

Empowering  
the  
Heart to  
Make a  
Difference

Detect  
Correct  
Protect



American Heart  
Association

# The Heartbeat

September 2018

Volume IX Issue 2

The Southern Region  
Conference -- is  
October 18-21, 2018,  
and guess what ladies -  
- Mississippi will be  
hosting.



*GFWC Southern Region*



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

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



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

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

# MFWC FACTS

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

by Tommye Hogue Rosenbaum

The World War I Years  
1912-1920

Administration of Mrs. James H. (Emily) Price  
1914-1916

- Ninth President of MFWC

## Highlights of this Administration

- \* From Jackson, Mississippi.
- \* The sixteenth annual Convention was held in November 1914, in Vicksburg, MS, with the seventeenth annual convention held in McComb, MS in 1915.
- \* 1915 marked the first year for a Junior Department within the Federation.
- \* There were one hundred twenty clubs in the Federation at this time.
- \* The MFWC was divided into ten districts and a chairman was appointed for each district. Mrs. Price attended all district meetings (20) during her administration and was pleased with the growth of these organizations.
- \* All committees reported successful programs during this administration:
  - The Legislations Committee was actively trying to get the "age of consent" raised from twelve to eighteen years.
  - The Extension Committee reported that fifteen new clubs were added during the year.
  - The Fire Prevention Committee was added to the Conservation Department.
  - The Public Health Committee encouraged "Better Baby" Contests to assist the mothers of infants in caring for them and thus decreasing the infant mortality rate.
  - The Education Committee worked hard to reduce Mississippi's 22% illiteracy rate.
  - The Public Health Committee sponsored the "Cleanest Town Contest" that encouraged city beautification and elimination of water hazards where mosquitoes could flourish.
- \* A feature of the seventeenth annual convention was a Memorial Service held in honor of Mrs. D. N. (Elizabeth Marshall) Hebron, the first President of the Mississippi Federation of Women's Clubs, who had recently died.
- \* Mrs. Price urged for the 1) improvement of rural schools through the establishment of permanent homes for teachers, 2) welcoming youth club members, 3) for all clubwomen to buy products made in America and to use cotton products more, as Mississippi's economy was so dependent on cotton and finally, 4) she urged continued support for a juvenile reformatory.



## A Message From Becky C. Wright

Hello again Federation Friends,

What a joy it continues to be to represent you ladies in so many capacities! From serving on the Mississippi HOBY Board to serving on the GFWC Board to visiting clubs — installing officers and sharing my PSP, I am honored to serve as your MFWC President. I am honored to call you my Federation Family! To reiterate the words my husband pointed out recently, my “family” has grown exponentially over these past few months! And for that I am thankful. For it is with the teamwork and support of my Federation Family that we can and will Empower the Heart to Make a Difference.



With fall just around the corner, and the beginning of our club year getting underway, I wanted to take this opportunity to recap our empowering MFWC summer. The Incoming Leaders Training, State Hospital Tour, Summer Board, Summer Institute, and our Summer Institute Service Projects offered numerous ideas and opportunities to make a difference.

Our empowering weekend began on Friday with our Incoming Leaders Training at our MFWC Headquarters. As we welcomed many of our ladies to our Headquarters for the first time, Past Headquarters Chairman Teenie Boone gave a wonderful program on the history of our Headquarters. Following a heart healthy build-your-own salad lunch and federation fellowship, we continued as MFWC Leadership Chairman Carolyn Tedford facilitated an informative session, giving our incoming leaders information on everything from preparing a budget, to recording the minutes to the importance of an agenda. Additionally, attendees were challenged to host a local institute for their club with the information they would receive at Summer Institute.

Following the Incoming Leaders Training, MFWC State Institutions Chairman Betty Harpe hosted a tour of State Hospital giving those in attendance an opportunity to see the needs first hand. MFWC has been very generous to State Hospital through the years—and the staff and administration are very appreciative. I attended State Hospital’s Serendipity Art Show and Auction this past week and I must say was treated like a celebrity because of your continued support for the hospital. You will find a donation line on our dues form, but did you know that your club could be involved in other ways? Why not host a Christmas Party or a summer picnic for one of the buildings? I was told of one group doing something so simple as sending Christmas cards to the State Hospital Nursing Home residents, including a short personal note, and how the cards were treasured throughout the year! We will be hearing more about ways to support State Hospital and all our state institutions over the next two years.

The Mississippi Library Commission provided the perfect facility to host our Summer Board and Summer Institute. How could we not learn and be empowered surrounded by so much information and technology! Special thanks to MLC Board Chairman Suzanne Poynor—our very own— for arranging the use of the facility and to MLC Executive Director Hulen Bivins for being such a gracious host. Our morning began with the most important meal of the day, again being a heart healthy breakfast, hosted by our President’s

*(Continued on page 6)*

(Continued from page 5)

Special Assistants Sandra Pope and Elizabeth Massey and PSP Co-Chairman Bethany Flint. Following a very productive Board Meeting, our Summer Institute provided time for our MFWC Chairmen to share updates from GFWC for our GFWC Special Programs, Community Service Programs and Partnerships, Advancement Areas, and MFWC Scholarships and Special Emphasis Areas. Several of our chairmen provided displays with resources to take back to our clubs to enhance their club projects. We were fortunate to have three special guests share news on HOBY and the American Heart Association. What a treat!

Continuing this administration's goal of having a service project at each state meeting, our two projects at Summer Institute benefited both strangers and loved ones. We are happy to report that the I Support the Girls project was a great success and resulted in Mississippi receiving our own affiliate with this organization. I think that we all can agree that our Summer Institute was empowering — empowering with knowledge and ideas for our clubs and empowering to the women in Mississippi who are victims of domestic violence, as well as those experiencing homelessness, through our I Support the Girls service project.

Additionally, we collected and packed items along with cards of thanks and encouragement for our Public Issues service project: MFWC Cares about our Military. Special thanks to Lisa Harris for an amazing job of carrying out my vision for the thank you card—it was perfect! Our initial shipment of military care packages has been delivered to MFWC family members currently serving to protect our freedom. Your generosity toward this project was amazing and our heroes who received our packages were so grateful. Plans are underway for an additional project in support of our military, but I would like to encourage you to initiate your own military project within your club as part of our 7 Grand Initiatives. Subscribe to GFWC News & Notes for updates and ideas on how your club can participate, including Military Mommy Bags—on your own or through the link to March of Dimes.

As you can see, Summer Institute was empowering! I look forward to seeing many of you in the coming months as I visit your clubs. Until then I hope to see you in Memphis at the St. Jude Walk to End Childhood Cancer on September 22, at our Southern Region Conference October 18-21 in Ridgeland, and then again at the Reporting Workshop and MS LEADS on November 3 at our Headquarters. Please feel free to call me with any questions regarding any of these events, or if you just want to talk!

I would be remiss if I did not acknowledge our Executive Officers, our Appointed Officers, my special friend June Vaughn, and our Meetings Coordinator Nancy Smith Griffin for their unfailing support. No doubt, we are family and I am so blessed. With a grateful heart, I am reminded that federated clubwomen are just ordinary women with extraordinary hearts and your hearts were certainly extraordinary at Summer Institute! You offered the gift of time to teach, to listen, to help, to inspire, to build, to grow, and to learn. You received no pay, yet the value of your work knows no limit. You've planted tiny seeds of love in countless lives. Yes, our MFWC members are just ordinary women who reach out and take a hand and together empower the difference that lasts a lifetime.

Empowering the difference through volunteer service,

*Becky*

# Highlights from 2018 Summer Institute

The 2018 Summer Institute was held on July 21st at the Mississippi Library Commission headquarters in Jackson, MS. Speakers included members of the executive committee, appointment officers and chairmen with guest from the HOBY and the Mississippi Chapter of the American Heart Association.

The executive committee which is comprised of our President, President-elect, Vice President, Secretary and Treasurer all gave a report on their travels and accomplishments since their installment in April 2018.



## Reports, Information and Hints were presented by chairmen of the following programs:

- ◇ GFWC Signature Program: Domestic Violence Awareness & Prevention
- ◇ Juniors' Special Program: Advocates for Children
- ◇ The CSPs (Arts, Conservation, Home Life, International Outreach, Public Issues, Education, ESO and HOBY)
- ◇ President's Special Project - Empowering the Heart to Make a Difference: Detect. Correct. Protect.
- ◇ GFWC-MFWC Ways and Means items
- ◇ Areas of Opportunity Specific to MFWC (State Institutions, MFWC Histories, Leadership and MS LEADS, Youth Art and Youth Art Challenge)
- ◇ Advancement Areas (Communications & Public Relations, Membership, Legislations & Public Policy and WHRC)
- ◇ Reporting 101

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# GFWC 7 GRAND INITIATIVES

During the administration of Mary Ellen Brock, the 52nd GFWC International President, there will be "7 Grand Initiatives". They are called "7 Grand Initiatives" as each of them has 1,000 as a goal.

The "7 Grand Initiatives" are

1. That 1,000 clubs will do a service project on Martin Luther King Day, January 21, 2019;
2. That members will plant 1,000 trees on Arbor Day, April 2019;
3. That members will donate 1,000 pairs of used shoes to Soles 4 Souls or Nike "reuse-a-shoe";
4. That members donate 1,000 Dr. Seuss books by March 2020;
5. That 1,000 members join the Legislative Action Center;
6. That members do 1,000 projects devoted to women in the military; and
7. That 1,000 members donate \$1,000 to the Capital Campaign.

According to President Brock, the "7 Grand Initiatives" are very attainable. So, plan your projects now.

## 1<sup>st</sup> GRAND INITIATIVE - 1,000 clubs will do a **SERVICE PROJECT ON MARTIN LUTHER KING DAY**, January 21, 2019. Dr. King, Jr. stated that "Everybody Can Be Great Because Everybody Can Service."

### Background on MLK Day of Service.

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

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

### Examples of Service Projects:

- ⇒ **Organize a Blood Donor Drive.** Celebrate Martin Luther King, Jr. Day and National Blood Donor Month at the same time! Due to bad weather and illness, January is one of the hardest months for recruiting blood donors. You can work with organizations like American Red Cross to host a blood drive event in your area.
- ⇒ **Organize a Community Clean Up.** The Martin Luther King, Jr. Day of Service is meant to get everyone involved in the active betterment of their community. So harness the power of the collective and organize a clean-up day in your neighborhood. There's a public park with your name on it!
- ⇒ **Painting Project at School.** A national holiday means schools are closed, which makes it the perfect opportunity for volunteers to revitalize the public schools in their communities with a fresh coat of paint or beautiful murals! Start researching your area to see if there are schools or public places that will be hosting painting events for the Day of Service!



⇒ **Make Weighted Blankets.** Weighted blankets are a common way to make individuals with autism feel calm and safe. The GFWC Library Club (Minnesota) partnered with a local Autistic Program to provide blankets for students with beans as stuffing. Their project was listed in the 2018 Top GFWC Projects. Take a page from their book and make blankets that will soothe students with autism.

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



**GRAND INITIATIVE** - Club members **will plant 1,000 trees on Arbor Day**, April 26, 2019 or April 24, 2020.

### **Background on National Arbor Day.**

The origin of Arbor Day dates back to the early 1870s in Nebraska City, Nebraska. A journalist by the name of Julius Sterling Morton moved to the state with his wife, Caroline, in 1854 (a little more than 10 years after Nebraska gained its statehood in 1867). As newcomers to the young state, the couple purchased 160 acres in Nebraska City and planted a wide variety of trees and shrubs in what was primarily a flat stretch of desolate plain.

Morton also became the editor of the state's first newspaper, Nebraska City News, which became a perfect platform for Morton to spread his knowledge of trees and to stress their ecological importance within Nebraska. His message of tree life resonated with Nebraskans, many of whom recognized the lack of forestation in their community. Morton also became involved with the Nebraska Board of Agriculture.

On January 7, 1872, Morton proposed a day that would encourage all Nebraskans to plant trees in their community. The agriculture board agreed, and after some back-and-forth about the title - the event was originally going to be called "Sylvan Day" in reference to forest trees. However, Morton noted that the day should reflect the appreciation of all trees and Arbor Day was born.

It wasn't until 1970, however, that Arbor Day became recognized nationwide, thanks to Richard Nixon. This move was in line with other environmentally-friendly actions taken by Nixon in the 1970s, including the passing of the Clean Air Act, the Endangered Species Act, the Clean Water Act and the National Environmental Protection Act, along with the creation of the Environmental Protection Agency.

Be part of GFWC clubs planting 1,000 trees on Arbor Day, Friday, April 26, 2019, and Friday, April 24, 2020.

- Obtain free trees by joining the National Arbor Day Foundation.,
- Request trees from the National Wildlife Federation Trees for Wildlife program,
- Purchase trees from a local nursery or organizations such as a scout group and plant them.,
- Contact your local SWCD or NRCS and ask about their tree sales.

Contact Theresa Berryhill, GFWC-MFWC Conservation Chairman for more information at [tt\\_berryhill@hotmail.com](mailto:tt_berryhill@hotmail.com).

### **Women's Heart-Health Facts**

- Cardiovascular diseases cause one in three women's deaths each year.
- Heart disease is the No. 1 killer of women, taking more lives annually than all cancers combined.
- 80% of heart disease and stroke events may be prevented by lifestyle changes and education.
- More than 1 in 3 women are currently living with some form of cardiovascular disease.

Source: American Heart Association, [www.heart.org](http://www.heart.org).







**GRAND INITIATIVE** - That members will **donate 1,000 pairs of used shoes** to Soles4Souls or Nike “reuse-a-shoe”.

**Soles4Souls program,** <https://soles4souls.org/about-us/>.

Soles4Souls donates gently worn shoes for distribution to individuals in need. Since Soles4Souls began in 2006, they have distributed over 30 million pairs of shoes in 127 countries and all 50 US States. But EVERY SINGLE ONE of those pairs make a difference in people's lives. Every day children are prevented from attending school, adults are unable to work. Walking becomes unbearable. A new pair of shoes provides relief in many developing nations around the globe, in time of disaster, and helps bridge the economic gap in the United States and Canada. Shoes keep people healthy, happy and thriving. In many developing nations, walking is the primary mode of transportation. Every day millions are exposed to unsanitary conditions that lead to diseases. These diseases may lead to sickness, even death. They also keep children out of school leaving them without an education and continuing the cycle of poverty. With your help, Soles4Souls can provide a life-changing solution: a good pair of shoes. Don't throw away a good opportunity. Americans throw away more than 70 pounds of textiles per person per year. The EPA estimates only 15% is donated or recycled. Since 2006 we've kept 42 million pounds of shoes and clothing out of landfills and instead created opportunities for people in need around the globe.

#### Used Shoes = New Opportunities

Your new and gently-worn shoes help individuals start and sustain small businesses to lift themselves out of poverty. Donated shoes are a viable resource to help entrepreneurs provide crucial necessities for their families.

- ◆ The sale of one pair of shoes can provide five meals for Marie-Ange and her family in Haiti.
- ◆ 20 pairs of shoes can provide a year's worth of shelter for Ginette and her family in Haiti.
- ◆ 30 pairs of shoes can provide a year's worth of schooling for Tracy's daughter in Honduras.

**Nike Reuse-A-Shoe program,** [https://en-gb-help.nike.com/app/answer/article/recycle-shoes/a\\_id/60721/country/id](https://en-gb-help.nike.com/app/answer/article/recycle-shoes/a_id/60721/country/id)

Nike's Reuse-A-Shoe program was established in the early 1990s. The Reuse-A-Shoe program collects old, worn-out athletic shoes for recycling and transforms them into Nike Grind, a material used to create courts, tracks, fields and playgrounds. The program began because Nike sought ways to reduce the company's environmental footprint and the amount of shoes that went to landfills. Nike first started by collecting worn-out athletic shoes, and then teamed with other organizations to make them into sport surfaces and more. Nike collects more than 1.5 million pairs of shoes for recycling each year in addition to thousands of tons of manufacturing scrap material. Nike Reuse-A-Shoe is different because they take *worn-out* shoes that would otherwise end up in landfills and transform them into something new. If your shoes still have life in them, Nike encourages you to donate them to benefit others. You can drop off athletic shoes of any brand for recycling. Nike's recycling equipment is designed specifically for the material and dimensions of athletic shoes. For that reason, Nike cannot accept sandals, flip-flops, dress shoes, or boots. Nike also does not accept shoes containing metal, such as cleats or spikes.

There are two ways you can recycle your shoes with the Nike Reuse-A-Shoe program:

1. Bring up to 10 pairs of shoes to any Reuse-A-Shoe collection drop-off, located at most Nike Stores. Please contact the store before visiting.
2. If you are unable to visit a drop off location, you can mail your shoes directly to Nike's recycling facility. Nike cannot pay for shipping costs, and to ensure that the shipping and collection of shoes doesn't negatively offset the environmental benefit of recycling, we encourage you to drop off your shoes at a

collection point if possible.

Designated GFWC-MFWC day to ship shoes to Soles4Souls or to take shoes to Nike Reuse-A-Shoe location is National Recycling Day on November 15, 2018. Please post pictures of your clubs participation and use the hashtag #soles4souls or #reuseashoe"

Contact Theresa Berryhill, GFWC-MFWC Conservation Chairman at tt\_berryhill@hotmail.com for more information at about these programs.



**GRAND INITIATIVE** - That members **donate 1,000 Dr. Seuss books** by March of 2020.

GFWC International President Brock is asking that some books be sent to GFWC Headquarters in Washington D.C. and others be donated to local or inner city areas in our state. CSP Education Chairman Meri F. Newell is working on a GFWC-MFWC project to collect Dr. Seuss books at Winter Board Meeting in February 2019 for a project near our GFWC-MFWC Headquarters.

Remember, if you order books from Amazon.com, you can have them shipped to the GFWC Headquarters at 1734 N Street, NW, Washington, DC 20036-2990. If you have Amazon Prime, you can have them shipped for free to GFWC headquarters or your home.



**GRAND INITIATIVE** - That 1,000 members **join the Legislative Action Center.**

Be part of 1,000 GFWC clubwomen who join the Legislative Action Center.

The Legislative Action Center is a powerful tool for GFWC's public issues and advocacy efforts. Track bills, contact your local representative and take action on issues germane to GFWC Resolutions.

Use this link (<http://cqrcengage.com/gfwc/app/register?l&m=42271>) to join to the GFWC Legislative Action Center.



Believing that small gestures through our membership can add up to grand results, GFWC International President Mary Ellen Brock has set up seven goals to accomplish over the next two years.

- #1** 1,000 clubs will do a service project on Martin Luther King Day, January 21, 2019.
- #2** 1,000 trees will be planted on Arbor Day.
- #3** 1,000 pairs of shoes will be donated to Soles4Souls or Nike "Reuse-A-Shoe".
- #4** 1,000 Dr. Seuss books will be donated by March 2020.
- #5** 1,000 members will join the Legislative Action Center.
- #6** 1,000 projects will be devoted to women in the military.
- #7** 1,000 members will donate \$1,000 to the Capital Campaign.



## **GRAND INITIATIVE** - That members do 1,000 projects **devoted to women in the military.**

As we plan for our day, week, month or holiday season, consider a few simple and inexpensive ways that you and your family can serve the females in the military and their families. Taking a few minutes from a hectic schedule to show appreciation and kindness to someone serving our country will not only bless you. It will also pay tribute to those who have gone before us and made the ultimate sacrifice for our freedom. We could all use an extra dose of kindness and appreciation these days, wouldn't you agree?

For the female service person stationed in the US, extend a hand in friendship. Invite them over for a meal, bring them a meal or invite them out for dinner. Something as simple as running an errand or taking a walk together can forge a friendship.

Visit Soldier's Angels Angel Store at <https://soldiersangels.org/Angel-Store.html> and purchase any of the following:

- ♦ Any Soldier Women's Hygiene Care Package. This hygiene care package will be shipped in the medium size flat rate priority mail box from the post office. The box will be filled to the rim with a combination of the following items: toothbrush, toothpaste, women's deodorant, razors, floss, shampoo, conditioner, body lotion, lip gloss, soap or body wash, and hand sanitizer.
- ♦ Any Soldier Add-On: Down-time Kit. The down-time kit add on package contains a deck of cards, crossword/puzzle book(s), pens & pencils, tablet and notebook. This item cannot be purchased separately and must be purchased with a care package.
- ♦ Snack Box Care Package - Large Flat Rate Box. This care package comes in a large flat rate priority mail box from the post office. This box will be filled to the rim with an assortment of crackers, nuts, sunflower seeds, gum, Trail Mix, fruit snacks, candy, granola bars, beef jerky, Slim Jims, and more candy!

Other Ideas: send a care package to women military personnel at home or deployed, take them to the doctor, take them shopping, send a card or letter to the deployed, support the family of deployed female service members. You can write a letter of thanks or send a Christmas card to a female military person currently in the service through Operation Appreciation and Blue Star Families.



## **GRAND INITIATIVE** - That 1,000 members **donate \$1,000 to the Capital Campaign.**

**CAPITAL CAMPAIGN** - The Campaign For The Future. A special fundraising campaign. The Million Dollar Club will have as its members 1,000 donors who donate \$1,000 each. The donor can be an individual member, member clubs, districts or state federations. The goal is one-million-dollars donated by June 27, 2020.

This is a special fundraising campaign for this administration. The \$1,000 must be made in one donation, not a pledge. When you are ready to make your donation (either individual, club, district, or state), please send your check to GFWC Headquarters. Make sure you put "Million Dollar Club" on the memo line. We don't want to miss anyone on the "Million Dollar Club" Roster!

Let's make it happen! Join me in kicking off this special opportunity to raise one million dollars for our Federation Home and our Federation Future. If you have any questions contact: Nancy Jones, Capital Campaign Chairman at 425-292-3474 or at [mcnrjones@comcast.net](mailto:mcnrjones@comcast.net).

For more than 125 years we have raised funds in support of worthy causes and the organizations that support them. The time has come for us to make a significant investment in ourselves in the form of support for our Headquarters and the programs and projects we hold so dear. The Headquarters building was purchased by GFWC in 1922. At the culmination of **The Campaign for the Future** in 2022 we will celebrate 100 years of ownership. It is time to repair and rejuvenate our Federation Home and become good caretakers of our beautiful, historical Headquarters. Donating to **The Campaign to the Future** is easy. Your tax-deductible gifts can be made at any time as GFWC is a 501(c)(3) organization. For information on other ways to donate to **The Campaign for the Future** please contact Nancy Jones, Capital Campaign Chairman at 425-292-3474 or at [mcnrjones@comcast.net](mailto:mcnrjones@comcast.net).

# Fundraising & Development

*Editor's Note: Karan was unable to attend our 2018 Summer Institute and she submitted this article and video to help you and your club with its fundraising efforts. You can find her video at <https://youtu.be/aNjTS3dgQEw>.*

*Submitted by Karan Hardin-Nestor, Fundraising and Development Chairman*

My name is Karan Hardin-Nestor of the Twentieth Century Club of Bruce and I am so pleased to represent this administration as your Fundraising and Development Chairperson. Nothing makes me happier than raising awareness and funds for a cause near and dear to my heart!

Today, we are going to quickly run through the recommended steps to facilitate a successful fundraising or development campaign:

1. Research and follow applicable laws in your city and state. This goes without saying. Just find out if there are permits required, laws to follow, etc.
2. Appoint a capable fundraising and development chair – this is a biggie! Your committee chairperson should be energetic and enthusiastic with good organization skills, skilled at delegating and, setting and meeting goals and objectives. Following this train of thought, select like minded committee members that are willing and coachable. These people are the lifeblood for success!
3. Set your goals and objectives – what are the needs of your club to raise money? What cause have you selected to support? Make sure that you define how much money your group wants to raise. Have a decided heart! When you have a decided heart – nothing gets in the way of reaching that goal!
4. Plan all aspects of your Fundraising and Development Program. Eleanor Roosevelt said, “It takes as much energy to wish as it does to plan”
  - Decide what type of fundraiser you will conduct. Are you selling opportunities to own? Planning an event?
  - List the jobs and expectations of your committee members.
  - Determine your budget.
  - What sort of cooperation will be required of local leaders, businesses, or other civic groups?
  - Do you want to partner with other charitable organizations? Sometimes, a partnership will allow you to

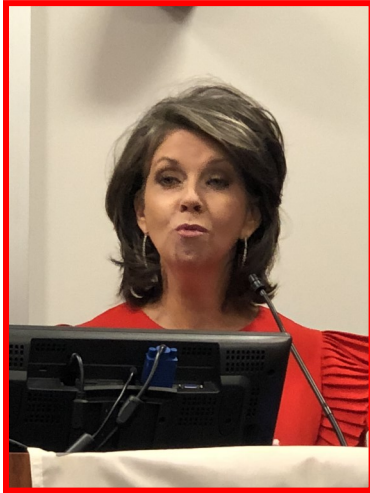
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(Continued from page 7)

## Special Guest

- ◇ Special Guest #1, Barbie Bassett, talked with the group about HOBY
- ◇ Guest #2, Jennifer Hopping, Vice President Central Mississippi American Heart Association share a powerpoint and a wonderful message from the American Heart Association (AHA).



Barbie Bassett, HOBY



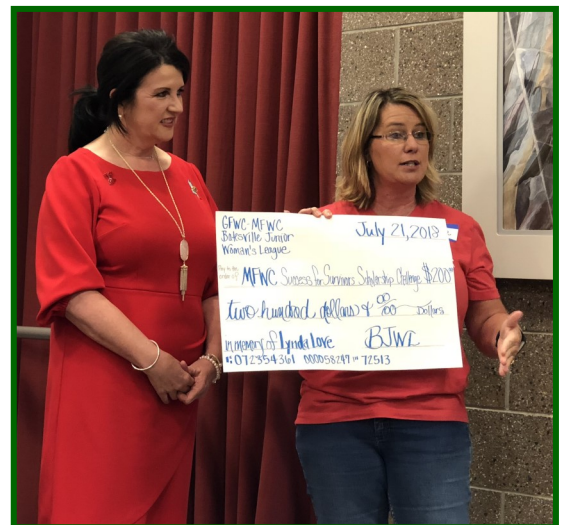
Jennifer Hopping & guest from MS American Heart Association



President Wright and Finance Chairman Adams



Past Presidents (who were photo bombed by President-elect Reid)



Deana Pittman, DV Chairman presents check to President Wright for Success For Survivors Scholarship



Twin #1 selling Ways & Means



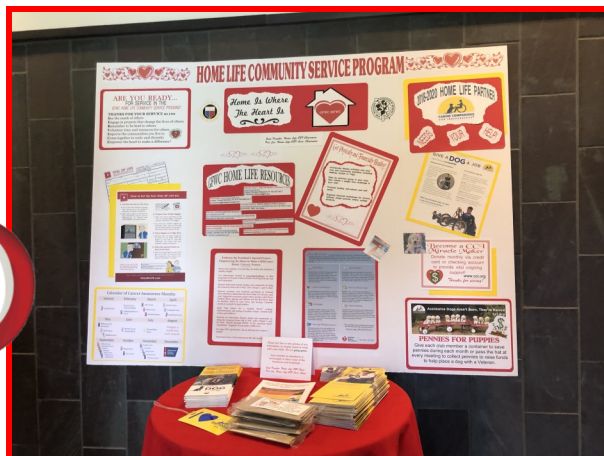
Libby Everett, Arts Contests



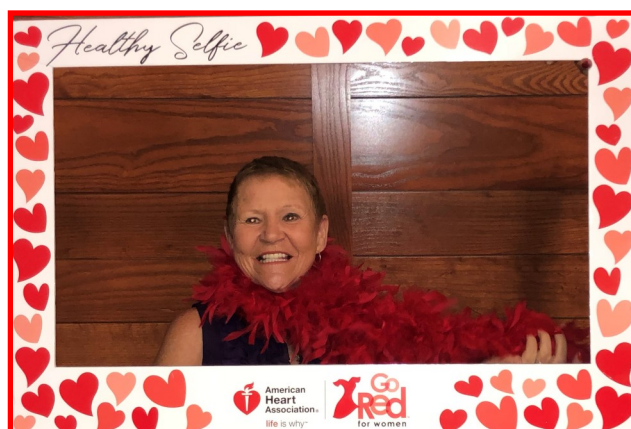
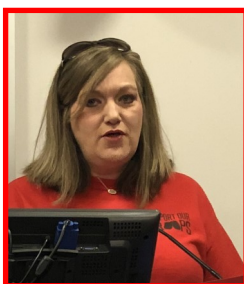




President Becky C. Wright lost her shoes to our new service project: Soles4Souls. More on this project listed under 7 Grand Initiatives.



*Above  
all else,  
Guard  
your  
Heart*  
for everything  
you do flows  
from it.  
Proverbs 4:23





## MFWC Cares About Our Military Service Project

On July 21st, during our 2018 Summer Institute, we collected and packed items along with cards of thanks and encouragement for our Public Issues service project: MFWC Cares about our Military.

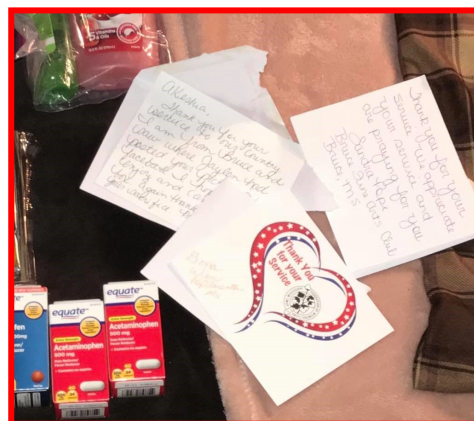
Our initial shipment of military care packages have been delivered to GFWC-MFWC family members currently serving to protect our freedom.



*"My son received his package and he sent me this!! It was a lot of fun packing it but it really touched my heart when one of them was going to my son. Thank y'all so much for remembering our troops..." From Connie Johnson, GFWC-MFWC Homochitto Heritage Club, Inc., Liberty, MS.*



*From: Mac Clayton "Many thanks to the Women at GFWC Mississippi Federation of Women's Clubs... for the happiness from home... Godspeed." Mac is the son of Libby Everett, a member of Cosmopolitan Club, Petal, MS.*



double your efforts and raise even more money while sharing the financial outlay in the beginning.

- Consider cultivating sponsorships from local businesses. Utilize sponsorships to develop your initial account. Put local businesses names on t-shirts or banners as advertisement and charge a fee.
5. Determine your timeline – schedule meetings, work sessions, and other activities. Check your community calendar to ensure that your event is scheduled at the most profitable time.
  6. Determine your communication plan to make the community aware of the event through social media, paid advertising, etc. Touch base with a local television and radio station and make appearances to talk about the event for a major impact at no cost!
  7. Evaluate your efforts and show appreciation to your community after your fundraiser!

I want to thank you for your time and attention today. Go home and get a plan to raise an outrageous amount of money for a worthy cause today! There is no better feeling than giving and serving. Write down your goals and GO FOR IT!

Recent successful campaigns for our community are:

- ♦ Trail Ride for LeBonheur Hospital
- ♦ Raffle of McCarty Pottery
- ♦ Raffle of popular handbag
- ♦ The MFWC Cookbook

Thank you, ladies!



Adam Braun, an American entrepreneur and best-selling author said, “When it comes to fundraising for a social enterprise, if you are pursuing your true passion, you’ll learn to become great at your craft because you’ll care as much about perfecting the skills necessary to make that dream a reality.”

## September Is Childhood Cancer Awareness Month

The day a family gets the dreaded news that their child has cancer can make them feel hopeless and helpless. Luckily there are researchers, like GFWC Partner St. Jude Children’s Research Hospital, who work to make progress on treatments. Every September, St. Jude holds walk/run events throughout the month to raise funds to advance cures and provide free treatment to families in need.

St. Jude Children’s Research Hospital is where doctors send their toughest cases, because it has world’s best survival rates for the most aggressive childhood cancer. And, thanks to committed supporters like us, families never receive a bill from St. Jude for treatment, travel, housing or food — because all a family should worry about is helping their child live. Also, St. Jude freely shares the breakthroughs it makes, and every child saved at St. Jude means doctors and scientists worldwide can use that knowledge to save thousands more children.

Support St. Jude’s commitment to ending childhood cancer by support the GFWC-MFWC team. You can donate to the GFWC-MFWC team (GFWC-Mississippi Federated Clubwoman and Friends) at this link: [http://fundraising.stjude.org/site/TR/Walk/Walk?pg=team&fr\\_id=89703&team\\_id=219366](http://fundraising.stjude.org/site/TR/Walk/Walk?pg=team&fr_id=89703&team_id=219366). If you wish to donate to a specific team member, just click on their name and you will be taken to their donation page.

Since St. Jude won’t give up the battle against cancer, neither will we. Let’s end childhood cancer, together.

# I SUPPORT THE GIRLS

*Submitted by Deana Pittman, I Support the Girls - MS Affiliate Director.*

We here at MFWC are very excited to be a part of the “I Support the Girls” program! This is a program that fuels drives to collect and distribute new and gently used bras, as well as feminine hygiene products. These items are distributed to shelters, services, and organizations that serve women that are in need - homelessness, abuse, transiency, and even human trafficking. While this organization is only a few years old (started with one woman’s desire to make a difference with her gently used bras), it has already distributed over 2 million bras and feminine products through more than 50 affiliates throughout the world!

For those of us that have the resources and means to go out and purchase the things that we need, this is something that we take for granted many times. For women that have experienced homelessness, can you imagine being without those “support” items? Well, this is a way that we can give back and help those in need.

At our Summer Institute, we had our first drive for “I Support the Girls.” In this initial drive, we collected more than 200 bras and over 50 large boxes of feminine hygiene products to distribute in women’s shelters and to services in Mississippi. This is just the tip of the iceberg. There are so many needs that are unknown and unaddressed. It is extremely hard to get a count of the need...so many people are never reported as homeless or abused. So, it is extremely important to think outside of the box and seek out unique ways to help.

How can you help? It is easy, save your gently used bras and encourage others to do the same! Coordinate a local collection point in your community! Decide where these items will go. Report your collections and where you made the donation! Check with that service or shelter to see if there are other needs! If there is not a shelter or service in your area, please contact me and I will take those donations and help to distribute them where needed!

Some of the areas where you may not realize there is a need:

- Your local social services office—they may have women and teens that are in need of these products (imagine a teenager going into foster services and having to ask to get these things).
- Your local high school counselor—she/he may be able to tell you if there are students in their school that may be in need—or she may need a small supply of feminine products to have on hand for emergencies at school
- Your local churches—many times churches are in touch with the needs of the community
- Your local hospital—if a woman comes in for a report of a rape or abuse, they will take all of their clothes into evidence—see if there is a need for a supply of underwear, bras, etc. for these cases
- Local pregnancy center—do they have a clothes closet for new mothers—many times after pregnancy, our bodies are NOT the same—some of the mothers that visit this service may not have the means to purchase new bras

If you, your club, your mission team, or school group wants to do a drive, please let me know how I can help you to coordinate, advertise, and prepare those items for donations! I would love to help you design event fliers, social media memes, and even letters to request donations! I also have tax receipts for those larger donations. Please let me know what you need! I am here to serve you!

Deana Pittman

I Support the Girls - MS Affiliate Director

C/T: 662.560.3847

E: [dtppittman@hotmail.com](mailto:dtppittman@hotmail.com), <http://isupportthegirls.org/>

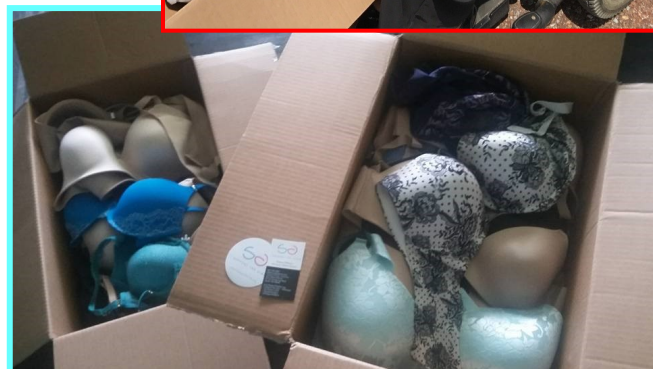


# I SUPPORT THE GIRLS SERVICE PROJECT



I SUPPORT THE GIRLS

At our Summer Institute, we had our first drive for “I Support the Girls.” In this initial drive, we collected more than 200 bras and over 50 large boxes of feminine hygiene products.





# GFWC-MFWC Members **In** the News



## **Dr. Tammie M. McCoy named Dean of College of Nursing and Health Sciences.**

Dr. Tammie McCoy, chair of the Bachelor of Science in Nursing Program has been named Dean of College of Nursing and Health Sciences and will assume this position on July 1st at Mississippi University for Women at Columbus, MS. The following is taken from the official news release dated 4/12/2018 on the "W" website. [Click here](#) for entire article. "MUW is fortunate that Dr. McCoy is interested in moving into the position of Dean. She has played an important role in the growth and success of The W's nursing programs and is a well-respected administrator in nursing education in Mississippi. "She brings a wealth of experience to the position, and I am confident she will provide effective guidance and support for all of the college's programs as The W continues to develop as a state leader in the preparation of students for health-related professions," said Dr. Thomas Richardson, provost and vice president for academic affairs. Under the guidance of McCoy, The W's BSN program boasted a state-leading 100 percent first-time pass rate for the NCLEX exam. It was the second time in three years The W achieved a 100 percent



Dr. Tammie M. McCoy

passing rate. "I am honored to be selected to serve as the next dean of the College of Nursing and Health Sciences. The W has had a long history of providing outstanding academic education with exceptional faculty, staff and students. I will strive to continue that tradition and look forward to seeing what the future holds as we work together to meet the ever-changing healthcare needs of the area," McCoy said. In her role as chair of the Bachelor of Science in Nursing Program, McCoy received the Kossen Faculty Excellence Award in 2014 and the MUW Faculty Member of the Year Award in 2016. Additionally, McCoy was named one of the top 20 medical and nursing professors in Mississippi by Online Schools Mississippi in 2013. She was honored as Mississippi's Community Service Nurse of the Year for her statewide projects related to breast cancer awareness outreach and community literacy campaigns through the Mississippi Nurse's Association Nightingale Awards in Jackson. She also has been the recipient of The W Alumni Distinguished Achievement Award, an award presented to alumni and friends of the university who have achieved professional distinction and made significant community service contributions at the local, national and/or international level, bringing distinction and honor to the university. McCoy has been involved in projects within Mississippi that include raising funds for mammograms, teaching students to read, promoting summer reading programs, proper utilization of seatbelts and providing immunizations for students. Internationally she has worked to provide immunizations for children in third world countries. She has served in many capacities for the General Federation of Women's Club, the Mississippi Federation of Women's Club and the Pontotoc Woman's Club. McCoy established the statewide volunteer initiative "Feeding Fellow Mississippians." McCoy holds a doctorate in educational leadership and a master's degree in higher education from the University of Mississippi. She earned a bachelor's degrees in nursing and in biological science from the University of Mississippi. Tammie is currently serving as Parliamentarian for the 2018-2020 administration.

**Jeanette Thrash was recently elected as a member of the Mississippi HOBY Board.**

GFWC-MFWC HOBY Chairman Jeanette Thrash was recently elected to the Mississippi HOBY Board of Directors where she will serve a three-year term. As a retired educator and active volunteer in numerous organizations, Jeanette will be a tremendous asset to Mississippi HOBY. Education and leadership are top priorities for Jeanette. Serving as an elementary school principal for twenty years and as a teacher for twenty-three years, Jeanette has proven her commitment to education. She is a member of Delta Kappa Gamma, serving twice as president, a member of Mississippi Professional Educators, Mississippi State Alumni Association, Newton County Retired Teachers, is a lifetime dues paid member and is actively involved in the Retired Education Personnel of Mississippi, a member of East Central Community College Alumni Association, and serves on the Kemper Newton Regional Library System Board of Directors. Jeanette volunteers as a tutor, judges reading fairs, and assists with the Newton County Talented and Gifted Quiz Bowl. Jeanette has been a member of the GFWC-MFWC Decatur Woman's Progressive Club for 52 years and has served on the MFWC Board for over 20 years. Congratulations to Jeanette for this latest honor of being elected to the Mississippi HOBY Board.



**Jeanette Thrash**

**Allie Kendall, Mrs. Mississippi.**

Allie is a member of the New Century Club of Calhoun City, lives in Vardaman and is employed as a school nurse for Vardaman Schools. As a former Juniorette, Allie now serves on the GFWC-MFWC Board as the Assistant Juniorette Director. Following is part of an article by Cristina Carreon that appeared in the Daily Journal on August 21, 2018. [Click here](#) for entire article, "Vardaman-native Allie Kendall wins Mrs. Mississippi, headed to Mrs. America." Kendall, who won the Mrs. Mississippi title in March, left Saturday for a week in Nevada at the Westgate Las Vegas Resort & Casino to participate in the Mrs. America competition, which will name a winner this Saturday. Her platform for the competition is Better Choices, Brighter Futures. She works with children to think about how their choices will affect their futures. "We have to be transparent and open with our children. I was a child of an addict. I could have been that statistic. A high percentage of those children never break the generational cycle that they live with, so that's why I work vigilantly with kids that I know are going through something, to tell them that they can do anything they wish to," Kendall said. Kendall said the point of Mrs. America for her is about being humble. Kendall was the first person in her family to go to college. Her father, a 28-year career service member in the Army National Guard, adopted her after her mother realized she was unable to raise her daughter. "My mom was an addict and we lived in a hotel in Bruce while I was in the ninth grade. We were homeless." I won my first beauty pageant living in that hotel. I was the child getting the food pantry boxes and then when dad adopted me, I went from homeless. Kendall lives with her husband and three children in Vardaman and worked at Baptist Memorial Hospital-North Mississippi in Oxford before starting her current job as school nurse in the Vardaman school zone in February.



**Allie Kendall, as pictured at the Mrs. America Pageant in Las Vegas, NV, finished in the top 15 and was named Mrs. Fabulous Face.**

If you know any GFWC-MFWC member making the news, please send information to Lisa A. Harris at [lisaharris@outlook.com](mailto:lisaharris@outlook.com).



## NCADV Announces Campaign and Toolkit for Domestic Violence Awareness Month (DVAM)

Inspired by the #MeToo movement, NCADV is introducing a similar concept focused on domestic violence. This movement will help debunk common myths about domestic violence. In an effort to destigmatize domestic violence, and as a reflection of their mission to amplify the voices of domestic violence survivors, we have implemented the **#SurvivorSpeaks** hashtag.

#MeToo shows us that cultural and social change is obtainable when the conversation is made accessible to all. NCADV hope is that **#SurvivorSpeaks** will empower survivors to come forward with strength and share stories that need to be told, which will continue to bring awareness to this issue that impacts millions of women.

Because when a **#SurvivorSpeaks**, it's powerful.

You can play an important role in raising awareness about domestic violence and showing your support for victims and survivors. Taking action with NCADV on social media gives you a chance to have a voice in the conversation about domestic violence.

The **2018 Domestic Violence Awareness Month (DVAM) Toolkit** includes:

- ♦ Easy-to-print placards to use in selfies, including options for **#SurvivorSpeaks** and the classic **#TakeAStand**
- ♦ A curated blog post collection educating readers about domestic violence
- ♦ Sample social media messages
- ♦ 27 educational graphics about domestic violence statistics
- ♦ More information about how you can get involved as a voice against domestic violence all year long.

**We have more exciting announcements about our plans this October,  
so stay tuned!**

National Coalition Against Domestic Violence | [mainoffice@ncadv.org](mailto:mainoffice@ncadv.org)  
(303) 839-1852 | [www.ncadv.org](http://www.ncadv.org)

**[Download the DVAM Toolkit](#)**



# 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.



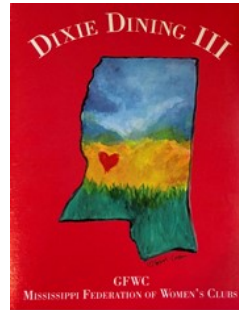
**\$20.00**

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.

# Announcements and Upcoming Events

## Important Dates (Overview)

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.
November 18th	Memorial Service for Lynda Essary Love at GFWC-MFWC Headquarters in Jackson, MS. More information later.
For a complete listing of Important Dates, <a href="#">click here</a> .	

### Postmark Deadline:

Please note: if the postmark deadline for an application /form/report /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.



# club level resources



The following items are now available on our website at [http://www.gfwc-mfwc.org/GFWC\\_MFWC\\_Club\\_Resources.html](http://www.gfwc-mfwc.org/GFWC_MFWC_Club_Resources.html).

- The GFWC-MFWC Handbook
- The GFWC-MFWC Governance, which contains the GFWC-MFWC Constitution, Bylaws and Standing Rules.
- Logo for GFWC, 2018-2020 GFWC Administration, GFWC-MFWC, 2018-2020 and GFWC-MFWC Administration (Becky's Logo). For a high quality image file of Becky's Logo, please contact Lisa A. Harris at [lisaharris@outlook.com](mailto:lisaharris@outlook.com).

Other club resources, such as grants, scholarship, awards and contest can be found on our website at [www.gfwc-mfwc.org](http://www.gfwc-mfwc.org) under the GFWC-MFWC tab.



## Changes To Take Note Of . . .

1. Guidelines for Scrapbooks Contest. A new classification has been added - Classification E: Digital Scrapbook. See our website for entire Guidelines for GFWC-MFWC Scrapbooks Contest at [http://www.gfwc-mfwc.org/GFWC\\_MFWC\\_Contest\\_Scrapbooks.html](http://www.gfwc-mfwc.org/GFWC_MFWC_Contest_Scrapbooks.html).
2. Guidelines for Yearbooks Contest. Yearbooks will be judged in two new sub-classifications, bounded and looseleaf. This has been changed from the past year contest of printed and looseleaf. Be sure to correctly designate your yearbook as either bound or looseleaf. See our website for entire Guides for GFWC-MFWC Yearbooks Contest at [http://www.gfwc-mfwc.org/GFWC\\_MFWC\\_Contest\\_Yearbooks.html](http://www.gfwc-mfwc.org/GFWC_MFWC_Contest_Yearbooks.html).
3. As we have entered a new administration at both the GFWC and GFWC-MFWC levels, you will benefit from reading the handbooks for each administration as several changes have been made to our programs and several new ideas have been added.
  - a. [GFWC Manual](#).
  - b. [GFWC-MFWC Manual](#).
  - c. [GFWC-MFWC Governance](#).

# Southern Region Conference

Dear GFWC-MFWC Clubwomen,

Be it ever so humble, there's no place like home! Our beloved State will have the honor of hosting the 2018 GFWC Southern Region Conference this October 18<sup>th</sup> – 21<sup>st</sup> at Embassy Suites Hotel, the Township at Colony Park, Ridgeland, MS. Known for our hospitality and charitable giving, Mississippi will roll out the red carpet and open our hearts to service as we "Give our Heart to GFWC Membership."

What an honor it will be to represent GFWC Mississippi as your State President on the Southern Region Board of Directors on Thursday night. GFWC-MFWC President-elect Sherri Reid and I will host the Incoming Leaders Breakfast on Friday morning welcoming our southern sisters, the State Presidents, State President-elects, and Junior Directors from Aruba, Alabama, Florida, Georgia, and South Carolina, as well as our GFWC Officers and Southern Region Officers. Fun and fellowship will follow as Mississippi clubwomen will host a fun tour to historic Vicksburg, before returning to Ridgeland for our State Night Banquet and Red Dress Runway. Our hospitality will reflect the best of Mississippi with catfish, sweet potatoes, blues, and the beautiful southern charm of our members. GFWC-MFWC President-elect Sherri Reid will proudly carry our Mississippi flag for the first time in the Opening Ceremony on Saturday morning. Our Saturday Luncheon will focus on our GFWC Signature Program: Domestic Violence Prevention and Awareness with guest speaker, Sandy Middleton, Executive Director for Domestic Violence Prevention for The Tower in Jackson, giving us an opportunity to truly give our heart to service. Our Southern Region Banquet on Saturday night will continue the theme of motivating a heart of service. Sunday will bring an additional inspiring speaker and the Report of State Presidents, and then the closing that always leaves me encouraged, joining hands to sing 'Let There Be Peace on Earth'.

Mississippi was home to the first-ever heart transplant performed by Mississippian Dr. James Hardy, a surgeon at Mississippi's University Medical Center, yes, right in the heart of Mississippi. We were the first in the world to have a change of heart, and we hope that all attendees, especially our distinguished guests will leave understanding the magnitude of our heart and hospitality, letting the world know that we have a longstanding reputation of empowering the difference.

*Becky*

Becky C. Wright  
GFWC-MFWC President

[Click here](#) for registration packet and other information concerning SRC.

*GFWC Southern Region*



# GFWC NEWS & NOTES

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

Help strengthen GFWC's volunteer programs the next time you shop at Amazon.com by making your purchases through GFWC's Amazon.com affiliate link. The link enables members to direct **up to 0.5% percent** of your total purchases to the Federation. For more information, [click here](#).

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

### TERRI LYNN

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



## TRY AN EASY ONLINE FUNDRAISER

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

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



## 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 your email address in the provided spot under the heading "Sign Up for News & Notes". Be sure to press the "Sign Up" button after entering your email address.

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



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

# Guard Your Heart ♥

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

September is Atrial Fibrillation (AFib) Awareness Month, National Cholesterol Education Month, National Family Meals Month, and the kick-off of college football. Now what, you may ask, do these have in common? Could it be that September is a great month to get on board with our President's Special Project? After all, September is our GFWC-MFWC President's birthday month! What better way to celebrate her birthday than by Empowering the Heart to Make a Difference?

Many organizations recognize September as Atrial Fibrillation Awareness Month. The goal of these campaigns is to raise awareness about heart arrhythmias, a serious condition where the heart beats erratically. Atrial fibrillation, commonly known as AFib, is the most common arrhythmia, affecting about one in four people over the age of 40. More than two million Americans struggle with AFib, which can lead to stroke and other serious health problems. Visit [afibrisk.org](http://afibrisk.org) to take the AFib risk assessment.

September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals. You can lower your cholesterol levels through lifestyle changes, such as choosing low-fat and high fiber food—eating more fresh (or frozen) fruits, fresh (or frozen) vegetables, and whole grains, such as brown rice and oatmeal, getting at least 150 minutes of moderate physical activity a week, maintaining a healthy weight, and not smoking. Why not start every morning with heart healthy, cholesterol lowering plain oatmeal with frozen cherries added in and topped with a few toasted almonds?

When you think about family meals, what comes to mind? Typically, it may be special occasions and holidays when your family sits together at the table, perhaps with guests. Family members cook, eat a well-balanced meal, practice manners, talk, and engage. Why doesn't this happen more often? The benefits of family meals include bonding and making memories as well as sharing experiences, and remembering my childhood, it was a time when we shared the happenings of our day—good and bad. With a little planning, family meals can be a great time to serve heart healthy meals by adding color and more fiber by making fruits, vegetables, and beans the star attraction. The American Heart Association has some wonderful recipes to get you started and can be found under the Healthy Living tab at [heart.org](http://heart.org).

When you think of football and tailgating, the same thing may come to mind—bonding, making memories, and sharing experiences. Why not combine the two traditions this September? Can you keep it healthy at the tailgate party or football-watching bash? Yes! Again, add more color with fruits and vegetables and more heart healthy fiber with beans and whole grains. Just because it's football season doesn't mean you have to pack on the pounds and put your heart at risk. In fact, you can do a lot to keep your tailgating and other parties heart healthy – without giving up the fun or the flavor.

No tailgate is complete without a pile of meat on the grill. Just be mindful of which ones you're firing up. Choose lean or extra-lean beef burgers and keep the patties to the size of a deck of cards. Or try turkey burgers or salmon burgers, which are tasty and give you the essential omega-3 fatty acids your body needs. If you crave the traditional fried wings, try replacing them with grilled chicken breast strips tossed in a small amount of your favorite sauce. Try a heart-healthy recipe for Tailgate Chili! (see recipe below) Don't be afraid to try avocado as a heart healthy garnish!



Picking the healthiest meat isn't the only healthy choice you can make. Be careful about how you season it. Resist a heavy shaking of the salt shaker; instead, throw in some chopped onions or extra pepper to spice things up. Choose 100 percent whole-wheat buns or make a lettuce wrap. Or you can cut your burger in half and have just one side of the bun. At many football parties and stadium parking lots, there's no shortage of chips or fries stacked high with chili, cheese and whatever else you can think of. Be good to your heart instead by choosing vegetables for dipping rather than chips. Serve plenty of salsa and bean-based dips such as hummus rather than other high-calorie dips. Skewers are also a fun and flavorful way to snack. Load them up with onions and peppers, or throw some corn on the cob or zucchini on the grill.

### Tailgating Do's and Don'ts:

- **Choose your sides carefully.** Try to make sure your plate is colorful, with a variety of fruits and vegetables.
- **Drink lots of water.** You may be feeling hungry, but you may just be dehydrated. Stay hydrated.
- **Remind yourself to only eat if you are hungry** – not just for something to do at the game.
- **Move more.** Play corn hole, ring toss, lawn darts, Frisbee, or football toss— anything that gets you moving more and nibbling less creating fun, health conscience memories with your family.



## recipe: Tailgate Chili (Serves 4)

### Ingredients:

- 1 lb. 95% lean ground beef (or ground white meat chicken or turkey for a healthier option)
- 1 medium onion (chopped)
- 1 medium green bell pepper (chopped)
- 1 medium jalapeño (optional, only if you like spicy chili), chopped
- 4 cloves minced, fresh garlic
- 1 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 1/2 tsp. ground coriander
- 15.5 oz. canned, no-salt-added or low-sodium pinto or kidney beans, rinsed, drained
- 14.5 oz. canned, no-salt-added, or, low-sodium, diced tomatoes (undrained)
- 3/4 cup jarred salsa (lowest sodium available)

### Directions:

1. Spray large saucepan with cooking spray. Cook beef and onion over medium-high heat for 5-7 minutes, stirring constantly to break up beef.
2. Transfer to colander and rinse with water to drain excess fat.
3. Return beef to pan. Stir in bell pepper, garlic, chili powder, and cumin, and cook for 5 minutes, stirring occasionally.
4. Add remaining ingredients and bring to a boil. Reduce to simmer, cover and cook for 20 minutes.

Optional: serve topped with low-fat grated cheese, a dollop of fat-free sour cream, sliced avocado, snipped cilantro or chopped green onions.

Quick Tip: If you want 5-alarm chili, add 1 teaspoon cayenne pepper.

### Nutrition Facts Per Serving:

Calories - 297, Total Fat - 6g, Cholesterol 62mg, Sodium - 288 mg, Total Carbohydrates 29g, Protein - 31g, Fiber 7g. Dietary Exchanges 1 starch, 2.5 lean meat, 3 vegetables.

Source: American Heart Association (AHA). Visit [heart.org](http://heart.org) for more heart healthy recipes.

