- \* **Division B2 - Grades 2 & 3**
  - 3rd Place - Batesville Woman's Club
  - 2nd Place - Raleigh Woman's Club
  - 1st Place - Pontotoc Woman's Club
- \* **Division B3 - Grades 4, 5 & 6**
  - 3rd Place - Batesville Woman's Club
  - 2nd Place - Pontotoc Woman's Club
  - 1st Place - Cosmopolitan Club
- \* **Division B4 - Grades 7, 8 & 9**
  - 3rd Place - Pontotoc Woman's Club
  - 2nd Place - Cosmopolitan Club
  - 1st Place - Florentine Evening Club
- \* **Division B5 - Grades 10, 11 & 12**
  - 3rd Place - Batesville Woman's Club
  - 2nd Place - Philadelphia Woman's Club
  - 1st Place - Pontotoc Woman's Club

**Class C** (Students receiving no art instruction from private or certified art teacher)

- \* **Division C1 - Kindergarten - Grade 1**
  - 3rd Place - Enterprise Woman's Club
  - 2nd Place - Pontotoc Woman's Club
  - 1st Place - Florentine Club

- \* **Division C2 - Grades 2 & 3**
  - 3rd Place - Enterprise Woman's Club
  - 2nd Place - Batesville Woman's Club
  - 1st Place - Fine Arts Club of Bruce
- \* **Division C3 - Grades 4, 5 & 6**
  - 3rd Place - Pontotoc Woman's Club
  - 2nd Place - Florentine Club
  - 1st Place - Present Day Club of Union
- \* **Division C4 - Grades 7, 8 & 9**
  - 3rd Place - Pontotoc Woman's Club
  - 2nd Place - Homochitto Heritage Club
  - 1st Place - Enterprise Woman's Club
- \* **Division C5 - Grades 10, 11 & 12**
  - 3rd Place - Raleigh Woman's Club
  - 2nd Place - Quitman Woman's Club
  - 1st Place - Pontotoc Woman's Club

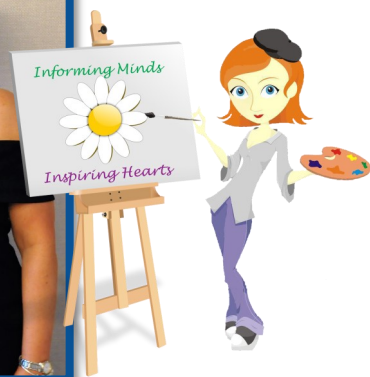
### Youth Art Challenge

Students receiving no art instruction from private teacher or certified art teacher. 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.

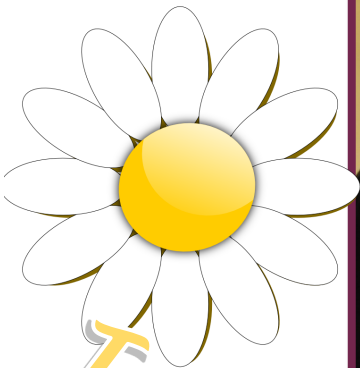
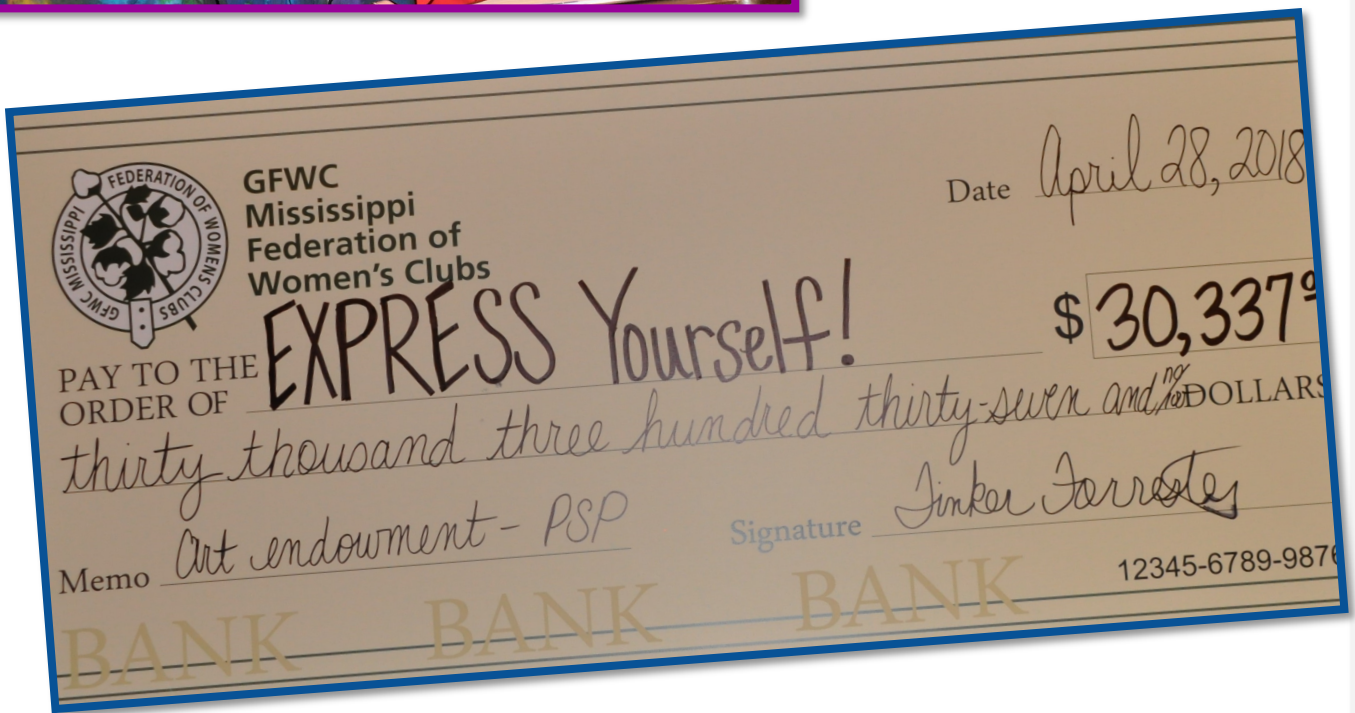
- \* **Division 1 - Ages 3-5**
  - No Entries
- \* **Division 2 - Ages 6-8**
  - No Entries
- \* **Division 3 - ages 9-12**
  - 3rd Place - Florentine Evening Club
  - 2nd Place - Cosmopolitan Club
  - 1st Place - Enterprise Woman's Club
- \* **Division 4 - Ages 13-15**
  - 3rd Place - Cosmopolitan Club
  - 2nd Place - Florentine Evening Club
  - 1st Place - Enterprise Woman's Club
- \* **Division 5 - Ages 16-21**
  - 3rd Place - Fine Arts Club of Bruce
  - 2nd Place - Enterprise Woman's Club
  - 1st Place - Florentine Evening Club



# Informing Minds







Inspiring Hearts





**What's  
New?**

Check out our  
*Upcoming*  
**EVENTS**

## Important Dates (Overview)

June 23th - 26th	GFWC Annual Convention, St. Louis, MO.
June 30th - July 1	Juniorette Retreat. Visit our website for more information.
July 21st	GFWC-MFWC Summer Board Meeting and Summer Institute. To be held at Mississippi Library Commission Headquarters at 3881 Eastwood Drive, Jackson, MS 39211.
October 18th - 21st	GFWC Southern Region Conference, Embassy Suites Hotel at the Township at Colony Park, Ridgeland, MS. Hosted by GFWC-MFWC.
November 1st	GFWC-MFWC State Club Dues must be postmarked by this date each year to receive Honor Club status.

### 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.



If you would like to receive important news from the GFWC-MFWC, be sure to contact Lisa A. Harris at [info@gfwc-mfwc.org](mailto:info@gfwc-mfwc.org) and request that she add you to the mass email list. Be sure to include your name, email address and which GFWC-MFWC club you are a member of.

# Empowering the Heart to Make a Difference



2018  
GFWC-MFWC  
Juniorette  
Retreat  
June 30-July 1  
2018

"Superheroes"  
Empowering Others  
with Capes and Tutus



For more information, visit  
[www.gfwc-mfwc.org](http://www.gfwc-mfwc.org) or contact  
Connie Johnston, Juniorette  
Director at  
[connie.johnston01@gmail.com](mailto:connie.johnston01@gmail.com)



For more information, visit GFWC website at [www.gfwc.org](http://www.gfwc.org). Remember that convention registration closes on **June 1**, so make sure you register in time so you can connect with us in St. Louis!



More information available in July/August 2018.



# GFWC NEWS & NOTES

## *SUPPORT GFWC WHEN YOU SHOP AT AMAZON.COM*

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## TRY AN EASY ONLINE FUNDRAISER

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For more information, [click here](#).



## 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=gfwcflag> 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 you 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).



Enroll to receive the WHRC (Women's History and Resource Center) Newsletter by follow these steps: scroll to bottom of any page on the GFWC website and enter you 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.

## 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) reduces 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.