



The Heartbeat

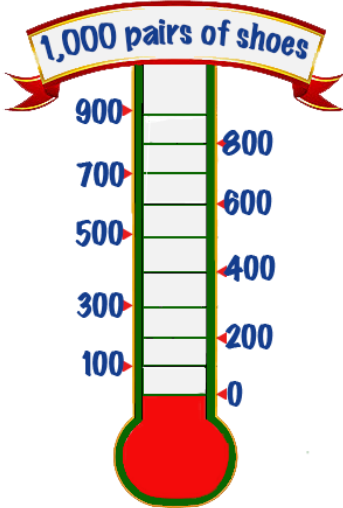


October 2018

Volume IX Issue 3



GFWC-MFWC GRAND INITIATIVE DONATE



**BY NOVEMBER
15, 2018**

FROM THIS



GFWC-MFWC GRAND INITIATIVE



**DONATED 1,000 PAIRS OF SHOES
By November 15, 2018**

TO THIS



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
2407 North State Street
Jackson, Mississippi 39216

2018-2020 Elected Officers

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

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

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

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. Edward (Marjorie C.) McGehee
1916-1918

- Tenth President of MFWC.

Highlights of this Administration

- * In 1915, Mrs. D. N. (Elizabeth Marshall) Hebron, the MFWC's first President, had died. She had conceived the idea of the Federation supporting a scholarship for a Mississippi girl each year. Because of her contributions to the MFWC, the Federation voted at this Convention that the scholarship would be permanently called the Hebron Memorial Scholarship.
- * An Executive Board meeting was held in March 1916, at which a vote was taken to publish a women's edition of the *Jackson Daily News*.
- * The eighteenth annual convention of the MFWC was held in Greenwood, MS in the Eighth District in November 1916. There were now one hundred and thirty-six clubs in the MFWC from almost all sections of the state.
- * Reports from Departments given at this convention included the following:
 - * "Baby Week" which promoted care of infants, was announced as an annual event.
 - * The fight against tuberculosis and illiteracy continued.
 - * Fire prevention Days were held in nine districts.
 - * The Legislative Committee Chairman reported that the juvenile reformatory bill had passed the Legislature and the Federation had been recognized for its efforts in bringing this to pass.
 - * Work began on getting a compulsory education bill passed by the Legislature.
- * The nineteenth annual Convention was held in Meridian, MS in 1917. Several interesting resolutions were adopted by the nineteenth Convention.
 - * First, it endorsed efforts to increase faculty salaries of the State College for Women.
 - * Second, it endorsed the enfranchisement of women.
 - * Third, it voted to adopt a French orphan and to recommend that each club in the MFWC do likewise.
 - * Fourth, the state president was empowered to appoint a redistricting committee.
 - * Fifth, it appointed a committee to confer with other civic and teachers' group to organize an effort to accredit music in public schools.
 - * Sixth, the Federation requested that district officers be elected in the spring so that their terms would be concurrent with the state officers.
 - * Finally, the convention endorsed the National Emergency War Prohibition Bill that prohibited the use of grain from manufacture of intoxicating drinks instead of using the grain for food.

A Message From Becky C. Wright

Happy Fall, Federation Friends!

Along this journey called life I have learned that the more thankful I am, the more I have to be thankful for. And I certainly have much to be thankful for as of late. In case you have not heard, I am Nana again! Grandchild number seven, Charlotte Marie Flint, graced us with her arrival on Monday, October 1, 2018. What can I say, my cup runneth over!



It is impossible not to be thankful when I pause for a moment—and yes, I do pause from time to time—or maybe when I daydream while I drive our Mississippi roads, and I think about all the reasons to participate in GFWC's Thank You Tuesday. Essentially, GFWC designated Tuesdays as a day to pause and remember how your membership has enriched your life, be it by opening doors, expanding your circle of friends, increasing your confidence, developing leadership skills, staying connected, providing opportunities to serve others, and the list goes on and on. Have you paused lately to think of all the friends that you have made while Living the Volunteer Spirit? Why not share those blessings on Tuesdays—it might be just what someone needs to hear.

Reflecting on my memories as a federated volunteer, I can't help but share where my energy derives. Twenty-three years ago, when I joined GFWC, my children were my motivation and my inspiration. I was seeking both volunteer opportunities as well as a pool of volunteers to strengthen the world for which my children would grow up. What a wonderful organization we belong to that puts so much emphasis on being advocates for children!

Consequently, today my grandchildren are my motivation and inspiration. My grandchildren are my WHY. But not just my grandchildren, but also my grandchildren's peers. It is imperative that we continue to be advocates for children, that we continue to strengthen the world for which all children will thrive. It's easy for the world to say that it's not my child, not my community, not my world, not my problem, but not for the federated clubwoman; for she cares and knows that in the words of Dr. Seuss in *The Lorax*, "UNLESS someone like you cares a whole awful lot, nothing is going to get better. It's not." Dr. Seuss taught us that we can change our world and the world of which our children and our grandchildren will grow if we just take the initiative.

October is a perfect month to take the initiative and begin Empowering the Heart to Make a Difference in the lives of our children by making programs and projects that nurture the needs of children a priority. GFWC is designating October 21-27 as Advocates for Children Week. Clubwomen can become Advocates for Children by working to ensure that children are protected from harmful situations, encouraged to live healthy physical and emotional lifestyles, and by impacting public policy to improve the lives of children. Why not share your commitment to children by asking your mayor to sign a proclamation recognizing our dedication to children? If you need assistance with this please contact Advocates Chairman Rebecca King or you may give me a call.

Additionally, October is National Bullying Prevention Month and October 24th is Unity Day. It is my hope that our clubs will unite against bullying by taking part in—or better yet initiating activities in—our schools to bring about an atmosphere where all would forget not to be kind. Who better to lead the way in bullying prevention than an organization of women whose motto is "Unity in Diversity"? I will be reading two books—*Stick and Stone* and *The Pout-Pout Fish* and the *Bully-Bully Shark*—at our local school on October 24th to encourage kindness. Would you consider joining me by reading these or similar books at your local school on October

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24th that we might encourage kindness exponentially? Utilize Pinterest and visit pacer.org for ideas for activities on how your club can encourage kindness year-round and remember to share your projects on our social media sites. Again, I am just a phone call away.

Looking forward to watching you empower the difference!

In federation love,

Becky



CHARLOTTE MARIE
FLINT



Support Survivors of Domestic Violence This Month

As part of the GFWC Signature Program: Domestic Violence Awareness and Prevention, the GFWC Success For Survivors Scholarship was created in 2012 to lend a helping hand to those impacted by intimate partner violence who are pursuing higher education. The scholarship aims to provide survivors with a means to achieve both financial and personal independence. Since its inception, GFWC has awarded over \$60,000 in scholarship funds. To mark the beginning of Domestic Violence Awareness month, GFWC's annual Success for Survivors Scholarship opened on October 1. Share the application in your community to change the life of a survivor who's pursuing higher education.

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

2019 Scholarship Application

The Success for Survivors Scholarship application ([click here for application](#)) is now open! Completed applications should be sent to GFWC headquarters at:

Attn: Success for Survivors Scholarship
1734 N St NW
Washington, DC 20036

Or email completed applications to Programs@gfwc.org (Include "Scholarship" in the subject line)

Important Dates:

October 1, 2019	GFWC Success for Survivors Scholarship Application Opens
February 1, 2020	GFWC Success for Survivors Scholarship Application Deadline
May 2020 - June 2020	Recipients Notified
July 2020	Monetary Awards Sent to Recipients Upon Receipt of Enrollment Verification





There are friends, and there is family, and then there are friends that become family. Family isn't always blood. It's the people in your life who want you in theirs. The ones who accept you for who you are. The ones who would do anything to see you smile. The ones who love you no matter what. The ones who you keep in your thoughts and prayers. Our federation friends become our family and many of our family are hurting and need our prayers.

For our Clubwomen and their families.

- ♥ Some of you may remember hearing at State Convention about **Becky Watkins'** (Quitman Woman's Club President) seven year-old granddaughter. Whitley Grace was diagnosed with aplastic anemia over a year ago. I heard from Becky that her treatment is going forward and she will need chemotherapy and also radiation. If she survives this, she will be scheduled for a bone marrow transplant. In addition to this news, their son Jonathan was in a motorcycle accident at the end of September and had surgery to repair broken bones but unfortunately is paralyzed on his right side. The plan is to bring him to Quitman and Steve (Becky's Husband) is with him while Becky is with Whitley Grace. Becky and Steve are very worried about their family and Becky is asking for prayers because we all know who the ultimate healer is. - Update: Whitley Grace has her bone marrow transplant on 10/4/2018.
- ♥ About a month ago, while having lunch with three of my best friends, one casually mentioned that she had a knot in her side, and asked if we ever had knots, and then she promised to have it checked out. When **Theresa Nicks** (Fine Arts Club of Bruce and 2018-2020 MFVC Books Chairman) went to her doctor, the "knot" had metastasized and there were four. It was cancer. After a colonoscopy, mammogram, and PET scan, the report was worse than expected. The cancer is sarcoma. It is in the bone in her left shoulder, her liver, her heart, and metastasized in the tumors in her groin, and back. She was told that her cancer was inoperable and chemo or radiation would not work. Her lab work has been sent to M.D. Anderson and we had hoped to hear some news today. Theresa is a vital part of our community and we are crushed, but also fully relying on God. Please keep Theresa in your prayers.
- ♥ **Nelda Mills** (Poplarville Woman's Club and 2018-2020 MFVC Assistant Fundraising Chairman) has had some difficult days over the past few weeks. After being in severe pain last week, she was taken to the ER for emergency surgery to remove her gall bladder. She is home from the hospital and is doing better after having some difficult days. Please continue to keep Nelda and her family in your prayers.
- ♥ **Melba Watkins** (Star Woman's Club and 2018-2020 International Outreach Chairman) was hospitalized and placed in ICU with extremely high blood pressure. Melba is home (and permitted to drive). She was admitted to the hospital on October 1st for a pacemaker. Please keep Melba in your prayers.
- ♥ On a note of praise, our Immediate Past President **Tinker Forrester** is steadily improving, but still needs our prayers. I visited Ackerman Twentieth Century Club and was delighted to see Tinker at her first outing!

Please consider sending these ladies a card of encouragement.

- ♥ Becky Watkins P.O. Box 749 Quitman, MS 39355
- ♥ Theresa Nicks P.O. Box 219 Bruce, MS 38915
- ♥ Nelda Mills 29 Deer Trail Road Poplarville, MS 39470
- ♥ Melba Watkins 3208 Star Road Florence, MS 39073
- ♥ Tinker Forrester 5257 MS Highway 15 Ackerman, MS 39735

In our hearts forever and always



Lynda Essary Love

September 2, 1958 - April 22, 2018

*Please join us for a Memorial Service
honoring Lynda's life on
Thursday, October 18, 2018, at 1:00 p.m.*

*GFWC-Mississippi Federation of Women's
Clubs, Inc. Headquarters
2407 North State Street
Jackson, Mississippi.*

*The ones we love never go away, they walk beside us even this day,
Unseen, unheard, yet always near. Still loved, still missed,
and very dear to our heart.*

OCTOBER IS...

The following events occur during October ... So, mark your calendars.

- Domestic Violence Awareness Month
- Dyslexia Awareness Month
- Eye Injury Prevention Month
- Halloween Safety Month
- Health Literacy Month
- Healthy Lung Month
- Home Eye Safety Month
- Liver Awareness Month
- Medical Ultrasound Awareness Month
- National ADHD Awareness Month
- National Bullying Prevention Month
- National Breast Cancer Awareness month
- National Chiropractic Health Month
- National Down Syndrome Awareness month
- National Dental Hygiene Month
- National Medical Librarians Month
- National Physical Therapy Month
- National Spina Bifida Awareness Month
- Sudden Infant Death Syndrome (SIDS) Awareness Month
- Pregnancy and Infant Loss Awareness Month
- World Cerebral Palsy Day (Oct. 3)
- Mental Illness Awareness Week (Oct. 7-13)
- World Mental Health Day (Oct. 10)
- National Depression Screening Day (Oct. 11)
- Bone and Joint Health National Action Week (Oct. 12-20)
- Metastatic Breast Cancer Awareness Day (Oct. 13)
- International Infection Prevention Week (Oct. 14-20)
- Pregnancy and Infant Loss Awareness Day (Oct. 15)
- National Latino AIDS Awareness Day (Oct. 15)
- National Health Education Week (Oct. 15-19)
- World Food Day (Oct. 16)
- National Health Education Week (Oct. 16-20)
- World Pediatric Bone and Joint Day (Oct. 19)
- Respiratory Care Week (Oct. 21-27)
- National Healthcare Quality Week (Oct. 21-27)
- International Stuttering Awareness Day (Oct. 22)
- World Psoriasis Day (Oct. 29)
- World Stroke Day (Oct. 29)

Email Etiquette



As we are sending and receiving more and more emails every day, we can make embarrassing mistakes that can give someone the wrong impression of us. As our email is a reflection of us, every e-mail you send adds to, or detracts from your reputation. If your e-mail is scattered, disorganized, and filled with mistakes, the recipient will be inclined to think of you as a scattered, careless, and disorganized person.

Listed below are several email etiquette rules that we all should follow:

- ◆ **Subject Line:**
 - Include a clear, direct subject line. "People often decide whether to open an email based on the subject line." Pachter says. "Choose one that lets readers know you are addressing their concerns or issues."
 - Your subject line must match the message. Never open an old e-mail, hit Reply, and send a message that has nothing to do with the previous one. Do not hesitate to change the subject as soon as the thread or content of the e-mail chain changes
- ◆ Think twice before hitting "reply all." Refrain from hitting "reply all" unless you really think everyone on the list needs to receive the email.

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Epsilon Sigma Omicron (EΣO)



Epsilon Sigma Omicron (ESO) is an honorary educational society open to all per-capita paying GFWC federated club members. Over 60 years ago, the ESO program became a permanent part of the GFWC Education Department. Through ESO, clubwomen are given direction in planned reading for self-enrichment and personal growth. Many GFWC clubwomen have profited from this unique self-improvement program, seen as vital by the members it directly benefits.

ESO provides clubwomen with a structured reading program that is educational and stimulates a desire for self-improvement. ESO goals include:

- Encouraging clubwomen's pursuit of higher education
- Creating an additional means to unite women in volunteerism
- Developing a support network for women returning to school
- Improving current and develop new study skills
- Stimulating systematic home reading and study with minimal supervision
- Encouraging the establishment of home libraries and greater use of public libraries
- Encouraging the formation of reading/study/discussion groups

THE HISTORY OF ESO

ESO was established in 1928 by the Indiana Federation of Clubs. In 1930, it was incorporated as a national sorority; the Indiana society became the Alpha chapter. Later that same year, the Washington state chapter became the Beta chapter. Since then, approximately 35 states have followed the lead of Indiana and Washington by establishing their own state ESO chapters.

The first national convention of ESO was held at the 1932 GFWC Convention in Seattle, Washington. In 1940, ESO gave up its incorporation as a national sorority and became a Special Committee of GFWC. This relationship needed clarification. In 1945, Mrs. Fred A. Bell, then GFWC ESO chairman, appointed Mrs. W.D. Keenan of the Alpha chapter as a consultant. Mrs. Keenan worked with Mrs. Bell and Mrs. Meyers, organizer and first president of ESO, to present rules and regulations to meet both ESO and GFWC requirements and to clarify the status of the organization. Their work was completed in 1950 when the rules were modified to include ESO as a division of the Education Department of GFWC. The establishment of ESO was aided by the Extension Division of the University of Indiana. The Extension Division began creating "reading courses" which gave college credit, applicable to a University degree or membership in ESO. The enrollment fee in 1935 was \$1 for one course or \$3 for four courses. The original ESO reading courses were compiled by the American Library Association, the United States Office of Education, Purdue University, and Indiana University. Clubwomen could choose from over 100 courses. Reading courses ranged in subject matter from American heroes to interior decoration to U.S. foreign relations.

ESO TODAY

Today ESO is part of the GFWC Education Community Service Program with clubs across the country continuing to participate in this self-improvement reading program. Since 1928, ESO has evolved into a diverse program with state chapters personalizing their programs based on clubwomen's needs and their communities. ESO members should follow the guidelines of their state ESO chapter.

(Continued on page 14)



GENERAL FEDERATION
of WOMEN'S CLUBS



ADVOCATES FOR CHILDREN WEEK

October 21-27, 2018

***Make a difference
in a child's life.***

"CHILDREN ARE THE WORLD'S MOST VALUABLE RESOURCE AND ITS BEST HOPE FOR THE FUTURE." -- JOHN F. KENNEDY.

Advocates for Children Week, October 21-27, 2018, is rapidly approaching, so start planning your club projects! The annual tradition brings together all GFWC clubwomen to make a significant difference in the life of a child. You can support March of Dimes and St. Jude, the Juniors' Special Program: Advocates for Children Partners who work towards improving the health of babies and children.

This October, GFWC is celebrating the 19th anniversary of the Juniors' Special Program: Advocates for Children. Although the program itself is fairly new in the scope of GFWC's 128-year history, advocating for youth and supporting children all over the world is a core part of GFWC values and tradition. A push for improved public schools, the establishment of kindergartens, and public libraries were among the very first civic missions of GFWC in the late 19th and early 20th centuries.

During the 1896 GFWC Convention in Denver, Colorado, members focused on solving problems affecting women and children that had been exasperated due to rapid urbanization and industrialization. In Denver, clubwomen unanimously resolved that no child under the age of 14 should be employed in a hazardous setting, and that proper sanitation and safe working conditions must always be provided. This resolution would become the cornerstone of legislation preventing child labor.

Clubwomen such as Jane Addams led the way in advocating for children by heading GFWC's Child Labor Committee in 1901. GFWC is proud of our history of supporting children and providing a voice to those without one.

To raise awareness for GFWC's child advocacy efforts, GFWC has declared the fourth week in October as GFWC Advocates for Children Week. All GFWC Women's, Junior, and Juniorette clubs are invited to participate by planning events related to the Juniors' Special Program.

Proper hygiene for children, as well as nutrition and care for infants, also became a rallying point for clubwomen throughout the 20th century. When President Franklin Delano Roosevelt established the March of Dimes in 1938, clubwomen immediately found an ally in the fight for proper health care and hygiene for mothers and their children. Today, GFWC continues to partner with March of Dimes through our Juniors' Special Program. Clubs like the Junior Woman's Club of Loudoun in Virginia support March of Dimes by hosting fundraising events such as a wine and chocolate pairing fundraiser, and participating in the March for Babies Walk. The GFWC Boulder Valley Woman's Club (Colorado) has collected loose change at their meetings to benefit March of Dimes. Whether hosting an event, participating in a walk, or collecting spare change, clubs are dedicated to helping March of Dimes in its mission to end premature birth and infant mortality.

At the 2015 Annual Convention in Memphis, Tennessee, GFWC was proud to begin a partnership with St. Jude Children's Research Hospital, giving clubs another way to support the Juniors' Special Program: Advocates for Children. GFWC has demonstrated our commitment to ending childhood cancer by bringing all hands on deck for the St. Jude Run/Walk to End Cancer. In 2016, members have created 31 teams in 19 markets, collected 422 donations, and raised more than \$27,000. This year (2018), Team GFWC-Mississippi Federated Clubwoman and Friends raise \$8,618.

Advocates for Children Week, which takes place every year in the fourth week of October, gives members the perfect opportunity to shine a light on all that they do year-round for children. Many clubs, like the Ridgely Park Woman's Club EMD in New Jersey, submit proclamations to their local government declaring GFWC Advocates for Children Week in their community. Consider starting a project focusing on children this week. For example, the Pio Pico Woman's Club in California is collecting stuffed animals and donating them to a local hospital. The GFWC Emerald Coast Junior Woman's Club in Florida collected juice boxes and held a non-perishable snack drive for the Children's Advocacy Center's Sexual Abuse Treatment Program.

What will your club do to celebrate Advocates for Children Week? For more information and additional ideas, read the [Juniors' Special Program section](#) of the Club Manual for information on how you can be an advocate for children. By educating the public on these issues, supporting our healthcare community, and empowering families, GFWC clubwomen can truly make a difference.

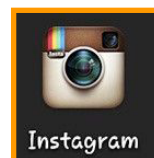
So, what will your club do to celebrate Advocates for Children Week? Be sure to post pictures to our facebook page or email pictures to Lisa A. Harris at lisaharris@outlook.com.

Source: Parts of this article were taken from the GFWC.org website.

GFWC-MFWC on the Internet



- ♥ [GFWC-Mississippi Federation of Women's Clubs, Inc.](#)
- ♥ [GFWC-MFWC Juniores](#)
- ♥ [GFWC-MFWC Women's History](#)



- ♥ [GFWC-MS](#)



- ♥ [MS Women's Club](#)

START COLLECTING



**F
O
R**



BENEFITS OF ESO MEMBERSHIP

Unlike other GFWC programs, ESO exists specifically for the benefit of clubwomen. GFWC programs are traditionally community improvement based. Although ESO is beneficial to the community, its main focus is directed at club members. Reading groups have become commonplace in many communities recently because of their unique benefits. Members who participate in reading groups are able to experience intellectual discussions on a variety of books, create new friendships, coalesce with various members of the community, and gain knowledge about life, love, family, politics, cultures, technology, the world around them, and many other topics.

HOW TO BECOME AN ESO MEMBER

Step 1: Contact Donna Hutchings, GFWC-MFWC ESO chairman to receive a copy of GFWC ESO guidelines or download them from our website at: http://www.gfwc-mfwc.org/GFWC_MFWC_ESO.html.

Step 2: Interested GFWC members must first pass through the ESO pledge stage before they can become ESO member. The completion of an ESO pledge application is needed before you can begin working towards membership status. Your pledge application must be sent to Donna Hutchings, GFWC-MFWC ESO chairman, who will begin tracking your progress. You qualify for membership at your own pace, finishing in a few weeks or working slowly throughout a longer period of time. After proper completion of 16 books, you will receive a certificate verifying your ESO membership.

MEMBER RESPONSIBILITIES

ESO members are encouraged to participate in club programs such as:

- Reading
- Reading/study/discussion groups
- Working to achieve higher ESO levels
- Continuing to pursue self-improvement through personal study

Reading is, of course, the main responsibility of an ESO member. Once books are completed, you are required to complete a “book report”. The book report form is used to express your opinions of the books you read.

The forms are also used by state ESO chairmen. The chairmen must keep track of each member’s ESO levels, which is based on the number of books read. The report form must be completed by you once you have completed one category (four books) and sent to Donna Hutchings, GFWC-MFWC ESO chairman. Report forms will not be returned.

Members can participate in ESO as part of a reading group or on their own. The program provides membership, awards and certificates, pins, reading lists, and a framework in which to pursue continued self-improvement through reading. Many clubs combine club programming with ESO related activities, such as reading awareness and book promotion.

The Mississippi Chapter of ESO was established in 1952 by the University of Mississippi Extension Division.

(Continued from page 14- Epsilon Sigma Omicron)

ESO RESOURCES

The below ESO resources are available on our website at http://www.gfwc-mfwc.org/GFWC_MFWC_ESO.html.

- ESO Handbook (Updated August 3, 2016)
- ESO Pledge Application
- ESO Book Report Form
- ESO Book Reading List, 2018-2020
- ESO Mississippi Writers Reading List, 2018 **(new)**

For more information on ESO, contact Donna Hutchings, GFWC-MFWC ESO Chairman.

Source: GFWC ESO Handbook, Updated August 3, 2016.

(Continued from page 10 - Email Etiquette)

- ♦ Maintain privacy. If you're sending a message to a group of people, you need to protect the privacy of your list, therefore, you should always use "Bcc." Additionally, avoid giving out e-mail addresses to third parties (such as an Evite, newsletter, someone outside your organization, etc.). Before you willingly hand over email addresses to third parties be sure you have permission to hand over these email address.
- ♦ Reply to your emails. It's difficult to reply to every email message you receive, but you should try. It is just good etiquette to let the sender know you have received their email. However, in some cases, you should not reply to certain email if you suspect they are a mailing list, spam, a virus, a worm, a malicious email, etc.
- ♦ Proofread every message. Your mistakes won't go unnoticed by the recipients of your email. Don't rely on spell/grammar checkers. Read and re-read your email a few times, preferably aloud before sending it off.
- ♦ Add the email address last and make sure that you selected the correct recipient. You don't want to send an email before you have finished composing and proofing the message. Be sure to pay close attention to which name you pick from your address book as you can choose the wrong name and it can be embarrassing to you and the person who receives the email by mistake.
- ♦ Don't get mistaken for Spam. Avoid subject lines that are in all caps, all lower case, and those that include URLs and exclamation points - which tend to look like Spam to the recipient.
- ♦ Writing in all CAPS is SHOUTING. Don't shout in your emails unless you mean to. Text set in all capital letters are construed as shouting and it is also difficult to read.
- ♦ Use acronyms sparingly. DYK? ICYMI. ISO. Not everybody knows every acronym and these abbreviations do not save that much time anyway. So, use few if any acronyms, and only if you are sure the recipients know their meaning. It is rude to make someone run a search on something in your email.
- ♦ Don't spread viruses. Make sure you are not spreading worms and viruses via email or act as a vehicle for spreading spam. All this can be caused by malicious emails. Fortunately, there's protection: Use anti-virus software, keep it up to date, and scan individual files.
- ♦ Only use an auto-responder when necessary. An automatic response that says, "Thank you for your e-mail message. I will respond to you as soon as I can" is useless. However, one thing these messages do great is alert spammers that your e-mail is real and that they can add you to their spam list.

I hope that you have enjoyed these tips and put them to use in your next email message. In our next newsletter, we will cover Text Message Etiquette.

Soles4Souls Grand Initiative Update

Our GFWC-MFWC goal is to donate and ship 1,000 pairs of shoes to Soles4Souls by National Recycle Day on November 15, 2018. As of this publication, the following clubs have donated and shipped shoes to Soles4Souls.

- ♥ Florentine Evening Club - 29 pairs
- ♥ Camille Breckenridge (Batesville Junior Woman's League) - 12 pairs
- ♥ Becky C. Wright (Fine Arts Club of Bruce) - 25 pairs
- ♥ Raleigh Woman's Club - 135 pairs
- ♥ Eupora Woman's Club - 20 pairs
- ♥ Star Woman's Club - 35 pairs

Total collected, shipped and reported = 256

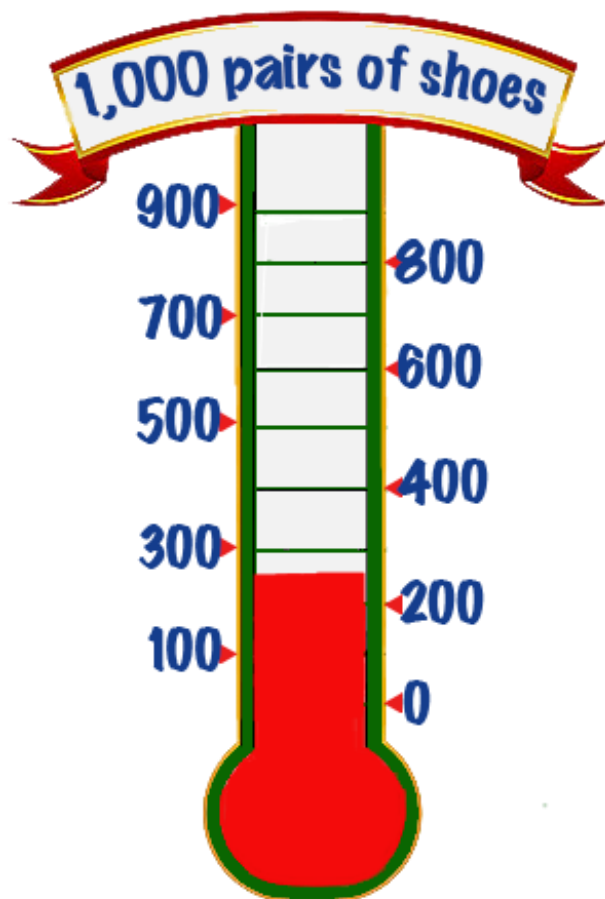
SOLES 4 SOULS



Free Shipping
Provided By
Zappos
POWERED by SERVICE®



GFWC-MFWC GRAND INITIATIVE DONATE

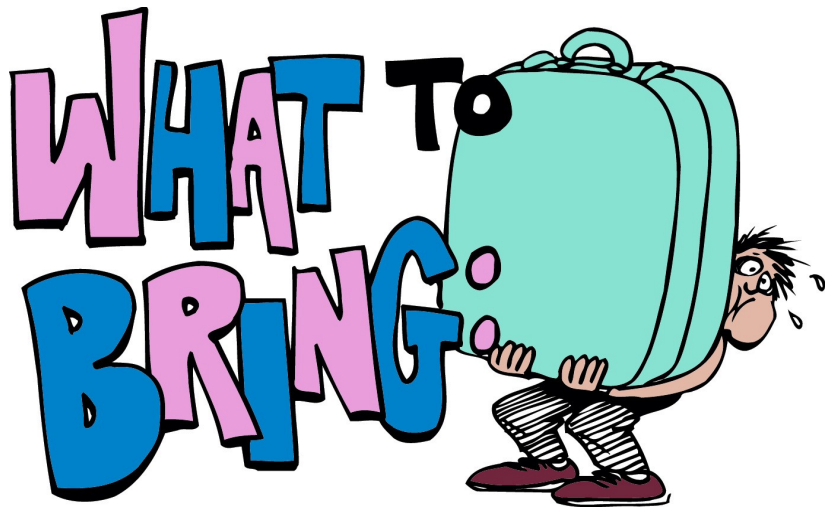


BY NOVEMBER 15, 2018

Packing For GFWC Southern Region Conference

Several important items that you should make sure that you pack for Southern Region Conference are:

- ☐ GFWC-MFWC Pin
- ☐ Casual GFWC or GFWC-MFWC apparel and comfy shoes for Friday's tour: Haunted Vicksburg Ghost with "Dutch Treat" at Rusty's on the Riverfront
- ☐ Business casual for meetings and dressy/cocktail/after five for banquets
- ☐ Red clothing for Friday night State Night in honor of Wear Red for Women's Heart Health Awareness
- ☐ 2018 Southern Region Service Project for Domestic Violence Awareness & Prevention. These items will be donated to the Center for Violence Prevention in Pearl, MS.
 - ☐ Walmart gift cards
 - ☐ Move gift cards
 - ☐ iTunes or Google Play gift cards
 - ☐ Amazon gift cards
 - ☐ T-shirts (assorted sizes)
 - ☐ Sleep pants (assorted sizes)
 - ☐ Shampoo/conditioner (regular sizes)
 - ☐ Comfy throw blankets
 - ☐ Student bibles, devotionals
- ☐ Money to purchase items from vendors



Thank you June Vaughn for your comments, suggestions and proofing of our newsletters. You are the best.


Lisa

St. Jude and GFWC-MFWC

Walking to End Childhood Cancer

On Saturday, September 23rd, team GFWC-Mississippi Federated Clubwomen and Friends, traveled from all areas of the state to participate in the annual St. Jude Walk/Run to End Childhood Cancer in Memphis, TN. Hot weather, rain nor wind could keep these ladies from their mission of walking for the Children of St. Jude's.

In case you did not get your donation in before the walk, you are still in luck as fundraising is open until November 1, 2018. Why donate? Because every dollar helps the life saving mission of St. Jude: Finding Cures and Saving Children. Use this link to donate to our team or to a team member: http://fundraising.stjude.org/site/TR/Walk/Walk?pg=team&fr_id=89703&team_id=219366.



GFWC-Mississippi Federated Clubwomen and Friends

Register and Join Team

Donate to Team Goal

Share

FUNDS RAISED FOR ST. JUDE
\$8,853

OUR TEAM'S PROGRESS
100% \$8,777

OUR EVENT
St. Jude Walk/Run to End Childhood Cancer - Memphis, TN



Team Members

★ Frances Brown

Dr. P.

Autumn Baker

Ella Baker

Jacob Baker

Lillian Baker

Samuel Baker

Shelby Baker

Camille Breckenridge

Theresa Buntyn

Lisa A. Harris

Sharon Hudson

Connie Johnston

Alyssa Jones

Kim Jones

Tristen Jones

Meri Newell

Abbi Pittman

Laurie Porciello

Emma Pratt

Becky Wright



Announcements and Upcoming Events

Important Dates (Overview)

October 18th	Memorial Service for Lynda Essary Love at GFWC-MFWC Headquarters in Jackson, MS.
October 18th - 21st	GFWC Southern Region Conference, Embassy Suites Hotel at the Township at Colony Park, Ridgeland, MS. Hosted by GFWC-MFWC.
October 21st - 27th	GFWC Advocates for Children Week.
November 1st	GFWC-MFWC State Club Dues must be postmarked by this date each year to receive Honor Club status.
November 3rd	GFWC-MFWC Reporting Workshop and MS LEADS at GFWC-MFWC Headquarters in Jackson, MS.
For a complete listing of Important Dates, click here .	

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 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.

GFWC-MFWC Marketplace

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.



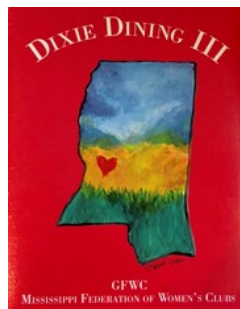
\$20.00

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

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

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.



\$25.00

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

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.



\$5.00 each

GFWC-MFWC Member Pin.

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

An organization of community-based volunteer women's clubs, who have been dedicated to community service since 1898



A proud member of one of the oldest, nonpartisan, nondenominational women's volunteer service organizations, the General Federation of Women's Clubs



10 for \$5.00

GFWC-MFWC Membership Brochures.

How To Have A Healthy Halloween

Too much Halloween candy got you spooked? Try some of these healthy tips for party snacks and trick-or-treats. Ideas so good, it's scary!

Curb the Candy Craze

The kids look adorable in their costumes and are counting down the days until October 31! Are you ready for the sugar rush? With a little creativity, you can find fun ways to include some healthy options in the mix, whether you're having a party with friends or trick-or-treating in the neighborhood.



Try these tips to make your Halloween festivities a little healthier for your family, party guests and trick-or-treaters.

For the Trick-or-Treater

- Fill up first. What kid doesn't want to eat their favorite candy right when it goes into their trick-or-treat bag? Having a healthy meal **BEFORE** your kids go trick-or-treating can reduce their temptation to snack while walking or to overindulge, because their tummies will be full.
- Bag the monster bag. Choose or make a smaller collection container for your child and steer clear of the pillow case method. If you encourage kids to only take one piece of candy from each house, they'll be able to visit more houses in the neighborhood.
- Get moving. Get some exercise by making Halloween a fun family activity. Walk instead of driving kids house to house. Set a goal of how many houses or streets you'll visit, or compete in teams to do as many as you can. Bring a bottle of water and a flashlight, and wear comfortable shoes for walking!
- Look before you eat. Check expiration dates and inspect all edibles before allowing children to eat them. Don't let children eat anything with questionable or unknown ingredients, especially if they have food allergies.
- Have a plan. Halloween, and Eat Smart Month in November, can be a great time to talk with kids about moderation and making smart eating choices. Plan in advance how much candy they'll be allowed to take at each house, keep, and eat. If they're old enough, let them help decide what to do with excess candy. See our suggestions later on in this article.

For the Party Host

- Up the fright factor. Serve healthy snacks dressed up in the Halloween theme. There are lots of creative ideas being shared online at this time of year, like banana ghosts, apple monster mouths, carrot witch fingers, and candy-corn-colored fruit popsicles or parfaits!
- Play with food. Incorporate healthy foods into party activities, such as decorating oranges like Jack-O-Lanterns and bobbing for apples.
- Keep 'em on their feet. Include plenty of physical activities, like a zombie dance party, three-legged monster race, spider crawl, or pumpkin toss.
- Rethink the drink. Don't forget that cutting back on sugary treats includes soda and sugar-sweetened beverages. Offer water, unsweetened tea, 100% juice, or fat-free/low-fat milk instead. Make a Halloween-themed punch from sparkling water and a splash of 100% orange juice, garnished with plenty of orange slices and black grapes or blackberries.

For the Stay-At-Home Crew

- No self-service. Hand out treats to each trick-or-treater – one per child – instead of letting them decide how much to take. If you have more than one item, ask them to choose which they prefer. This can help you get control of your

Halloween budget, too!

- Avoid the whole mess. Want to avoid candy altogether, not to mention masses of kids at your door? Dress your family up in costumes and go see a movie or deliver healthy Halloween treats to your local police or fire station, nursing home, or children's hospital.
- Be that house. You don't have to pass out candy on Halloween. Start a new tradition and give out healthier treats or non-edible items. Don't worry, we're not talking about toothbrushes! Get creative, and keep it colorful and kid-friendly.

Here are some ideas.

Healthier Treats:

- ♦ Clementine, blood oranges, or oranges decorated like Jack-O-Lanterns (with non-toxic ink)
- ♦ 100% juice boxes or pouches
- ♦ Snack-sized packages of pretzels, popcorn, graham crackers, dried fruit or vegetables, trail mix, nuts, or pumpkin seeds
- ♦ 100% real fruit strips, ropes or leathers
- ♦ Squeezable yogurt tubes or pouches
- ♦ Single-serving containers of mandarin oranges
- ♦ Sugar-free gum

Non-edible items:

- ♦ Glow sticks or small glow-in-the-dark toys
- ♦ Bouncy balls
- ♦ Mini plush toys and wind-up toys
- ♦ Crayons and coloring books (or intricate coloring pages for older kids)
- ♦ Stickers or stamps
- ♦ Temporary tattoos
- ♦ Bubble makers
- ♦ Spider rings or vampire teeth
- ♦ Slime, putty or squishy toys
- ♦ Friendship bracelets

Be careful to avoid giving very small items that could be a choking hazard to little ones.

What to Do with Excess Candy

Afraid you'll be dealing with an excess of Halloween treats until long after Valentine's Day? Here are some ideas for enjoying the evening's haul responsibly and getting rid of leftover candy:

- Let each child keep enough candy to have one or two pieces a day for one or two weeks (long enough for the excitement to wane). Throw away, donate or re-purpose the rest.
- When your child asks for a piece of candy, pair it with a healthy snack: an apple, a banana, some nuts, or celery with peanut butter.
- "Buy back" candy from your child with money or tokens they can trade in for a fun activity: a day at the zoo, an afternoon playing at the park, going ice skating, or a day at the pool.
- Some dentists' offices have buy-back or trade-in programs, too.
- Save it for holiday baking.
- Save it to fill the piñata at the next birthday celebration or give out with Valentine cards.
- Use it in an arts and crafts project or to decorate a holiday gingerbread house.
- Donate excess candy to a homeless shelter, children's hospital, or care package program for troops overseas. A familiar sweet treat from home can be comforting at the holidays.

Have no fear – you got this! Let's make Halloween fun, spooky, and a little healthier, too.

Source: www.heart.org & <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/how-to-have-a-healthy-halloween>.

Lowering Your Cholesterol

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

With World Stroke Day being observed later this month as a campaign for improved long-term strokes management and because stroke is the No. 5 cause of death and a leading cause of disability in the United States, understanding our risk is crucial to empowering the heart to make a difference. Most of us have a friend or family member who has suffered from it. While the number and frequency of stroke cases in the U.S. is startling, the answer isn't to live in fear that we will be next. Instead, we should learn the major risk factors and take a good look in the mirror. While some risk factors are outside your control – like race, age and gender – there are many we *do* have the power to control, such as diet, cigarette smoking, cholesterol and blood pressure. And cholesterol education is worth revisiting!

September was National Cholesterol Education Month. Did you **DETECT** that you have high cholesterol? Do you learn how to **CORRECT** your high cholesterol? Or maybe you just want to **PROTECT** against high cholesterol? **High cholesterol is one of the major controllable risk factors for coronary heart disease, heart attack and stroke.** A change in our diet and lifestyle will lower cholesterol and our chance of getting heart disease. Even if we get a prescription for a cholesterol drug to help, we still need to change our diet and become more active for our heart health. We can start with these steps.

Know Good and Bad

Our body needs a small amount of cholesterol, but many people have too much, especially the “bad” kind, or LDL cholesterol. That can happen if we eat too much saturated fat, found mainly in foods from animals. If our LDL level is too high, plaque can build up in our heart's arteries and lead to heart disease. The “good” cholesterol, HDL, helps clear LDL from our blood. **Get our numbers.**

Use Your Hands

It's easy to eat too much, especially when we eat out and the portions are huge. That can lead to weight gain and higher cholesterol. What's a true portion? Here's a “handy” way to tell. One serving of meat or fish is about what fits in our palm. One serving of fresh fruit is about the size of our fist. And a snack of nuts or serving of cooked vegetables, rice, or pasta should fit in our cupped hand. See the size chart below for other examples of true portions.

Think Delicious and Nutritious

When we load our plate with fruits and vegetables -- aiming for five to nine servings each day – we are helping to bring down our LDL level. Antioxidants in these foods may provide the benefit, along with fiber. And we may eat less fatty food if we fill up on produce. Bonus: This will also help lower blood pressure and keep our weight in check.

Boost Your Omega-3s

We should eat fish twice a week. It's a great source of protein and omega-3s, which are a type of fat our body needs. Omega-3s help lower levels of triglycerides, a type of fat in the blood. They may also cut down on cholesterol, slowing the growth of plaque in arteries. Go for fatty fish, such as salmon, tuna, trout, and sardines. Grill, roast, bake, or broil, but don't fry them. Check out the Salmon Cake recipe in our Dixie Dining III for a more economical alternative to fresh salmon.



(Continued from page 24)

Start the Day with Whole Grains

A bowl of oatmeal is a smart choice. Try adding fruit such as fresh or frozen blueberries, cherries, or peaches to oatmeal with a sprinkle of cinnamon for an added nutrition boost. Oatmeal fills us up, making it easier not to overeat at lunch. The fiber also curbs LDL cholesterol. Whole grains aren't just for breakfast. We've got plenty of options to try later in the day, such as brown or wild rice, popcorn, and barley. Did you know that using old-fashioned popcorn instead of prepackaged microwave popcorn is a healthier alternative? Simply make your own using a brown paper lunch bag with a quarter cup dry popcorn, spray with a little olive oil cooking spray, and pop on popcorn setting as usual! Substitute a sprinkle of Rosemary or Mrs. Dash for the salt.

Go Nuts

Need a snack? A handful of almonds, pecans, pistachios, walnuts, or other nuts is a tasty treat. They are high in monounsaturated fat, which lowers LDL "bad" cholesterol but leaves HDL "good" cholesterol alone. Studies show that people who eat about an ounce of nuts a day are less likely to get heart disease. Keep the portion small to limit fat and calories. And avoid those covered in sugar, chocolate, or a lot of salt.

Make It Unsaturated

We need some fat in your diet, but probably less than we think. Plus, the type of fat matters. Unsaturated fats -- like those found in canola, olive, and safflower oils -- lower LDL "bad" cholesterol levels and may help raise HDL "good" cholesterol. Saturated fats -- like those found in meat, full-fat dairy, butter, and palm oil -- raise LDL cholesterol. Remember, good fats have just as many calories, so use just a bit.

Pick the Best Carbs

Beans and whole grains such as brown rice, quinoa, and whole wheat have more fiber and don't spike our blood sugar. They will lower cholesterol and make us feel full longer. Other carbs, like those found in white bread, white potatoes, white rice, and pastries, boost blood sugar levels more quickly so we feel hungry sooner, which can lead us to overeat. Our Dixie Dining III has two great recipes for adding more grains: Tri Bean Soup and Quinoa and Bean Salad.

Go for 30

Just half an hour of physical activity 5 days a week can lower our bad and raise our good cholesterol levels. More exercise is even better. Being active also helps us reach and keep a healthy weight, which cuts our chance of developing clogged arteries. It is not necessary to exercise for 30 minutes straight. Exercise can be broken up into 10-minute sessions. Or go for 20 minutes of harder exercise, like running, three times a week.

Walk It Off

It's simple, convenient, and all we need is a good pair of shoes. Aerobic exercise ("cardio") such as brisk walking lowers the chance of stroke and heart disease, helps us lose weight, keeps our bones strong, and is great for our mood and stress management. And we can start with a 10-minute walk and build up from there. Fall is a great time to enjoy a walk outdoors and maybe even boost our Vitamin D!

Go Beyond the Gym

We can be active anywhere. Gardening, playing with our kids, hiking, dancing, walking our dog -- if we're moving, it's good! Even housework goes on the list if it gets our heart rate up.

Be Smart When You Eat Out

Restaurant food can be loaded with saturated fat, calories, and sodium. Even "healthy" choices may come in

(Continued on page 26)

Lowering Your Cholesterol

supersize portions. To stay on track, we should choose broiled, baked, steamed, and grilled foods -- not fried and get our sauces on the side. And we could even ask for half of our meal to be boxed up before we get it.

Check the Label

What's the serving size? The nutrition info may look good, but does the package contain two servings instead of one? If it says, "whole grain," we should read the ingredients. Whole wheat or whole grain should be the first one. Note the saturated fat, sodium, calories, and cholesterol. Are they OK for our daily plan?

Stay Chill

Over time, out-of-control stress becomes a problem. It raises our blood pressure, and for some people, it might mean higher cholesterol levels, but we can make it a priority to relax. It can be as simple as taking some slow, deep breaths, meditating, praying, socializing with people we enjoy, and exercising. And when possible, we may can change the things that stress us out!

Check Your Weight

Extra pounds make us more likely to get high cholesterol, high blood pressure, and type 2 diabetes. These all affect the lining of our arteries, making them more likely to collect plaque from cholesterol. Losing weight, especially belly fat, raises our good and lowers our bad cholesterol.

Keep Tabs

We should celebrate our progress! **When we Own Our Lifestyle**, we are in charge of our health and that can turn our cholesterol around. Working together, we will keep our heart going strong.

We all have a **WHY**, so why not begin to make these changes today to lessen our fears.

Use the letters in "fast" to spot stroke signs and know when to call 911.

F	A	S	T
FACE DROOPING	ARM WEAKNESS	SPEECH DIFFICULTY	TIME TO CALL 911

FACE DROOPING - does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven or lopsided?

ARM WEAKNESS - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY - Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "They sky is blue." Is the person able to correctly repeat the words?



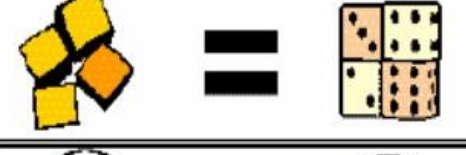



TIME TO CALL 9-1-1 - If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and say, "I think this is a stroke" to help get the person to the hospital immediately. Time is important! Don't delay, and also note the time when the first symptoms appeared. Emergency responders will want to know.



American
Heart
Association.

Lowering Your Cholesterol

Portion Sizes

1	3 ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.	
2	A medium apple or peach is about the size of a tennis ball.	
3	1 ounce of cheese is about the size of 4 stacked dice.	
4	1/2 cup of ice cream is about the size of a racquetball or tennis ball.	
5	1 cup of mashed potatoes or broccoli is about the size of your fist.	
6	1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.	
7	1 ounce of nuts or small candies equals one handful.	