



# The Heartbeat

November 2019

Volume X Issue 4

REJOICE  
Always  
PRAY without  
ceasing  
in  
EVERYTHING  
give Thanks  
FOR THIS IS GOD'S WILL FOR YOU  
in  
Christ  
JESUS  
I THESSALONIANS 5:16-18



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

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

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

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). 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. Lorick P. (Catherine) Haley 1928 - 1930

- ♥ Sixteenth President of MFWC from Okolona, MS.

#### Highlights of this Administration

- ♥ Under her leadership, "ideals high and aims pure" were the watchwords. She was an aggressive president and her administration had many outstanding accomplishments.
- ♥ She presided at the thirty first convention in Meridian on April 24-26, 1929, marking the end of her first year in office.
  - Twenty eight new clubs and five new county federations had been formed during this year. Mrs. Haley referred to the flu epidemic in Mississippi that had hampered club work during the year. She was anxious that every county in the state have a Federated club, and she reported that only seven counties were not represented in the Federation.
  - Past president Miss Susie V. Powell was appointed to fill the newly created position of Historian. Her duty was to collect and edit the Federation history. During 1929, Miss M. Colie Covington was serving as president of the South Central Council, composed of Federation from Texas, Oklahoma, New Mexico, Arkansas, Louisiana and Mississippi.
  - Several resolutions related to the GFWC programs were adopted. One of the interesting ones was that the president of the United States be asked to appoint qualified women to administrative and executive position. The convention also instructed the Legislative Committee to work for legislation to conserve wild life. This Committee was also authorized to confer with the Mississippi Superintendent of Education in regard to the kindergarten law proposed by the National Kindergarten Association.
- ♥ The thirty second convention of the MFWC was held in May, 1930, in Jackson with Mrs. Harley presiding.
  - During reports by state department chairmen, The American Home Chairman recommended that "Mother-craft" be taught in Home Economics classes. The American Citizenship chairman said that her goal was to encourage women to register to vote and on voting day to "get the women out to vote".
  - Activities reported by the Conservation Chairman was the planting of thousands of trees. Mrs. N. N. Somerville, State Institutions Chairman, report that in 1928 the Legislature has authorized the issuing of bonds to further support State Institutions. She had visited the site of the new hospital for the insane in Rankin County. Interestingly, this was the beginning of the MFWC association with this hospital (Whitfield) which continues today.
  - The Woman's Progressive Club of Delk, composed of sixteen members, won the "Loving Cup" in recognition of the best public welfare work in the state. This club was praised highly because of the excellence achieved by a small club from a small town.

*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

Happy Thanksgiving Federation Friends!

As I reflect on the blessings that Fall has afforded me, I can truly say that I am so very thankful, incredibly grateful, and unbelievably blessed—my cup runneth over—and the blessings keep flowing. From the St. Jude Walk to End Childhood Cancer to HOBY to the Mississippi Library Commission to our efforts on domestic violence awareness to MS LEADS to Southern Region Conference to most recently attending the 2020-2022 GFWC Orientation with Sherri, the road has been well traveled.



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

Who could not be thankful reflecting on our GFWC partnership with St. Jude? Walking several years now in the Walk to End Childhood Cancer, I think that we could all agree that we receive a blessing that just stays in our hearts. While the dollars raised are the tangible part of the day, the friendships formed—both within our Federation and with the families of St. Jude—create lasting memories.

Counting my Federation blessings in additional areas, I continued to represent you on the HOBY Board and in September MFWC had the opportunity to open our Headquarters to host the HOBY Board Meeting. As always, I get by with a little help from my friends! HOBY Board member Jeanette Thrash—provided wonderful desserts and Frances Brown, Lisa McGee, and Meri Newell served as hostesses! Those present were overjoyed with the hospitality shown and were in awe of our beautiful Headquarters! For this opportunity and to all who made it possible, I am forever grateful.

Established in 1926 by an act of the Mississippi Legislature at the urging and support of the Mississippi Federation of Women's Clubs, the Mississippi Library Commission continues to be forever appreciative of our Federation. Did you know that by state code MFWC holds one of the five commissioner seats? For the opportunity to serve our Federation in this capacity I am very grateful and look forward to four more years as a commissioner. In addition to the September and November commission meetings, I was fortunate to represent both the MLC and MFWC at the Mississippi Library Association Conference this Fall and "The Federation" is very well respected among our literary friends.

October was full of events and who would have thought that Domestic Violence: kNOw More could be such a blessing? Deana Pittman did a fabulous job organizing this event and I believe that we all left truly knowing more. Thank you, Deana for all you do to bring awareness and prevention to our GFWC Signature Program.

(Continued on page 6)

*Empowering the Heart to Make a Difference.*

## A Message from Becky C. Wright, GFWC-MFWC President

*(Continued from page 5)*

Our MS LEADS Day was a great success thanks to our MFWC LEADS Chairman Judy Martin. MFWC has a history of building leaders; thank you Judy for being a builder! We had several ladies assist Judy and several participants attend to learn more about leadership and the opportunities available through GFWC. I am grateful for each of you.

Traveling to Southern Region is always an adventure—and I love adventure! Charleston was beautiful and GFWC South Carolina did an outstanding job as the host state. If you missed the conference you missed a treat! Mississippi was well represented with fourteen attendees! I am thankful to have been surrounded by such an amazing group of friends. Road trips such as this bond members and provide ample time for brainstorming! Two ten hour drives resulted in lots of conversation and from this trip came the idea for our MFWC Home for the Holidays Open House. Please encourage your friends to join us on November 30, 2019 from 10:30-12:30 at our beautiful Headquarters as we celebrate the Season. As you can see the wheels were turning both literally and figuratively!

Speaking of turning wheels, Sherri and I have just returned from GFWC 2020-2022 Orientation and yes, we are excited! What a wonderful time we had in DC, learning about ways that GFWC will be Lighting the Future! I am very grateful for the opportunity to continue to serve and I am also grateful to know that MFWC will be in excellent hands come April 2020 as Sherri soaked everything in at Orientation and is now empowered to lead! Please be on the lookout for Sherri's letter inviting you to serve on the 2020-2022 MFWC Board. She will be a rock star leader—and will also be thankful, grateful, and blessed to be surrounded by a wonderful membership—you make our job a joy!

Collectively, we truly are the most blessed of nations, but for many throughout this great land the blessings are slim and as volunteers what you are doing in your community will certainly empower the difference. Let us forget not to be kind and continue to share the bounty of our good fortune with those less fortunate. Wishing you blessings of health and happiness this Thanksgiving. May you always feel an abundance of love, laughter, and grace.

With Federation love,

*Becky*



# Tips for Achieving Heart Healthy Balance over the Holidays

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

**Take advantage of in-season produce** – fruits and vegetables in season not only taste better but are also usually cheaper than produce not in season! Find ways to work these into your everyday meals and snacks. See below for recipe ideas utilizing several of these fruits and vegetables!

♥ Fall/winter fruit:

- Oranges
- Apples
- Pears
- Pomegranates
- Cranberries

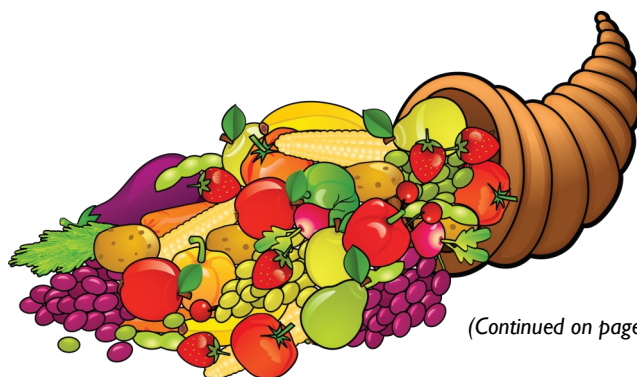
♥ Fall/winter veggies:

- Sweet potatoes
- Brussels sprouts
- Winter squash, such as butternut or acorn
- Leafy greens, such as kale, cabbage, collard, turnip, or mustard

**Enjoy yourself but don't treat every day as a free for all.** From Halloween to Thanksgiving to Christmas, it would be easy to assume that you might as well wait until after New Years to take charge of your health. However, in reality, those are only a few days out of three months. No need to restrict yourself and miss out on Thanksgiving or Christmas dinner, but also no need to overeat candy and cookies the entire season! Day to day, continue to drink plenty of water, eat your fruits and vegetables, and move your body, then, you can enjoy a fun treat that you made with your kids or grandkids or a delicious cookie that your neighbor dropped by – just maybe not 10! Also, try not to waste calories (or real estate in your stomach!) on foods you don't love. For example, maybe skip the sweet tea and store bought rolls to be able to more thoroughly enjoy a piece of that laborious homemade cake that is only made for special occasions!

**When filling your plate, keep the USDA plate method in mind.** Load half of your plate with non-starchy vegetables (think green beans, Brussels sprouts, salad, etc.) These foods provide a lot of nutrients and flavor for very few calories. That leaves a quarter of your plate for starches (regular or sweet potatoes, rice, dressing, roll, etc.) and a quarter of your plate for protein (preferably lean – trim the visible fat and remove the skin). Enjoy a piece of fruit for dessert! Easy, perfect portions every time with little thought!

You could also make sure there are plenty of delicious vegetable options available by bringing one, like the recipes on the following pages for example!



(Continued on page 8)

## Autumn Kale Apple and Quinoa Salad

### Ingredients:

#### Salad:

- 1/2 cup tricolor dry quinoa
- 6 cups slightly packed chopped kale (it will take about 1 1/2 bunches. Remove thick ribs before chopping, 6 oz. chopped)
- 2 crisp, sweet apples, cored and chopped (I used gala apples)
- 1 cup walnuts, lightly toasted and roughly chopped
- 1/2 cup dried cranberries
- 4 oz. goat cheese, crumbled

#### Dressing:

- 1/2 cup olive oil
- 1/4 cup fresh lemon juice
- 2 Tbsp. honey
- 1 1/2 tsp. Dijon mustard
- Salt to taste

#### Instructions:

1. Cook quinoa according to directions on package and cool completely.
2. Whisk dressing ingredients: While quinoa is cooling, whisk together olive oil, lemon juice, honey, Dijon and salt in a jar or bowl.
3. Pour 3/4 dressing over kale, massage kale (important!), chill: Add kale to a salad bowl, whisk dressing once more, then pour 3/4 of the dressing over kale and toss until kale is evenly coated. Cover bowl and chill 15 minutes (adding the dressing and letting it rest helps soften the kale a bit).
4. Toss in remaining mix-ins and dressing: Remove salad from refrigerator, add apples, quinoa, walnuts and cranberries. Pour remaining dressing over salad then toss. Add goat cheese and toss just lightly.

Other add-in options/variations: red grapes, roasted sweet potatoes, pecans instead of walnuts, pears instead of apples, maple syrup instead of honey in the dressing, apple cider vinegar instead of lemon juice

Recipe from Cooking Classy





## Roasted Brussels Sprouts Salad with Maple Butternut Squash, Pepitas, and Cranberries

### Ingredients:

#### Butternut Squash:

- 1 medium (1½ lb.) butternut squash, peeled, seeded, and cut into ¾-inch cubes (about 4 cups)
- 1 Tbsp. olive oil
- 3 Tbsp. pure maple syrup
- ½ tsp. ground cinnamon

#### Brussels Sprouts:

- 1 lb. Brussels sprouts, trimmed and halved
- 2 Tbsp. olive oil
- ½ tsp. salt

#### For Assembly:

- ½ cups pepitas
- 1 cup dried cranberries

### Instructions:

1. Preheat oven to 400 degrees F. Line 2 baking sheets with parchment paper and set aside.
2. In a medium bowl, combine cubed butternut squash, 1 tablespoon of olive oil, maple syrup, and cinnamon, and toss to mix. Transfer to one of the baking sheets, spread into a single layer. Bake for 30 minutes.
3. Meanwhile, place halved Brussels on the second baking sheet. Drizzle with the olive oil and sprinkle with the salt; toss well to coat. Arrange in a single layer and bake for 20-25 minutes, alongside the squash.
4. Combine the roasted squash and Brussels with the pepitas and dried cranberries; gently toss and serve immediately.

Recipe from Prevention RD



# Home For The Holidays

Dear Friends,

With the holidays upon us, it is with great pleasure that I invite you to come “Home for the Holidays” to our MFWC Headquarters on November 30, 2019 from 10:00 a.m. -12:30p.m. December is a very busy time for all of us with Christmas Tasting Teas, Pilgrimages, Tours of Homes, and Parades and this will be a great day to reflect on the past year with our many blessings and relax before beginning the hustle and bustle of the Christmas season. The Saturday after Thanksgiving will be a time for those of us available to gather for a little somewhat impromptu celebration—a light brunch, some Christmas music, a little competitive Christmas tree decorating, and maybe a few treats to take home—if the price is right!

Sherri and Frances, with a little help from Lisa, are busy designing a “Home for the Holidays” Christmas t-shirt with proceeds going to our Headquarters, and Diane has agreed to take your orders and your money as soon as they finalize the details. We have asked a few ladies to help with decorating some small Christmas trees to be displayed at Headquarters —some possibly auctioned off —and some will represent our Past Presidents and their President’s Special Project! Clubs and members will have the opportunity to provide a few handmade items to be auctioned off — wreaths, ornaments, art, fudge, divinity, jams and jellies, etc., also benefiting our Headquarters.

Terrie Whitehurst and Diane will lead us in some learning activities the day of the Open House —bow making by Diane and possibly ornament making with the kids or the kids at heart by Terrie. We will update with more details next week! And wouldn’t our Headquarters provide a perfect backdrop for Christmas pictures?

Please mark your calendar and plan to attend on November 30, 2019 with your friends and family and join us for a few hours of fun and fellowship at 2407 North State Street in Jackson, Mississippi.

In Federation Love,  
Becky

Count  
YOUR  
blessings



# MEMBERSHIP DRIVE

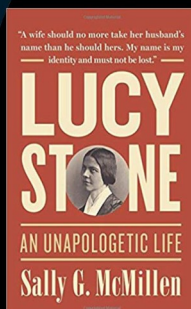


Club Presidents,  
don't forget to send  
your new members  
information to  
Membership  
Chairman, Sherri E.  
Reid, to win money  
for your club in our  
2019 Membership  
Contest!!

P.S. This information should also be sent  
to Diane Rouse with members dues and  
contact information.

## ESO Reading with the President Challenge

November 2019  
Selection of the Month



Lucy Stone  
An Unapologetic Life  
by Sally G. McMillen

Category:  
Biography and  
Memoir

For a complete listing of "President's  
Picks", [click here](#).





# GFWC Signature Program: Domestic Violence Awareness and Prevention





## GFWC Leadership - GFWC- MFWC LEADS (Leadership, Education, And Development Seminar)

Domestic Violence: kNOw More and MS LEADS/Leadership Workshop held at our Headquarters at 2407 North State Street, Jackson, Mississippi on October 5, 2019.

Deana Pittman, GFWC-MFWC Domestic Violence Awareness and Prevention Chairman, organized a domestic violence, child abuse, and human trafficking information fair open to the public that ended in the “planting” of the purple pinwheels on the lawn of our Headquarters to kick off Domestic Violence Awareness Month.

Judy Martin, MS LEADS Chairman lead our MS LEADS and Leadership Workshop for our members from noon to 3:00 p.m. All club members were encouraged to attend this workshop. The Leadership Workshop was for both potential LEADS applicants as well as any GFWC-MFWC member wishing to learn more about the working of our Federation.





GFWC Leadership Advancement Area - Southern Region Conference 2019





## GFWC Leadership Advancement Area - Southern Region Conference 2019





# GFWC Leadership Advancement Area - Southern Region Conference 2019





## GFWC Leadership Advancement Area - Southern Region Conference 2019



# Announcements and Upcoming Events

## Important Dates (Overview)

<b>November</b>	
30	Home for the Holidays at the GFWC-MFWC Headquarters in Jackson, Mississippi.
<b>January 2020</b>	
1	GFWC-MFWC <b>State &amp; District Club Dues</b> 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.
<b>February 2020</b>	
1	GFWC-MFWC <b>Club Reports</b> must be postmarked by this date each year for reports to be judged.
1	GFWC-MFWC <b>Challenge Grant applications, Hebron Memorial Scholarship applications and Writing Contest entries</b> must be postmarked by this date each year to be eligible for consideration.
10	GFWC-MFWC <b>Clubwoman of the Year Award applications, Juniette of the Year Award applications and GFWC-MFWC LEADS applications</b> must be postmarked by this date each year to be eligible for consideration.
15	GFWC-MFWC <b>Scrapbooks and Yearbooks</b> must be postmarked by this date each year to be eligible for consideration.
For a complete listing of Important Dates, <a href="#">click here</a> .	

### Postmark Deadline:

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





# Thanksgiving Scattergories

Use this list to count your blessings! Write down something for which you are thankful, starting with each letter of the alphabet:

A	_____	N	_____
B	_____	O	_____
C	_____	P	_____
D	_____	Q	_____
E	_____	R	_____
F	_____	S	_____
G	_____	T	_____
H	_____	U	_____
I	_____	V	_____
J	_____	W	_____
K	_____	X	_____
L	_____	Y	_____
M	_____	Z	_____



# General Federation of Women's Club



1734 N Street, NW  
Washington, DC 20036-2990

Phone:  
202-347-3168  
For membership information:  
800-443-GFWC

[www.gfwc.org](http://www.gfwc.org)



## Thanks to You ... GFWC Members

We have given clothing, coats, shoes, and household goods to those in need, provided shelters for women and children surviving abuse, and supported hospitals such as St. Jude Children's Research Hospital.

We have established libraries, helped fill libraries with books, and given thousands of Dr. Seuss books to children who never have had a book of their own.

We have raised dogs for Canine Companions or supported programs so others can have a service dog to help them live a more complete life.

We have planted trees, established community gardens, and school butterfly gardens while beautifying public parks and businesses.

We have provided supplies and materials for men and women in the military.

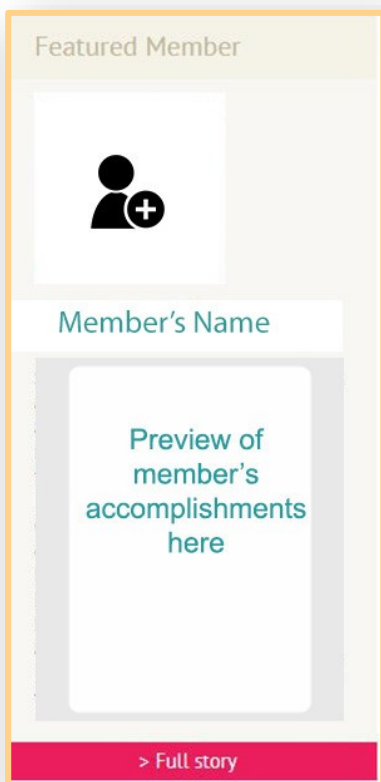
We have initiated and supported legislative action for gun control, domestic violence prevention, school safety, and more.

As Helen Dyer has said, "Volunteerism is the voice of the people put into action. These actions shape and mold the present into a future of which we (GFWC) can all be proud." Which GFWC volunteer experience has taught you the most about gratitude?

Source: November 7, 2019 News & Notes



## Seeking Members Profiles



As the end of the year approaches, it's a great time to recognize a clubwoman who has inspired you in 2019! By nominating her to be considered as a Featured Member on the GFWC website, you can show off a Federation Sister who deserves it.

Consider who has organized a successful event, thought outside of the box while planning a project, or just gone above and beyond in general. Submit a list of her key accomplishments (in 2019 and prior), and anything else you think might be important to recognize her, to [pr@gfwc.org](mailto:pr@gfwc.org).



# 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**

## Holiday Open House

You're invited to GFWC Headquarters on December 4 for our annual Holiday Open House from 3:00–6:00 p.m. [Register now!](#) If you're registering as part of a group, contact [Jennifer Simpson](#).

**YOU'RE INVITED**

**GFWC HOLIDAY OPEN HOUSE**

GFWC HEADQUARTERS  
DECEMBER 4, 2019  
3:00–6:00 P.M.  
1734 N. STREET NW  
WASHINGTON, D.C. 20036

REGISTER AT [WWW.GFWC.ORG/MEMBERPORTAL](http://WWW.GFWC.ORG/MEMBERPORTAL)  
HORS D'OEUVRES AND REFRESHMENTS SERVED!  
BRINGING A GROUP?  
PLEASE CONTACT [EVENTS@GFWC.ORG](mailto:EVENTS@GFWC.ORG)

## Subscribe to News & Notes

Simply provide your name, mailing address, email, and club name to [gfwc@gfwc.org](mailto:gfwc@gfwc.org)!

# Support GFWC

## Support GFWC When You Shop at Amazon.com

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

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

## Terri Lynn

**Terri Lynn** has over 75 years of family tradition offering healthy and delicious gourmet products. Earn profits for you and your club selling premium nuts, chocolate confections, and scrumptious dried fruit selections. For more information, visit Terri Lynn at [www.terrilynnfundraising.com](http://www.terrilynnfundraising.com).



## Try an Easy Online Fundraiser

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

**FLOWER**  **POWER**

## Let Your Flag Fly

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



## 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](#).

