



The Heartbeat

December 2019

Volume X Issue 5

Believe
in the magic of the season



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

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

GFWC-MFWC Headquarters & Elected Officers



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

2018-2020 Elected Officers

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

Theresa Buntyn
Vice President and Dean of Chairmen
GFWC-MFWC Decatur Woman's Progressive
Club
Central District

Sherri E. Reid
President-elect,
Advisor to District Presidents
and State Membership Chairman
Cosmopolitan Club
Southern 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. Questions or comments, contact Lisa at (601) 940-1519.

Exploring Our Heritage



"A History of the Mississippi Federation of Women's Clubs"

**Administration of Mrs. D. H. (Rosabel S.) Foresman
1930 - 1932**

- ♥ Seventeenth president of MFWC from Meridian, MS.

Highlights of this Administration

- ♥ She was appointed by President Herbert Hoover to serve on a Statewide Commission for Unemployment Relief.
- ♥ The first Convention which Mrs. Foresman presided was the thirty-third held in Gulfport in 1931, known as the "Cotton Convention."
 - In recognition of King Cotton, Mrs. Foresman requested that club women wear only cotton dresses at this event. All complied, and in many cases their coats, jackets, and hats were also made of cotton, attesting to their support of the "Wear More Cotton" movement.
 - The most important resolution adopted by the convention was the changing the annual convention from spring back to fall, as it had originally been. The reason for this major change was to have the state meeting of the Federation in line with other state meetings and to allow for following more easily the programs presented by the General Federation.
- ♥ Mrs. Foresman concluded her administration by presiding over the thirty fourth annual convention held in Jackson in the fall of 1932.
 - By this date, the MFWC was composed of 5,380 members and a total of two hundred forty-two clubs. There were seven functioning County Federation.
 - Every major activity of the General Federation was reflected in the Mississippi Federation, and the Mississippi Federation had continued to grow in strength, power and usefulness to Mississippi citizens.
- ♥ During the administration of Past President, Mrs. L. P. Haley, the Mississippi Federation had pledged \$6,250 to the General Federation Endowment Fund. An announcement was made to Convention delegates that at a meeting of the General Federation's Board of Directors in January, 1932, the Mississippi Federation was the twelfth in the nation and first in the Southwestern Region in reporting they had met their quota.
- ♥ During the club year, a search had been conducted to located the "Oldest Mother" in Mississippi. A Mrs. Burn at 96 years of age from Bogue Chitto was awarded this honor, and she was presented a certificate.

Source: "A History of the Mississippi Federation of Women's Clubs 1898-1998" by Tommye Hogue Rosenbaum, 1998, Commemorating The Centennial of the Mississippi Federation. Published by the GFWC Mississippi Federation of Women's Clubs, Inc., 2407 North State Street, Jackson, MS 39216. Copyright 1998 by Tommye Hogue Rosenbaum for the Mississippi Federation of Women's Clubs, ISBN: 0-935515-32-1.



A Message From Becky C. Wright

Dear Friends,

Wow! Here we are at the close of another year! December has always been my favorite time of the year. Homes and town squares are festive, the smell of warm spices and chocolate covered goodies fill our kitchens, smiles and hugs are more freely given, and generosity abounds. In the words of Elvis, “Why can’t every day be like Christmas?”

The holiday season is also one of the busiest times for our volunteer hearts. Many of our clubs are wrapping up their year with major fundraising events— pilgrimages and tours of homes, parades, holiday auctions, tasting teas, high teas—group efforts that provide the means to fund the way for providing for the needs of our communities. Aren’t we a blessed Federation? Comprised of a diverse group of ladies united by our diversity to volunteer tirelessly to provide for those less fortunate with a cheerful heart! Thank you for your continued efforts to empower the difference with your giving spirit.

Reflecting on 2019, my heart swells with happiness over the accomplishments of our Federation. You have done so much more than just merely exist —you have thrived! Please join me in remembering the ways that your membership and your club empowered the heart to make a difference in 2019.

From my heart to yours, I send love and best wishes for a Merry Christmas and Happy New Year!

With Federation love,

Becky



Becky C. Wright
2018-2020 GFWC-MFWC
President

Empowering the Heart to Make a Difference



Merry Christmas
from our family to yours...

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

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

And forget not to be
kind ...

Sherri

Merry Christmas



To my Federation Sisters,

Merry Christmas from my heart to yours! One of the real joys of the Holiday Season is the opportunity to say thank you and to wish you the very best for the new year.

May the love and light of the season illuminate your hearts and homes and the miracle of Christmas find you safe in the Peace of God and warm in the Light of Jesus.

With Federation Love,

Becky

*Merry
Christmas!*

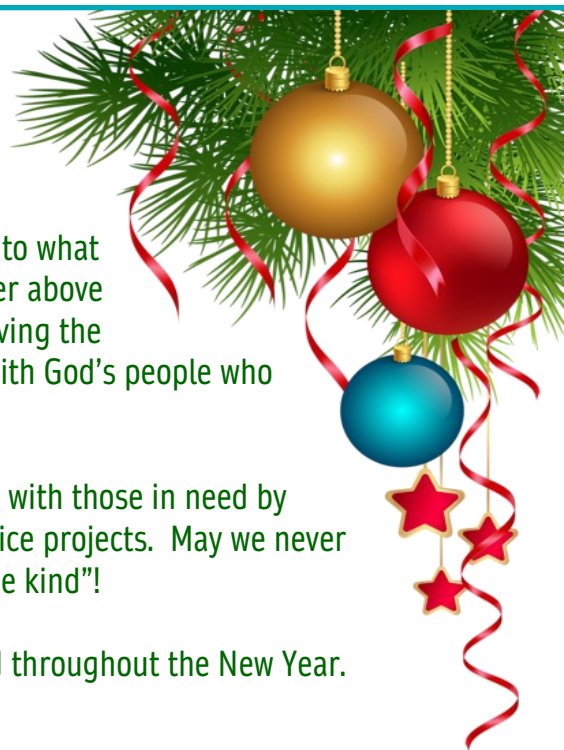
Christmas is a time that we are reminded of the birth of our Savior and the unlikely circumstances of His birth: a time of giving, a time of receiving, a time of remembering what He has done for us, and a time of assessing what we can do for others that would honor Him.

Romans 12:9-13 tells us "Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in brotherly love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with God's people who are in need. Practice hospitality."

I am so thankful to be a part of a federation who has shared God's love with those in need by working together in sisterly love to accomplish so many wonderful service projects. May we never forget the reason for the season and "O Lord God, let us forget not to be kind"!

May God bless you and keep you safe during this Christmas season and throughout the New Year.

Frances



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



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

If you are looking for a last minute gift for a special person that is particularly hard to shop for, why not consider giving a gift that not only puts a smile on the face of the receiver but also makes a big impact on others in need!

Heifer International

For 75 years, Heifer has worked to end hunger and poverty in a sustainable way by supporting and investing alongside local farmers and their communities. Heifer has empowered millions to go from poverty to self-reliance via livestock, seeds, and training, providing a source of food and income. Giving an animal is like giving someone a small business, providing wool, milk, eggs and more. Animal donations can provide families a hand up, increasing access to medicine, school, food and a sustainable livelihood.

What an honor it would be to give a donation to Heifer in your family or friend's name! With your donation, you can choose to provide a family with water, trees, a flock of chickens, a sheep, a goat, or even a cow!

Donate or find out more at <https://www.heifer.org>

No Kid Hungry

1 in 7 children in the U.S. live in hunger. More than 11 million children in the United States live in "food insecure" homes, according to the U.S. Department of Agriculture (USDA).

No Kid Hungry works to end child hunger in America by ensuring that all children get the healthy food they need to thrive every day. No Kid Hungry supports programs like SNAP and WIC but they also focus on federal food benefits programs that make an enormous difference for hungry kids, such as the school breakfast program, the summer meals program and the afterschool meals program. Giving only \$1 can provide a hungry kid 10 meals.

Donate or find out more at <https://www.nokidhungry.org>

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

Feeding America

The Feeding American network is the nation's largest domestic hunger-relief organization, working to connect people with food and end hunger. They work to help those same 11 million children that No Kid Hungry works to feed but also the nearly 5.4 million hungry seniors. The organization takes nourishing, nutritious food – before it goes to waste – from retailers, manufacturers, and farmers and gives it to people in need. They also work with these sources to gain insight as to why so much food goes to waste so they can work to build a food-secure future!

Donate or learn more at <https://www.feedingamerica.org>

American Heart Association

Of course, it's also a great idea to donate to our President's Special Project, the American Heart Association. Maybe there is someone in your life that has had a recent heart attack or stroke or heart surgery – how about take them a heart healthy gift basket full of healthy snacks like fruit, nuts, popcorn and a card with a donation made in their honor to the American Heart Association! Your donation could advance CPR training and increase cardiovascular disease and stroke research!

Donate or find out more at <https://www.heart.org>.



Your Help Is Needed!!

Have an interesting story tell about the GFWC-MFWC? How about something funny that happened to you or your club? We are looking for articles from our clubwomen about anything related to the GFWC-MFWC. Articles can be of any length and we would love to include your photos and/or artwork.

If you would like to submit an article for our newsletter, please send the information to Newsletter Editor Lisa Harris for publication in upcoming editions.



Reporting Guidelines for 2018-2020



1. To report your club's statistics in each of the Community Service Programs (CSP) and Advancement Areas (AA), complete one GFWC-MFWC Report Cover Sheet for each CSP and AA. Activities for Partners Such as HOBY, Canines Companions for Independence (CCI), Operation Smile and others will be included in the Community Service Program (CSP) area for documentation purposes and no longer be a separate report. That is all you are **required** to do for reporting. You can improve your chances of winning an award by submitting a narrative report and supporting material in each Community Service Program and Advancement Area. Reports should cover club activities from January 1 through December 31 of the previous year.
 2. Narrative reports are limited to two single-spaced pages. Only the front side of a page can be used...no printing on both sides of the paper. Narrative information should include if applicable:
 - WHY did you help them?
 - WHAT did YOU do?
 - OUTCOME or Impact on the Community or state
 - Project Hours (Number of actively involved members x hours each)
 - Monetary donations from Clubs or Members
 - In-Kind Donations from Members
 3. 2018 Definitions from GFWC for State Statistical form
 - Community Service Projects are the programs and projects members initiate and participate in to serve their communities, including projects with GFWC Partners.
 - Number of Projects is the numerical account of the programs and projects initiated and participated in by the clubs in your State.
 - Volunteer Hours is the amount of time that members worked on club approved programs and projects.
 - Dollars Donated is the monetary amount given to programs and projects.
 - In-Kind Donations reflect the monetary value for goods provided to programs and projects. Please refer to the GFWC In-Kind Donation Guide for an estimated value of commonly donated items at www.gfwc.org.
 - Dollars Spent are costs incurred by members, clubs, or State Federations to achieve Advancement Area goals.
 - (Leadership, Communication and Public Relations, Legislative and Public Policy, Fundraising and Development)
 - Dollars Raised reflects the dollars earned from fundraising and development programs and projects.
 4. Supporting material is limited to three pages. Only the front side of a page can be used...no printing on both side of the paper. Supporting material may include newspaper clippings, pictures of members/projects, resolutions, certificates, minutes from other organizations, thank you notes, correspondence, copies of checks, etc.
 5. You must use a Report Cover Sheet with each report. Attach the completed cover sheet to the narrative and supporting material.
 - Our MFWC report form is two pages. Print out and use the one that corresponds to the report you are compiling.
 6. Other programs are the GFWC Signature Program: Domestic Violence Awareness and Prevention and GFWC Juniors' Special Program: Advocates for Children. Report club statistics for these programs on the appropriate Report Cover Sheet, using one cover sheet for each of these areas.
- Cross reporting is not allowed with the exception of three areas.
- The GFWC-MFWC President's Special Project (PSP) "Empowering the Heart to Make a Difference", President's Special Project (PSP) can also be reported under Home Life
 - State Institutions: Mississippi State Schools for Deaf and Blind and Ellisville State School can be cross-reported under Education. Mississippi State Hospital and East Mississippi State Hospital can be cross reported under Home Life. Projects at State Veteran's Homes can be reported under Public Issues
 - Mississippi Public Broadcasting can be cross-reported under Education.
8. These reports GFWC-MFWC President's Special Project (PSP) "Empowering the Heart to Make a Difference", GFWC-MFWC Special Emphasis: State Institutions and Mississippi Public Broadcasting, have their own report

GFWC Advancement Area - Leadership

forms; however, clubs will still need to complete one Report Cover Sheet for each of these when submitting reports.

9. During this 2018-2020 administration, International President Mary Ellen Brock has included “7 Grand Initiatives.” They are the “7 Grand Initiatives” as each has 1,000 as a goal. The “7 Grand Initiatives” allow clubs to collectively participate in a “GRAND” project
 - That 1,000 clubs will do a service project on Martin Luther King Day, January 21, 2019; Each club in GFWC is asked to do a service project on that day. It may be in any area or any type of project and reported in the project’s respective GFWC area as part of “The 7 Grand Initiatives”
 - That members will plant 1,000 trees on Arbor Day; Reported in Conservation
 - That members will donate 1,000 pairs of used shoes to Soles 4 Souls or Nike “reuse-a-shoe; Reported in Conservation
 - That members donate 1,000 Dr. Seuss books by March of 2020; Reported in Education
 - That 1,000 members join the Legislative Action Center; Reported in Legislation/Public Policy
 - That members do 1,000 projects devoted to women in the military; Reported in Public Issues
 - That 1,000 members donate \$1,000 to “The Million Dollar Club” will have as its members 1,000 donors who donate \$1,000 each. The donor can be an individual member, member clubs, districts, or state federations. The goal is one-million-dollars donated by June 27, 2020. Reported in Fundraising and Fund Development
10. In order for your club’s reports to be judged:
 - Club dues must be paid by January 1st of each year
 - Reports must be postmarked on or before February 1st

Special Reporting Tips

- I. Special Tips
 - Read your guidelines.
 - Follow the guidelines. This is what makes award-winning clubs.
 - Report everything that your club does – if unsure where to report put in the place where it makes the most sense.
 - Advancement Areas (Special projects) are an excellent place to win awards since many people do

not report in these areas.

- The number of members involved in the project cannot exceed the number of club members – even if you work with another group – you just have X number of members.
- 1935 Society and 1734 Society go under Women’s History and Resource Center.
- **HOBY** Partner should be included in the Education CSP report.
- **ESO.** Projects involving ESO should be reported under Education, adhering to GFWC guidelines for ESO. Note that GFWC will be awarding one \$50 Creativity Award for ESO. ESO Books Read (from the GFWC ESO List and the MFWC ESO list) and Hours should be reported on the Statistical Form under ESO.
 - ◊ Epsilon Sigma Omicron Epsilon Sigma Omicron is an honorary educational society open to all per-capita dues paying GFWC members. ESO provides clubwomen with a structured reading program that is educational and stimulates a desire for self-improvement. ESO materials are available online at www.gfwc.org/what-we-do/communityservice-programs/epsilon-sigma-omicron.
- **Youth Art** should be reported under Arts
- Home Life report should include any partner activities with Canine Companions for Independence
- International Outreach Community Service report should include activities with: Heifer International, Operation Smile, Shot@Life, UNICEF including any END Trafficking Projects
- **GFWC Clubwoman** should be reported under Advancement Area – Communications.
- In order to “count” for reporting, the activity must be a club-sanctioned event or a club approved event or project.
- Several clubs put monthly report forms for general members in their handbook and have a door prize drawing for those who turned in a report form for that month.
- You may split report, i.e., funds raised, publicity, and the project – but you cannot count in three places. Please make a note when you split report (for example: dollars raised reported under Fundraising).

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GFWC Advancement Area - Leadership

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2. Judging Process

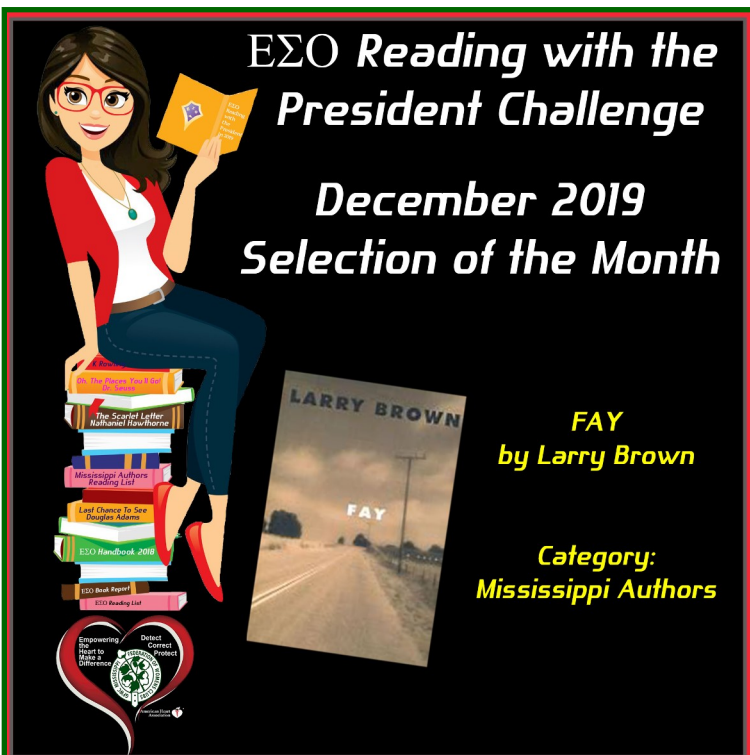
- a. State Chairmen will judge your report. Neither the GFWC-MFWC President nor GFWC-MFWC Vice President judges any reports.
- b. Awards will be given to all areas reported on the GFWC-MFWC Statistical report. There will not be separate awards for partnerships as they are included in the CSP reports.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

Report Forms:

A fillable GFWC-MFWC Report Form is available at GFWC-MFWC website at this location http://www.gfwc-mfwc.org/GFWC_MFWC_Forms.html. Be sure to pay close attention to the instructions at the bottom of the form. Be sure to check our website at the beginning of January for the latest Reporting Form.

If you have questions about how to report, please contact GFWC-MFWC Vice President Theresa Buntyn at mfwctab@gmail.com or (601) 532-6547.

For questions concerning how to use the reporting form or if you are having problems with the form, please contact Lisa Harris at (601) 940-1519 or lisaharris@outlook.com.



ESO Reading with the President Challenge

December 2019 Selection of the Month

FAY by Larry Brown

Category: Mississippi Authors

For a complete listing of “President’s Picks”, [click here](#).



Disposing of Your Christmas Tree

Source: *Dispose of Your Christmas Tree* at <https://www.lowes.com/n/how-to/dispose-of-your-christmas-tree>.

Christmas is over and it is now time to dispose of your live Christmas tree in a safe, environmentally-friendly manner using these tips and get ready for a fresh start in the new year.

Don't wait for your tree to dry out before removing it. As trees dry out, they become more likely to become fire hazards. First, remove the tree stand, tree skirt, all ornaments and lights before throwing out your live Christmas tree. Have a bucket or other large container nearby to dump water that may have collected in the tree stand.

Next, use a large, plastic tree bag to cover the tree before removing it from the inside of your home. You can also use an old blanket or sheet to wrap around the tree. This will prevent needles and sap from making a mess on your carpet or hardwood floors.

Finally, carry the tree to the curb, making sure not to obstruct any roads or sidewalks. Arrange for pickup by your local yard waste management program if you don't already have this service.

Tree Clean Up

Dry trees begin to drop their needles, creating a larger mess for you to clean up. Sweep up scattered pine needles with a broom instead of vacuuming. Needles can clog and damage vacuum cleaners. Check for water damage to your flooring after removing the tree. Overwatering during the holidays may have caused water to spill over or collect at the base of the tree stand. If there's water damage, clean and steam carpets to prevent mold buildup.

Recycle your Christmas Tree

Many communities offer curbside pickup of

Christmas trees after the season is over. Check with your local county waste management department for specific guidelines.

General best practices include:

- Clean the tree of all ornaments, tinsel and lights.
- Cut the tree into 4 ft. portions for easy curb pickup.
- Cut smaller trees into chunks to fit inside your yard waste container.

Also, check with your local recycling center for free drop-off locations. Oftentimes these centers will chip and shred your tree for use as mulch or as part of soil erosion programs. Your Christmas tree mulch can be used as an erosion barrier for lake and river shoreline management or as soft bedding for parks and playgrounds in your community.

Get Creative with your Christmas Tree

With a little imagination, your Christmas tree can be used for a multitude of purposes after the holidays are over.

- Pond Habitat — Sink pieces of your tree into a backyard pond as a refuge and feeding area for fish.
- Decorate — Cut pieces of this year's tree to use as ornaments on next year's. Thin slices of the trunk create a blank canvas that can be decorated and then strung with a piece of ribbon.



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GFWC Community Service Program - Conservation

(Continued from page 13)

- Bird House — Stand your tree or a few of the larger branches in your back yard as an organic feeder and sanctuary for birds. Place pinecones filled with peanut butter and birdseed in the branches along with strung popcorn and fresh orange slices. The birds will appreciate the food, and you can enjoy some great winter bird-watching from your window.
- Coasters — Cut and treat discs from the tree trunk to use as coasters.
- Mulch — Chip up the trunk and branches to create mulch for your garden come spring. You can also place entire branches under trees and shrubs as temporary winter mulch.

Caution

Never burn a pine tree in your fireplace or stove. Evergreen trees contain high levels of flammable turpentine oils and may cause flare-ups and chimney fires.



The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other.



Merry Christmas to all of our dedicated MFWC Clubs and Members.

I count it as a blessing to have you as my Federated Friends as we "Live the Volunteer Spirit."

Love in Christ,
Theresa





Sweet Potatoes Are a Holiday Dish To Be Thankful For

Source: American Heart Association News at <https://www.heart.org/en/news/2019/11/25/sweet-potatoes-are-a-holiday-dish-to-be-thankful-for>.

Sweet potatoes and yams are a Thanksgiving/Christmas staple for many families, which makes it important to understand one key fact: Sweet potatoes are not the same thing as yams.

The terms are often used interchangeably, but they come from different families; sweet potatoes are edible roots from the morning glory family, and yams are edible tubers from the lily family.

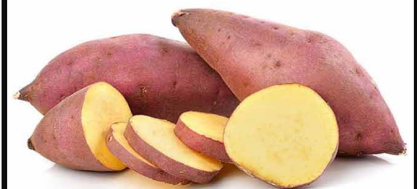
Sweet potatoes pack significantly more vitamin A and carry a much sweeter taste. Both vegetables can be boiled or roasted, though sweet potatoes are commonly prepared in other ways, such as fries, pies and even soup.

"There are pros and cons to both of them," said Cathy Nonas, a clinical dietitian and former professor at Icahn School of Medicine at Mount Sinai in New York City. "I definitely think either one is a great choice over a white potato; both of them have more fiber than a white potato and lots of vitamins."

For example, 1 cup of baked sweet potato with skin has 769% of the daily value of vitamin A, far more than the amount found in yams (3%) or in white potatoes (1%). Vitamin A can improve vision, reproduction and the immune system – and it helps the heart, lungs and kidneys function properly. A cup of sweet potatoes also contains 6.6 grams of fiber, or 26% of the daily value. That's compared with 5.3 grams in yams and 6.3 grams in white potatoes.

(Continued on page 16)

SWEET POTATOES OR YAMS ??



SWEET POTATO

Firm flesh
Not very sweet
Firm & waxy when cooked



ALSO A SWEET POTATO

Often mislabeled as yams
Soft flesh & sweet
Moist & soft when cooked



YAM

Bark-like skin
Dry & starchy
Firm when cooked

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

(Continued from page 15)

Orange and purple sweet potatoes are especially good sources of antioxidants, and laboratory research suggests they might help combat certain types of cancer. Lab research has also linked the antioxidants in sweet potatoes to better gut health.



Studies also have found sweet potatoes may help reduce bad cholesterol in people with Type 2 diabetes. People who are likely to develop kidney stones may want to use caution when eating sweet potatoes because they contain oxalates, which may increase the risk.

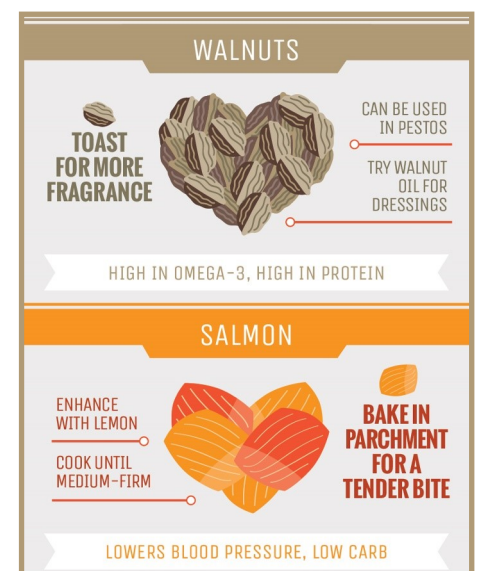
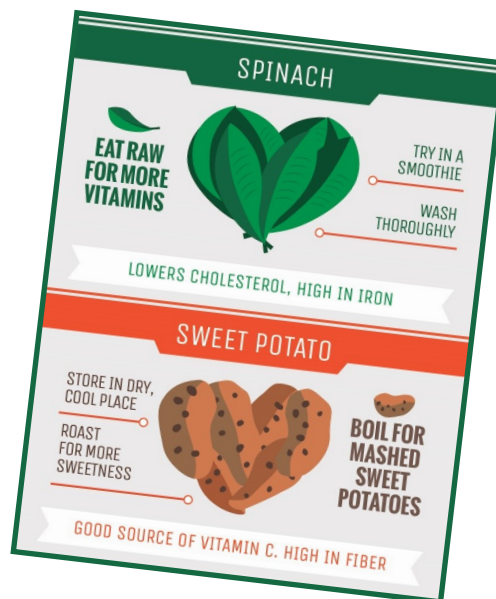
There are many ways to add sweet potatoes to your diet, including chips (thinly sliced, then baked), fries (cut into wedges and baked) and mashed with milk or seasoning. Preparing sweet potatoes with healthy oils, such as olive oil, may help you absorb more beta carotene, which has strong antioxidant effects.

"It's so pure that it's one of the first things that you feed babies when they're first starting out on solid food," said Nonas, a former senior adviser at the New York City Health Department who is the founder and executive director of the nonprofit Meals for Good. "You feed them a mashed-up, plain sweet potato. And that's for good reason."

Sweet potatoes also keep well. So, if you buy some for Thanksgiving and decide not to bake them, you can still prepare them closer to Christmas. "These things are great roasted with a little bit of olive oil and salt in the oven, and as they brown, they get really toasty and delicious," Nonas said.

During the holidays, though, they often are prepared as a casserole – with marshmallows and sugar – or as a pie.

"You obviously reduce the nutritional value of it because all of a sudden you also ate all of the bad fat," she said. "As an optimist at Thanksgiving and Christmas and all of these holidays, I try to take advantage of the sweet potatoes for their taste. But as a nutritionist, I always try to make them as healthy as possible."



Save The Date

April 23 - 25, 2020



Mark your calendar! Set a reminder!

**DON'T MISS THE
121ST ANNAUL
STATE CONVENTION**



**Convention to be held at the Vicksburg
Convention Center with lodging
at Margaritaville Hotel,
Vicksburg, Mississippi**

GFWC Advancement Area - Leadership



The excitement is building for the GFWC-MFWC 2020 State Convention! As we gather together to celebrate the accomplishments of this past year, what better place to celebrate our history than Vicksburg—a city full of history! Vicksburg has something for everyone—if you think that fun can't be found in Vicksburg—just take a quick peek through my glasses.

Vicksburg has something for everyone—the Mississippi River, museums, art, shopping, civil war, casinos, tour homes, spas, great food, and GHOSTS! Located on the Mississippi River, Vicksburg oozes history and mystery, but also offers heart healthy bike and walking trails! Not up for a bike or walk along the river? Then check out a walk downtown to tour an art gallery or visit the Coca-Cola Museum! Additionally, shopping opportunities await you in the downtown district. From eclectic boutiques to antique shops, it's easy to find Vicksburg souvenirs unlike any other. Not into shopping? Then check out the Vicksburg National Military Park to see the site of the American Civil War Battle of Vicksburg—walk, bike, or you certainly could choose the self-guided driving tour. The choice is yours whether you choose to visit the casino or save your dollars for “opportunities to own”—just be sure to find your way back to the convention if you hit the jackpot and empower the difference for others! Vicksburg has so much to offer that you may decide to stay an extra day and relax at the spa before heading home. For me, no trip to Vicksburg would be complete without hot tamales from Solly's and pecan pie from Anchuca—best pecan pie ever! See why I need to choose the walking tour along the Mississippi River?

Are you excited yet? More details to follow in the coming months, but why not secure your room now at the Margaritaville Hotel and Family Entertainment Center for April 23-25, 2020? Using the code **2004MFWCCO**, the room rate is just \$108 per night plus applicable taxes and resort fee—please confirm this rate when calling to make reservations. As a reminder, the MFWC Board Meeting will be on Thursday night and is open to all members, the installation of the 2020-2022 MFWC Officers will be on Friday night, and the convention will adjourn on Saturday.

In Federation Love,
Becky



P. S. from Central District President Belinda Preacher ... Hi all! The number to call for the reservations is 601-429-6472 ext. 0. Make sure you are speaking with someone actually "in" the Vicksburg hotel, not their Central Reservations.

GFWC Advancement Area - Leadership



Vicksburg





1
Tommye Rosenbaum, the fifty-second president of the MFWC served from 2000 - 2002 is from Walnut Grove, MS. The theme for her administration was “Honor the Past, Enjoy the Present and Preserve the Future.”

President Rosenbaum’s President’s Special Project was the renovation and restoration of the GFWC-MFWC Headquarters. This project was dubbed the “The 1935 Society” for the year the headquarters was built.

Mrs. Tommye is better know for her work on compiling our Federation history and authoring the book “*A History of the Mississippi Federation of Women’s Clubs 1898-1998*”, *Commemorating The Centennial of the Mississippi Federation*.

Home for the Holidays



2
Celia C. Fisher, the fifty-third president of the Federation served from 2002 - 2004 and is from Okolona, MS. The theme for her administration was “There is no Heart Greater than that of a Volunteer”. Other tag lines used during her administration were “A Heart that Cares, a Heart that Shares” and “MFWC Women’s Hearts are in Volunteering.”

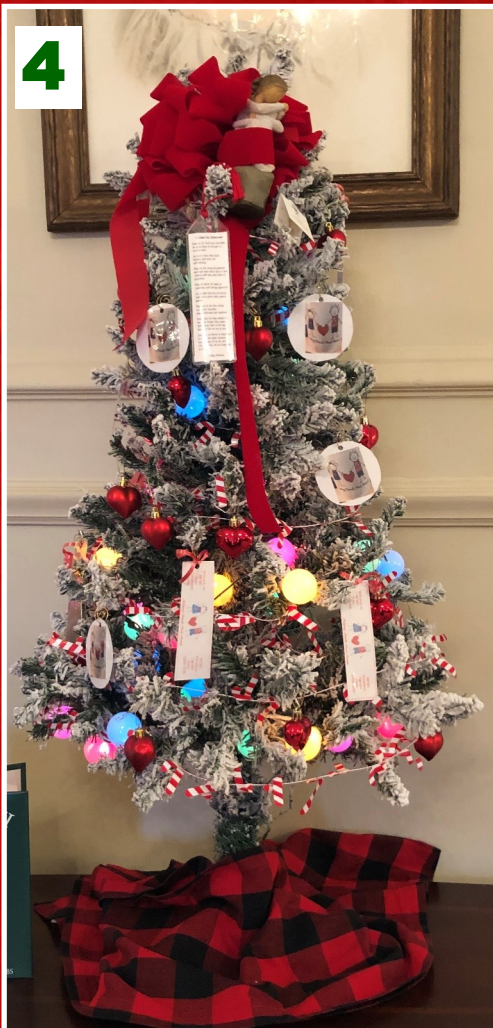
President Fisher’s President’s Special Project was Breast Cancer Awareness and Prevention and she partnered with the National Breast Cancer Foundation. During her administration, MFWC donated \$40,000 to the Mississippi Health Department to established a breast cancer screening program to provide mammograms for underserved women.



During our Home for the Holiday celebration, club members of GFWC-MFWC Past President (Gavel Club) were asked to decorate a Christmas tree (small or large) in honor of their distinguished member(s) and their President's Special Projects that MFWC has supported through the years by decorating according to their theme or project.

Judy T. Martin, the fifty-fifth president of the Federation served from 2006-2008 and is from Raleigh, MS. The theme for her administration was Building Today for a Brighter Tomorrow.

President Martin's President Special Project was Habitat for Humanity. During her administration, the MFWC built 3 habitat homes, provided the owners with household items and new furniture, and gave thousands of dollars in Lowe's gift cards for supplies.



Carolyn C. Huey, the fifty-sixth president of the Federation served from 2008-2010 and was from Picayune during her administration. The theme for her administration was Helping Hands Heal Hearts.

President Huey's President Special Project was Pediatric Cardiology Family Emergency Needs Fund at Blair E. Batson Hospital for Children in Jackson, MS. During her administration, the MFWC raised over \$80,000 in cash, food card, gas cards and toys for the first ever Pediatric Care Family Emergency Needs Fund.

Home for the Holiday Celebration at our Headquarters in Jackson, MS



Dr. Tammie Mann McCoy, the fifty-sixth president of the Federation served from 2010-2012 and is from Pontotoc, MS. The theme for her administration was TEAM MFWC: One Strong Voice for Volunteerism. Under her administration we worked to assist clubs in name recognition with GFWC and MFWC and also worked to build our team with new members and new clubs.

President McCoy's President's Special Project was *Feeding Fellow Mississippians*. This project was timely because so many Mississippians [were and still] are in need of basic necessities, like food, given the current economic climate. Feeding Fellow Mississippians is important across the lifespan from the youngest baby to the oldest adult, food is a basic right. MFWC members worked at food pantries and soup kitchens, collected food items at club meetings, and complete any other project that assist in meeting the needs of their community. During her administration the MFWC volunteered 10, 264 hours along with \$131,035 in donations.

Suzanne Byrd Poynor, the fifty-seventh president of the Federation served from 2012 - 2014 and is from Florence, MS. The theme for her administration was *Honoring Past Gifts While Celebrating the Present ... Freedom to Volunteer!*

President Poynor's President's Special Project was Veterans and Military Emergency Needs Fund. MFWC clubwomen reached out in their communities to families of those currently serving in the military. To those who were away from their families, clubwomen provided words of encouragement and care packages for them. We also participated in programs and projects that bettered the lives of our veterans and service men and women in our communities, state and internationally. We lend support to our MS Veterans Homes by conducting projects that let our veterans know how thankful we are for their sacrifices. During her administration the MFWC volunteered on 450 projects for 24,000 hours and donated \$81,000 to the Military Emergency Need Fund.



Home for the Holiday Celebration at our Headquarters in Jackson, MS

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Darlene C. Adams, the fifty-ninth president of the Federation served from 2014-2016 and is from Picayune, MS. The theme for her administration was "Bring Hope - Changing Lives". Under her administration we worked to establish a grassroots drive to save headquarters by getting our property lease renewed.

President Adams' President's Special Project was *Let's get WILD to finish the fight!* While working on this PSP, MF WC clubwomen got WILD to eradicate all forms of cancer. We supported the Mississippi Chapter of the American Cancer Society. During her administration the MF WC volunteered on 379 projects for 24,000 hours and donated \$186,636 for cancer service and research, including contributions to establish the Hope Lodge in Jackson, MS.

Terrie Whitehurst (Leading Ladies) and Diane Rouse (GF WC-MF WC Treasurer) lead us in some learning activities, such as, how to make bows and ornament making. Yes, everyone learned something about what type of materials to buy, how to cut or not cut the materials and mostly how to make a mess.



Home for the Holiday Celebration at our Headquarters in Jackson, MS



Home for



Home for the Holiday Celebration at our Headquarters in Jackson, MS



the Holidays



The bell rings for
all who truly
believe. May the
magic of Christmas
remain in your
heart and the
sound of the bell
in your ear.

Merry
Christmas,



Announcements and Upcoming Events

Important Dates (Overview)

January 2020	
1	GFWC-MFWC State & District Club Dues must be postmarked by this date each year for club reports to be judged and to be eligible for awards. Please note: District Dues must be sent to your District Treasurer.
February 2020	
21	2020 GFWC-MFWC Finance Committee & Executive Committee Meeting at GFWC-MFWC Headquarters, Jackson, MS
22	2020 GFWC-MFWC Winter Executive Board Meeting and Judging Day at GFWC-MFWC Headquarters, Jackson, MS
March 2020	
7	GFWC-MFWC Central District Convention , Meridian, MS
14	GFWC-MFWC Northern District Convention , Pontotoc, MS
21	GFWC-MFWC Southern District Convention , Meadville, MS
April 2020	
19 - 25	GFWC Volunteers In Action Week
24	GFWC Federation Day
23 - 25	GFWC-MFWC Annual State Convention , in Vicksburg, MS. The Central District will be hosting this convention.
For a complete listing of Important Dates, click here .	

Postmark Deadline:

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

DEADLINES

approaching

WHEN WHAT

JANUARY 2020

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

FEBRUARY 2020

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

MARCH 2020

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





General Federation of Women's Club



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800-443-GFWC

www.gfwc.org

GFWC News

Heifer Make Life Better For Neighbors Worldwide

To date, GFWC's members have raised over \$100,000 since May 2018 towards fulfilling [Heifer's School Milk Project](#)!

With this help, Heifer has fully funded the Heifer School Milk Project as well as created additional [child nutrition projects](#) with milk and dairy components in numerous countries. A daily serving of dairy for a student provides high-quality protein, vitamins, and nutrients needed for healthy minds and bodies—empowering them to focus on learning instead of hunger.

Through projects in Kenya, Nicaragua, Ecuador, Rwanda, and Honduras, Heifer is creating opportunities not only to help dairy farmers through training and connecting them to markets; they are also increasing the nutrition for hungry children and their families in these communities. It's through the dedicated efforts of clubwomen that makes this life-changing work possible.

During your holiday endeavors, visit www.heifer.org/gfwc to see what blessings you can bestow on hungry families this year. Whether it's sponsoring a fundraiser or shopping through [Heifer's gift catalog](#), GFWC's dedication and giving spirit rises to the occasion to create change in communities around them.



GFWC News

Shot@Life Update

Thank you for another hugely successful Race to Erase activation! Over the past six weeks, Shot@Life champions and supporters from all over the country, including numerous GFWC clubs and members, surpassed goals and made an impact on Congressional offices. To find out more and learn what's already been accomplished, please visit shotatlife.org/racetoerase.

The application for the Shot@Life 2020 Champion Summit is now live! To find out more and to apply by the December 31, 2019 deadline, visit: shotatlife.org/championsummit. When you apply, remember to email Shot@Life about ways you and your club have previously engaged with the campaign, including any advocacy actions in this most recent Race to Erase. Email Shot@Life any questions.



GFWC News

Operation Smile's Amazon Wish List

The increasing costs for shipping child life therapy and medical record supplies around the world is a growing concern. GFWC Partner Operation Smile is currently hosting a drive for supplies through its Amazon Wish List. Operation Smile has carefully curated this list to ensure items in the most need for its missions are included, which is eligible for **free** shipping through Amazon Prime.

Visit [Operation Smile's Wish List](#) now. Be sure to select a gift receipt so that your club is properly recognized.

GFWC News

Administration Planning Begins for 2020-2022

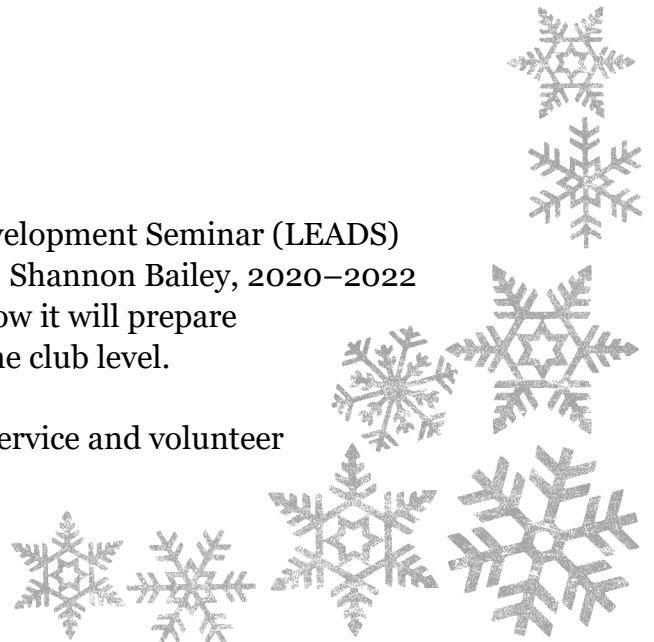
More than 150 incoming 2020–2022 leaders convened in Arlington, Virginia to learn more about leading the Federation and plan for the upcoming two years. President-elect Marian St.Clair led this Board Orientation from November 14–17 on Lighting the Future throughout her Administration.

Incoming leaders were welcomed with a reception at GFWC Headquarters, hosted by International President Mary Ellen Brock. Thanks to President Brock's Special Assistants, our historic home is decorated with a dazzling Christmas tree and other beautiful holiday décor. Rebecca Boggs Roberts, author of *Suffragists in Washington, D.C.*, gave a keynote address on how the Great Suffrage Parade put the nation's capital on the map for civil rights marches. Roberts discussed the heroic steps that the National Woman's Party took in earning the right to vote.



The next generation of GFWC Leadership Education and Development Seminar (LEADS) graduates also met for LEADS 201 during Board Orientation. Shannon Bailey, 2020–2022 GFWC Leadership Chairman, introduced the program and how it will prepare attendees to assume leadership positions in GFWC beyond the club level.

We look forward to another strong two years of community service and volunteer leadership!



GFWC 7 Grand Initiatives



GFWC 7 Grand Initiatives

MLK Day of Service

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

To Date: 789 service project completed

One of the Seven Grand Initiatives for the 2018-2020 Administration calls for 1,000 clubs to participate in the Martin Luther King, Jr. Day of service on January 21, 2019 and January 20, 2020.

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



May Peace be your gift at Christmas and your blessing all year through!

GFWC 7 Grand Initiatives

Dr. Seuss Books

Updated Goal: That clubs will donate 55,000 Dr. Seuss Books before June 2020

To Date: 50,716 books donated

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

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



GFWC News & Notes

Verify Your Information on the Member Portal

GFWC's new Association Management System, MemberSuite, is the fastest way to give GFWC your correct club and contact information. For example, did you just move to a new house or are you planning to move soon? Relocating is stressful and can result in a long to-do list. For the GFWC items on that list, log in to your member profile to get everything done all at once! Update your address so that your *Clubwoman Magazine* subscription is sent to the right place while checking that your preferences to receive GFWC communications are set as you would like. Life moves quickly, but the GFWC Member Portal makes it easy to keep track of all the moving parts. Log in now to enter or verify the information on your profile.

Log In to MemberSuite

If you're a GFWC member who is subscribed to *News & Notes*, a MemberSuite account has already been created for you. All you need to do now is log in!

Go to the [GFWC Member Portal](#).

- Click on the profile icon in the top right corner.
- Select "Login."
- Select "Forgot your password?"
- Enter the email you receive *News & Notes* with each week.
- You'll receive an email with a code that you can enter to create a password.
- Log in with your new password and check out the new features at your fingertips.



Profile Icon

Receive Proposed Resolutions Changes by Mail

Ensure you receive the *2020 Spring Clubwoman Magazine*, which contains the proposed changes to GFWC's Resolutions in the 2020 Call to Convention. Log in to the [GFWC Member Portal](#) to confirm that your mailing address is correct. If you're not already subscribing to *GFWC Clubwoman Magazine*, sign up for a one-year subscription online instantly! After logging in, go to the Marketplace tab and then select "Education Add-Ons." A one-year *Clubwoman* subscription should then be the only option on the next page.

Having trouble logging in? Try selecting "[Forgot your password?](#)" and entering the email address with which you are receiving this *News & Notes*.

GFWC Marketplace: Holiday Shopping

It's time for holiday shopping and there are lots of ways to show that special Federation sister that you care. Whether it's a [holiday ornament](#) or one of the many apparel or accessory options available, GFWC Marketplace is your one-stop shop for making this season merry and bright.



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Simply provide your name, mailing address, email, and club name to gfwc@gfwc.org!

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FLOWER  **POWER**

Let Your Flag Fly

The time has never been better to let our Emblem-spangled banner wave. GFWC Flags come in 3'x5' and 4'x6' sizes. You can also order a GFWC Podium Banner or Road Sign. Prices start at \$35.00. The GFWC flag is a perfect, highly visible, and easily portable way to brand any event, publicity table, or speaking engagement. Go to [https://marketplace.gfwc.org/categories.aspx?Keyword=gfwc flag](https://marketplace.gfwc.org/categories.aspx?Keyword=gfwc%20flag). to place your order today.



GFWC Marketplace: Silicone Phone Wallet

GFWC's silicone phone wallet can be placed on the back of your phone without demagnetizing the cards you place inside. Keep your ID and credit card in one convenient location! It's perfect for on-the-go travel when you don't want to carry a full purse. Get yours for \$3 in the [GFWC Marketplace](#).



GFWC Credit Card Wallet

GFWC's credit card wallets are a practical way to keep all your cards and money in order. Bring it to the GFWC Annual Convention to hold your business cards! Get one for \$10 in the [GFWC Marketplace](#).



GFWC Notebook

Our **new** spiral-bound notebook features a 1929 cover of General Federation News that has a beautiful illustration of GFWC Headquarters. Whether you're planning future projects or writing down notes at meetings, this notebook is an excellent addition to any clubwoman's toolkit. Get yours for \$12 in the [GFWC Marketplace](#).

