



PLANT • RECYCLE • PICK IT UP



# The Heartbeat



October 2020

Volume XI Issue I

pumpkin picking  
CORN MAZE  
HAYRIDES  
Bonfire  
Rake Leaves  
PICK APPLES  
fall fun



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**

## **2020-2022 Elected Officers**

**Sherri E. Reid  
President  
Cosmopolitan Club  
Southern District**

**Carolyn Tedford  
Vice President and Dean of Chairmen  
Poplarville Woman's Club  
Southern District**

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**Theresa H. Buntyn  
President-elect,  
Advisor to District Presidents  
and State Membership Chairman  
GFWC-MFWC Decatur Woman's Progressive  
Club  
Central District**

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**Deana T. Pittman  
Secretary  
GFWC-MFWC Batesville Woman's Club  
Northern District**

**Belinda Peacher  
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.

## A Message From Sherri E. Reid

Happy October! As I look over the Newsletter that Lisa has written I am overwhelmed with the creativity that Lisa can bestow upon us. I love all of the graphics and information she is able to send out to all of us each month. I hope each of you will take the time and read through each article, there is a plethora of information for each member to use. Club President's may print any of the pages and pass out during club meetings or send to members who cannot attend meetings or do not have access to strong internet connections for virtual meetings. Please take the time to involve all members in club activities, during our pandemic it is hard for members to meet or connect.

October 31 is the date for our Southern Region Conference, this year it will be held virtually, to sign up everyone will need to register, and the cost is \$35 per person. We will save so much money by not driving to Huntsville! But OH! What I would give to be able to travel to Huntsville to see my Southern Sisters and fellowship with them all. If you would like to register for the Conference you will need to go to the GFWC members portal. If you have not signed up for the members portal, please get with me or Lisa Harris and we would be glad to help you register. It will be a wonderful conference with fun time planned in between lots of good information for all GFWC-MFWC members!! I hope to see you there!

After the Southern Region Conference on Saturday, October 31 make your plan now to exercise your right to Vote Tuesday, November 3!

Do something today, that your future self will thank you for! Plant, Recycle & Pick it up!!

Living the volunteer dream,

Sherri

*Plant*  *Recycle*  *Pick It Up* 

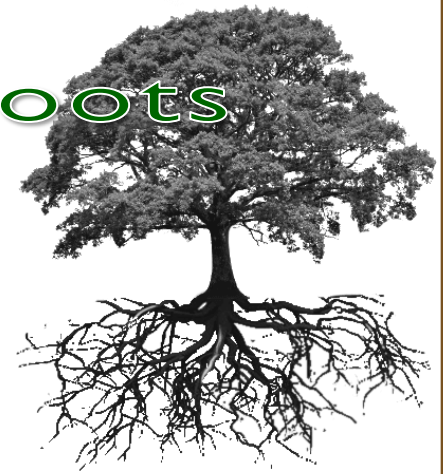


# Exploring Our Roots

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

**Administration of Mrs. B. L. (Lillian) Coulter**

**1934 - 1936**



■ Nineteenth President of the MFWC from Columbia, MS.

■ The theme of her administration was, "Individual Responsibility for a Better Tomorrow."

### Highlights of this Administration

- Mrs. Coulter presided over the thirty seventh annual convention in Natchez in November 1935. Many agreed that this convention was the broadest in scope and most inspiring in Federation history.
  - At the executive board meeting prior to the convention, a committee was named to redistrict the state again. A new plan was presented to the convention and was adopted. The redistricting, with six districts outlined, is the one with only slight changes still in effect in 1998.
  - In her annual president's report, Mrs. Coulter set forth fourteen objectives for her administration. She reported on the progress on some of them.
    - ◆ Her first objective was a well informed, growing membership. To this end she announced that fifteen new clubs, two county councils and one city federation had been added to the Federation during the year.
    - ◆ She wanted a "singing administration," and she reported that there had been improvement in the singing of the state song.
    - ◆ Another of Mrs. Coulter's main objectives was the inauguration of a summer institute. Mississippi's first statewide institute was held at Belhaven College on July 17-18, 1935. Editor Note - This practice still continues in 2020.
    - ◆ Another of her objectives was establishing a permanent headquarters. She reported that many clubs had already paid pledges for this cause. A proposal to the Legislature to lease the Federation a lot for a nominal sum on which to erect a building had been made. The bill was presently with Mississippi Governor Conner, who had not submitted it at the time of her report.
  - The following endorsements were passed by the convention: endorsement of President Roosevelt's position on the European situation, endorsement of the efforts of the Mississippi Congressional Delegation to secure the early construction of the Natchez Trace, endorsement of a Mississippi bill to require towns of 10,000 or more to erect markers designating the name of the town, endorsement the Library Commission, endorsement of the extension of kindergartens and endorsement of the prevention of lynching.
- The thirty eighth annual Mississippi Federation of Women's Clubs' convention was held in Jackson in November, 1936, with Mrs. Coulter presiding.

*(Continued on page 6)*

## GFWC Women's History and Resource Center - Exploring Our Roots

(Continued from page 5)

- This was the first convention at which a registration fee was charged to each voting delegate who attended.
  - Thirty-one new clubs were added and several others reinstated in 1936.
  - Prior to the main sessions of the convention, an informal reception was held at the new state Headquarters. Also at the Headquarters, a tree planting ceremony was held. Honorable Fred B. Merrill, State Forester, presented a magnolia tree to Mrs. Coulter. Mississippi Agriculture Commissioner, the Honorable J. C. Holton, dedicated the tree to President Franklin D. Roosevelt.
  - Several interesting, and some far reaching, resolutions were passed by the thirty eighth convention. These were recommendations that the Mississippi Legislature pass a uniform Drive's License Law; an endorsement of the state Forestry Commission's program for renewal of native dogwood trees and urging club participation through the planning of dogwood seedlings; endorsement of teaching the effects of alcohol on the human body in schools and opposition to legalization of liquor sales; endorsement and support of efforts to increase Mississippi's supply of dairy products; urging the Legislature to ensure a minimum of an eight month school term for all public schools and establishment of a statewide minimum salary schedule for teachers based on qualifications and experience; and urging the Legislature to revise teacher certification laws to conform to professional standards.
- Mrs. Coulter viewed the establishment of Summer Institutes as one of the highlights of her presidency.

A note from editor Mrs. Tommye Hogue Rosenbaum in 1998 ... From the perspective of 1998 as this latest compilation of the Mississippi Federation of Women's Club history is written, the erection of the Headquarters during Mrs. Coulter's term of office must be viewed as her administration's most important achievement. Since its dedication in 1936, this edifice has been treasured by Mississippi club women. It has been used for many and varied Federation functions, among which are club meeting, Executive Board meetings, Summer Institutes, Southern Region functions, and Receptions. It has also served as a repository for all the Federation's records, including yearbooks, histories, magazines, portraits, photographs and all memorabilia of one hundred years of Mississippi club women's service. It stand proudly today as a testimony to all courageous and stalwart women of the Mississippi Federation who have worked to preserve and enhance its beauty for the sixty plus years of it existence.

*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.*



# October

## Notable Monthly Events

- Breast Cancer Awareness Month
- Dyslexia Awareness Month
- Emotional Wellness Month
- Financial Planning Month
- Halloween Safety Month
- National ADD/ADHD Awareness Month
- National Arts & Humanities Month
- National Book Month
- National Bullying Prevention Month
- National Crime Prevention Month
- National Domestic Violence Awareness Month
- Organize Your Medical Information Month
- Tackling Hunger Month

## GFWC Notable Events

- October 1st - GFWC Success for Survivors Scholarship Application Open.
- GFWC Advocates for Children Week - October 25-31, 2020. [More Information](#).
- GFWC Southern Region Conference - October 31. [More Information](#).

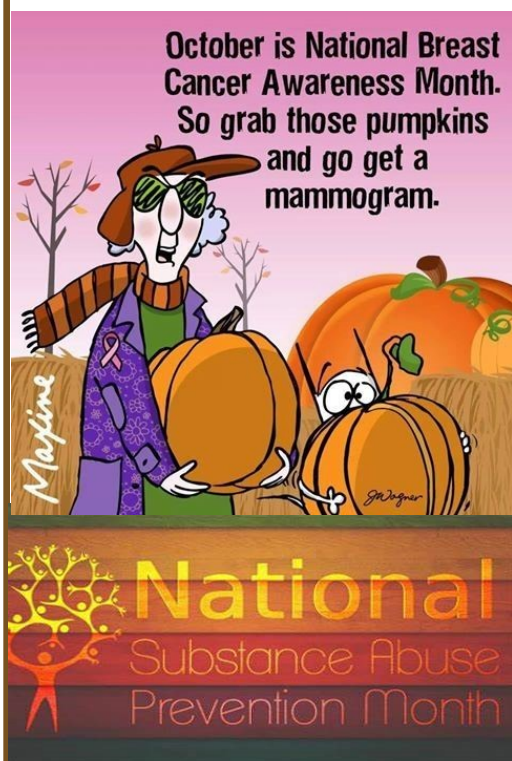
## Notable Dates

**October 12** is a busy day, with two holidays packed into it:

- **Columbus Day (U.S.)**, a federal holiday, is observed on the second Monday in October. It was on October 12, 1492, that Christopher Columbus landed on a small island in the Bahamas, convinced that he had reached Asia. [Read more about Columbus Day](#).
- **Indigenous Peoples' Day (U.S.)**—a holiday that celebrates the history and cultures of indigenous peoples native to what is today the United States. Indigenous Peoples' Day is celebrated in cities and states across the country, often as an alternative to Columbus Day.

**October 24** is **United Nations Day**, which aims to bring awareness to the work of the United Nations across the world.

**October 31** is **Halloween (All Hallows' Eve)**! Do you know the true history of Halloween? It's not as frightful as you might think... Learn about the [origin of Halloween](#).





## GFWC-MFWC President's Special Project

# Heifer International

The goal of GFWC-MFWC President Sherri E. Reid is to make a donation to Heifer International at the end of her administration as part of her President's Special Project. You can make donations to her special project by using the Dues Form, doing Fundraisers and sending the money to Belinda Peacher with PSP written in the memo/for line. You may also make donations directly to Heifer International by purchasing the following gifts. If you make your own purchase be sure to document your purchase(s) for reporting purposes and so that Sherri will know that you made this donation for her PSP.

In some of the world's most impoverished countries, obtaining basic necessities like clean water and shelter is a daily struggle. Help families improve their lives with gifts that improve sanitation, health and access to clean water. Your gift will have an impact in providing basic necessities to those in need. The one you choose is up to you.

The following Heifer gifts that will qualify under the GFWC-MFWC President's Special Project are:

- **Earth Gift Basket** for \$60.00. A hive of bees and seedlings of trees are included in this earth-friendly package. Every Earth Gift Basket gives back by:
  - Providing more efficient crop growth through pollination
  - Preventing soil erosion and providing fodder for livestock
  - Contribution to a better environment with cleaner air

The benefits from the bees in this basket are twofold. The wax and honey they provide can be sold at the market for extra income, and their pollination can create more and better fruits and vegetables. As the tree seedlings grow, their roots prevent soil erosion and create shade for animals. Mother Nature would certainly appreciate this thoughtful gift.

- **Water For Life** for \$750.00. Clean water is rare in many parts of the world where Heifer works. Families wake well before dawn and travel long distances to haul water back home. This chore is typically left to the woman and young girls, which keeps them from going to school. Often the only water they can find is unsafe and unsanitary. Now Heifer International is changing all that by building solar-powered wells that bring life-sustaining water right to families' own backyards.

And that's just one way your Water For Life gift can help Heifer bring life-giving water to those in need. With better access to water, families are also able to water their crops and livestock. This in turn leads to greater yields that the family can sell, and their income increases tremendously. By spreading the gift of clean water through a gift of a solar-powered well, water kiosks, irrigation systems, or treadle pumps, your Heifer donation can help more families!

- **Gift of Irrigation Pumps** for \$150.00. This gift provides farmers with enough water to sustain their crops by installing treadle pumps. It also gives them training in water conservation and irrigation techniques. Access to safe water is a necessity we often take for granted, but poor families around the world struggle to obtain this vital resource. Heifer's solution is to help rural families install treadle pumps that maximize the number of growing seasons and allow them to expand the types of crops on their land. This cost-effective process is much cheaper than using motorized pumps, and more efficient than using buckets to fetch water.
- **Gift of Trees** for \$60.00/Full and \$10.00/Share. This tree gift includes seedlings and saplings of trees appropriate to the region where the recipient lives. Your donation will provide recipients with training on nurturing young trees and the importance of reforestation. Each gift of a tree:
  - Provides firewood and fodder

- Yields nutritious fruits and nuts that improve health
- Enriches the soil and purifies the air

A family with a small orchard is able to supplement their diet with delicious fruits and vegetables while becoming self-reliant at the same time. Passing on the seedlings enables communities to continue the cycle of sustainability. Your plant a tree gift ensures a healthy, productive future while fighting poverty and hunger.

One of Heifer International's most important promises is to care for the Earth. We believe that, for development to be sustainable, we must help families raise their livestock in harmony with nature. Your tree donation today will help us carry out that mission.

Additional information on the above gifts can be found at <https://www.heifer.org/gift-catalog/caring-for-the-earth/index.html>,

You may also give the Gift of Honeybees which is listed under Animals at <https://www.heifer.org/gift-catalog/animals/gift-of-honeybees.html>.

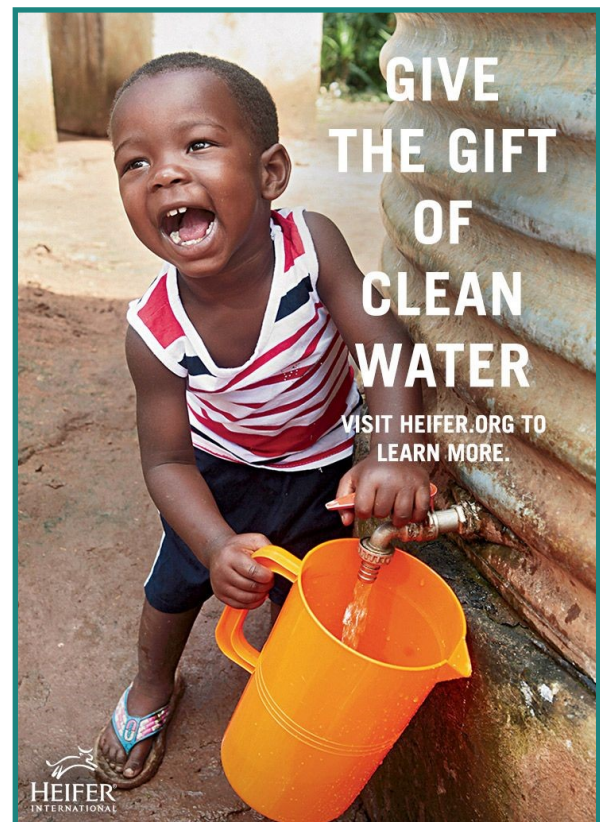
- **Gift of Honeybees** for \$30.00. Farmers that keep bees are able to harvest honey during the non-growing season to earn extra income, producing 60 pounds or more of honey each year. Honeybees are essential to healthy crops, and their rapid decline threatens global food security. A Heifer honeybee gift donation includes a bee package, hive, box and training in beekeeping techniques. When you buy bees for a family in need, your gift:

- Increases the global honeybee population to support the environment
- Boosts income through sales of honey, wax and pollen
- Stimulates growth of the family's crops through pollination

Sometimes it's the smallest gifts that make the largest impact. Healthy beehives can double fruit and vegetable yields of small farms. Let your honeybee donation turn a family's struggle into a

lifetime of opportunity.

So, go ahead and use that 2X or 3X coupon that you received in the mail and order a Caring For The Earth gift or hold that fundraiser and send a part of the money raised to Belinda for our President's Special Project. Either way, Plant ▶ Recycle ▶ Pick It Up!





## GFWC Signature Program: Domestic and Sexual Violence Awareness and Prevention

# October is National Domestic Violence Awareness Month

Submitted by Deana T. Pittman, Chairman

Thank you so much for taking the first step against Domestic Violence! By reading this information, educating yourself, and educating others, you are taking the first step to make a difference in our clubs, in our communities, and in our world! So, THANK YOU!

With October being the national month for focus on this very important issue, there has never been a better time to begin your campaign for raising awareness! With any issue of violence, we want to prevent it from ever happening to anyone...so, our first initiative should always be to educate with prevention in mind! Your clubs can start to form those relationships with law enforcement, services, and organizations that serve women and children. Help to address their needs; fill those gaps; volunteer your time, your talents, and your money! When the time for prevention has passed, and we must help those survivors pick up the pieces and move on, your clubs can be there for that too! What shelters are in your area? Are there physical needs there? Do we need to help spread the word about where help can be found? Do women in your area know where to go if they are in need of help? Who can they contact? What resources are available?

As you may already know, our program has had a makeover! We are so excited to have eight areas of focus for the GFWC Signature Program! There are specific needs and resources for each of these areas:

### Intimate Partner Violence

Our very own Darlene C. Adams is the advisor for this area, and I know she is more than willing to answer any specific questions that you may have under this topic! My number one suggestion under this area is to utilize your law enforcement agencies. Many times, these are the first points of contact for cases of domestic violence. One suggestion: Keep emergency bags for women on hand (underwear, socks, toiletries, t-shirt, pajama pants, etc.), and make sure your police department has them "in stock" or has a number to call if they need one ASAP.

- National Domestic Violence Hotline - 1-800-799-7233

(SAFE)

- Mississippi Domestic Violence Hotline - 1-800-898-3234

### Child Abuse

One of the best things we can do towards prevention of child abuse is to make sure that those in charge of our children know what signs, symptoms, and ways to spot child abuse (physical, emotional, sexual). Can you sponsor an informational speaker? Can you provide resources and educational materials for schools, daycares, and other services? Again, utilize your law enforcement agencies as well as your social workers. What are items they might need to have on hand when they receive a report or a referral of child abuse? Are there needs that can be met for those children in foster care situations?

- April is Child Abuse Prevention Month....use this focus month in your community to raise awareness!
- National Child Abuse Hotline - 1-800-422-4453
- [www.childhelpusa.org](http://www.childhelpusa.org)

### Campus Sexual Assault

As always, our first desire is prevention! We need to educate those on our campuses about how to avoid being put in dangerous situations. What are the procedures if you are assaulted by a stranger? by another student? by a faculty member? Is there a place on campus that does not have adequate lighting for those that are walking at night? Is there enough police presence on campus to help prevent these situations? Is the school adhering to proper policies and laws?

- For victims, we want to help get them to a safe place....Do victims readily know who to contact for immediate help?
- For victims, we want to help them get proper reports filed, counseling, and other resources if needed. Who do they contact? Are these resources readily available?
- Is there a service on campus that might need items to serve those that are assaulted?
- National Sexual Violence Resource Center - [www.nsivrc.org](http://www.nsivrc.org)

### Elder Abuse

One of the most important details in serving this area of our program is identifying those that are at risk for this type of

## **GFWC Signature Program: Domestic and Sexual Violence Awareness and Prevention**

abuse. Some people are more at risk for physical, emotional, or even sexual abuse....and then, there is an entire other population that is vulnerable to financial abuse.

- Find ways to make the elder population aware of scams that may be circulating in your area!
- Help educate our elderly on using social media, computers, and email safely!
- We need to raise public awareness to help protect our aging population.
- June 15 is World Elder Abuse Awareness Day
- November is National Family Caregiver's Month

### **Teen Dating Violence**

Oh, my goodness, this is one that we so need to educate to prevent! So many of our young girls experience this on so many different levels....from emotional control, physical control, and even rape.

- Find your niche in schools whether it is providing materials, volunteering, sponsoring counselors, or whatever you can do to help educate our young people on proper, healthy relationships
- Help with programs---counseling, anger management, self-esteem groups, and even suicide prevention
- Help educate our teachers and parents on how to recognize the signs that his or her student/child is in an unhealthy relationship
- Help schools and services to create safe places and ways to report violence

### **Violence Against Native American Women**

This is a specific area of concern. Women on reservations are especially vulnerable to unreported violence. Help create awareness of this issue during November, which is American Indian Heritage Month.

- Form relationships with services and shelters in your area
- Help spread awareness and publicize where to get help in case of violence
- Visit the National Indigenous Women's Resource Center for more resources ([www.niwrc.org](http://www.niwrc.org))
- If you have a connection to the Mississippi Band of Choctaw Indians, use it....that is one very specific population right here in Mississippi where you may can be a help!

### **Military Sexual Assault**

This is another specific area of concern. Women in the military are also vulnerable to unreported violence ... especially if it is at the hands of a superior.

- Contact advocacy groups to find out about needs
- Volunteer to support survivors
- Visit Protect our defenders foundation for more resources ([www.protectourdefenders.com](http://www.protectourdefenders.com))
- Department of Defense Safe Helpline - [www.safehelpline.org](http://www.safehelpline.org)

### **Human Trafficking for Sexual Purposes—**

This is an issue that is being brought to the light more and more every day. As an affiliate with I Support the Girls, just in two different areas, there are been more than 100 young girls and boys recovered in the last MONTH ... in one of our mid-western states. It absolutely breaks my heart! We want to help prevent this from happening to ANYONE; we want to get the victims out of those situations IMMEDIATELY; we want to help the survivors heal, grow, and live full, free lives!

- January is Human Trafficking Awareness month - use this month to help spread awareness in your communities! Sponsor a speaker about social media safety for your teenagers (would be a great collaboration for the schools or the library). Use your law enforcement for resources for this as well!
- Be aware yourself to help protect those around you! Know the friends, contacts, and communicators that your children have! Yes, invade their privacy!!!!
- Work with law enforcement agencies, shelters, and services to help provide items that are needed!

Again, thank you for taking the first step in learning more about these issues that face our communities! We as club members will go a long way to bring about awareness, prevention, and healing to those in these situations!

I am available to speak at your club meetings (live or Zoom). I love to help in any way! As your I Support the Girls—Mississippi Director, I would LOVE to help with projects and campaigns in your communities!

Please contact me with your questions, concerns, needs, and ideas! I would LOVE to hear from you!

## GFWC Signature Program: Domestic and Sexual Violence Awareness and Prevention

# Violence Against Native American Women

Domestic violence and intimate partner violence occurs in all communities. However, various causes can affect the level, intensity, and prevalence of violence. Studies indicate that violence against women—including domestic abuse and sexual assault—is higher among Native American communities.

The U.S. is currently facing a little-known crisis: Native American women are twice as likely to be raped or sexually assaulted than other women in the U.S., according to the U.S. Department of Justice.

Tarah Demant, the director of human rights group Amnesty International's Gender, Sexuality and Identity program, said there is no protection and "absolute impunity" when it comes to the sexual assault of Native American women.

"We've done interviews in communities where not one woman we talked to was not a survivor of sexual assault ... all the way from the 10-year-old great-granddaughter to the great-grandmother at 90 years old, all of whom in their community had experienced sexual assault at some point," Demant said.

According to the New York State Coalition Against Domestic Violence report ... more than four in five American Indian and Alaska Native women and men have experienced violence in their lifetime, and more than one in three experienced violence in the past year, according to a new report from an NIJ-funded study.

Some of the reasons for the epidemic proportions of Native Indian and Alaska Native Women numbers being so high is that the women and child are not aware that they are experiencing abuse and legal barriers in the justice system did not allow federally recognized or not tribes to prosecute non-native people for on reservation crimes. Because tribes could not exercise criminal jurisdiction for several decades — the right to prosecute violent crimes committed in Indian Country by non-Native people — both state and federal authorities were expected to exercise jurisdiction in these cases.

However, state and federal authorities often declined to prosecute in the majority of these cases for different reasons. This situation left most tribes powerless to criminally punish non-Native people who came onto reservations and committed domestic or sexual violence against Native people. As a result, the prevalence of domestic violence, dating violence, and sexual assault in Indian Country grew astronomically.

In 2013, Congress reauthorized the Violence Against Women Act (VAWA), which restored tribal courts' ability to exercise "special domestic violence criminal jurisdiction" over domestic and dating violence crimes or violations of protection orders regardless of the defendant's Native or non-Native status, where the tribes meet certain requirements in accordance with the Indian Civil Rights Act per the U.S. Bill of Rights, the Tribal Law and Order Act, and where

the tribe's criminal justice system fully protects defendants' rights under applicable federal law.

The reauthorized VAWA went into effect in 2015 and recognizes tribes' sovereign power to investigate, prosecute, convict, and sentence both Indians and non-Indians who assault Indian spouses or dating partners or violate a protection order in Indian Country. It does not, however, cover sexual assault or rape committed by non-Natives who are strangers to their victims, nor does it protect Native American children who are victims of abuse or assault.

Despite changes in the laws, violence against native women in the United States has reach epidemic proportions and greatly exceeds that of any other women in the United States: 34 percent of Native women are raped in their lifetimes and 39 percent are victims of domestic violence.

While there is a great need for more and better data on where violence against Native women occurs, the information available suggests that Native women on tribal lands lack the most government protections from the threat of violence against them. Consider the fact that assaults against Native women tend to take place at private residences, that a significant number of Native women live on tribal lands (often with their non-Native partners), that the death rate of Native women on some reservations is ten times the national average.

Listed below are the numbers concerning violence against Native Women in the United States.

- American Indians and Alaska Natives are 2.5 times as likely to experience violent crimes – and at least 2 times more likely to experience rape or sexual assault crimes – compared to all other races.
- 61 percent of American Indian and Alaska Native women (or 3 out of 5) have been assaulted in their lifetimes, compared to 52 percent of African American women, 51 percent of White women, and 50 percent of Asian American women have been assaulted.
- 34 percent of American Indian and Alaska Native women will be raped in their lifetimes, compared to 19 percent of African American women, 18 percent of White women, and seven percent of Asian and Pacific Islander women.
- 39 percent of American Indian and Alaska Native women will be subjected to violence by an intimate partner in their lifetimes, compared to 29 percent of African American women, 27 percent of White women, 21 percent of Hispanic women, and 10 percent of Asian women.
- 17 percent of American Indian and Alaska Native women reported being stalked during their lifetimes, compared to eight percent of White women, seven percent of African American women, and five percent of Asian women.
- Among Native women victims of rape or sexual assault, an average of 67 percent describe the offender as non-Native.
- Among Native women victims of assault, an average of 63 percent describe the offender as non-

Native.

- In an average of 71 percent of rape and sexual assault victimizations against Native women, the perpetrator is reported to be known by the victim (with 38 percent as intimate partners; 33 as “other known”, including acquaintances; and zero percent as family).
- 59 percent of physical and sexual assaults against Native women occurred at or near a private residence, compared to public locations.
- While there is limited data available on where assaults against Native women take place, the rate of violent victimization of Native people in suburban areas is 2.8 times higher than that of the average for all races in suburban areas; 2.6 times higher for Natives than for all races in rural areas; and 2.5 times higher for Natives than for all races in urban areas.
- On some reservations, Native women are murdered at more than ten times the national average.

Studies show that, due to issues like violence and abuse, Native American children on reservations suffer post-traumatic stress disorder at roughly the same rate as soldiers returning from wars in Iraq and Afghanistan. This is why Native American experts are urging Congress to close a loophole in VAWA that does not cover children in its allowing of tribes to prosecute non-Indian perpetrators for crimes committed against Native Americans.

#### **What you can do:**

Raise awareness to gain strong federal action to end violence against Native women and children.

Volunteer at Indian and Alaska Native nations and Native women’s organizations to increase their capacity to prevent violence and to hold perpetrators of violence on their lands accountable.

Call for increased reporting to ensure accurate data are used by communities and policymakers to make informed decisions and establish supportive programs.

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Sources: NYSCADV Domestic Violence & Indigenous People, <https://www.nyscadv.org/what-we-do/domestic-violence-indigenous-peoples.html>

Violence Against Women, National Congress of American Indians, <http://www.ncai.org/policy-issues/tribal-governance/public-safety-and-justice/violence-against-women> .

Policy Insights Brief, Statics on Violence Against Native women, NCAI Policy Research Center, February 2013.

Domestic Violence Rampant Among Native Americans. March 13, 2019, By domesticShelters.org, <https://www.domesticshelters.org/articles/statistics/domestic-violence-rampant-among-native-americans#:~:text=One%20specific%20population%20is%20at%20a%20significantly%20higher.violence%20at%20the%20hands%20of%20an%20intimate%20partner.>

## GFWC Signature Program: Domestic and Sexual Violence Awareness and Prevention

# Domestic Violence in the United States

### What is Domestic Violence?

Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, threats, and emotional abuse. The frequency and severity of domestic violence can vary dramatically.

### Did you know?

- In the United States, more than 10 million adults experience domestic violence annually.
- If each of these adults experienced only once incidence of violence, an adult in the US would experience violence every three seconds. However, because domestic violence is a pattern, many experience repeated acts of abuse annually, so an incident of abuse happens far more frequently than every three seconds.
- 1 in 4 women and 1 in 10 men experience sexual violence, physical violence and/or stalking by an intimate partner during their lifetime with 'IPV-related impact' such as being concerned for their safety, PTSD symptoms, injury, or needing victim services.
  - ◆ Approximately 1 in 5 female victims and 1 in 20 male victims need medical care.
  - ◆ Female victims sustain injuries 3x more often than male victims.
  - ◆ 1 in 5 female victims and 1 in 9 male victims need legal services.
  - ◆ 23.2% of women and 13.9% of

- men have experienced severe physical violence by an intimate partner during their lifetime.
- From 2016 through 2018 the number of intimate partner violence victimizations in the United States increased 42%.
- On a typical day, domestic violence hotlines nationwide receive over 19,000 calls.
- An abuser's access to a firearm increases the risk of intimate partner femicide by 400%.
- In 2018, partner violence accounted for 20% of all violent crime.
- Intimate partner violence is most common against women between the ages of 18-24.
- 19% of intimate partner violence involves a weapon.

### Impact

Domestic violence is prevalent in every community, and affects all people regardless of age, socioeconomic status, sexual orientation, gender, race, religion, or nationality. Physical violence is often accompanied by emotionally abusive and controlling behavior as part of a much larger, systematic pattern of dominance and control. Domestic violence can result in physical injury, psychological trauma, and even death. The devastating consequences of domestic violence can cross generations and last a lifetime.

### National Statistic for Domestic Violence in the United States by type

#### Sexual assault

- 1 in 5 women and 1 in 40 men in the

United States are victims of rape or attempted rape during their lifetime.

- Nearly 1 in 5 women and 1 in 12 men have experienced contact sexual violence by an intimate partner in their lifetime.
- From 2016 through 2018 the number of rape/sexual assault victimizations in the United States increased 146%.

#### Stalking

- Stalking victimization involves a pattern of harassing or threatening tactics used by a perpetrator that causes the victim to fear for their safety or the safety of others.
- 19.1 million women and 6.4 million men in the United States have been stalked.
- 66.2% of female stalking victims reported stalking by a current or former intimate partner.
- 1 in 10 women and 1 in 50 men have experienced stalking by an intimate partner during their lifetime.

#### Homicide

- 1 in 2 female murder victims and 1 in 13 male murder victims are killed by intimate partners.
- A study of intimate partner homicides found 20% of victims were family members or friends of the abused partner, neighbors, persons who intervened, law enforcement responders, or bystanders.
- 65% of all murder-suicides are perpetrated by intimate partners.
- 96% of murder-suicide victims are female.
- Most intimate partner homicides are committed with firearms.
- Abusers' access to firearms increases the risk of intimate partner femicide at least five-fold. When firearms have been used in the most severe abuse incident, the risk increases 41-fold.
- While the overall rate of intimate partner has decreased, intimate partner femicide has increased in



recent years, driven by an increase in intimate partner femicide committed with a firearm.

### Physical & mental effects

- Victims of intimate partner violence are at increased risk of contracting HIV or other STI's due to forced intercourse and/or prolonged exposure to stress.
- Intimate partner victimization is correlated with a higher rate of depression and suicidal behavior.
- Only 34% of people who are injured by intimate partners receive medical care for their injuries.

### Economic effects

- Victims of intimate partner violence lose a total of 8,000,000 days of paid work each year, the equivalent of 32,000 full-time jobs.
- Intimate partner violence is estimated

to cost the US economy between \$5.8 billion and \$12.6 billion annually, up to 0.125% of the national gross domestic product.

- Between 21-60% of victims of intimate partner violence lose their jobs due to reasons stemming from the abuse.
- Between 2003 and 2008, 142 women were murdered in their workplace by former or current intimate partners. This amounts to 22% of workplace homicides among women.

### Children and domestic violence

- 1 in 15 children are exposed to intimate partner violence each year, and 90% of these children are eyewitnesses to this violence.

Please visit the National Coalition Against Domestic Violence's website at [www.ncadv.org](http://www.ncadv.org) for more fact sheets,

membership information, and valuable resources.

Source: National Coalition Against Domestic Violence (2020). Domestic violence. Retrieved from [https://assets.speakcdn.com/assets/2497/domestic\\_violence-2020080709350855.pdf?1596811079991](https://assets.speakcdn.com/assets/2497/domestic_violence-2020080709350855.pdf?1596811079991).

**If you are in crisis, contact The National Domestic Violence Hotline at 1-800-799-SAFE (7233) or [www.TheHotline.org](http://www.TheHotline.org).**

## Domestic Violence in Mississippi

Over 790,000 Mississippi residents experience intimate partner violence in their lifetimes. Fortunately, many victims survive these traumatic events; however, many will die as a result of domestic violence related murders.

Although Mississippi doesn't publicly report domestic violence- or intimate partner-related fatality statistics including mechanism of death, evidence suggests firearms are a significant contributing factor. An abuser's access to firearms can determine a victim's chances of survival; domestic violence firearm prohibitions and removal laws save lives.

Mississippi does not prohibit purchase or possession of firearms or ammunition by persons convicted of misdemeanor crimes of domestic violence or persons subject to domestic abuse protection orders.

Mississippi does not require removal of firearms from persons subject to domestic abuse protection orders; however, Mississippi courts issuing an emergency domestic abuse protection order, a temporary domestic abuse protection order, or final domestic abuse protection order may provide relief that "includes, but is not limited to" an enumerated list of relief.

### By The Numbers

- \* 40.1% of Mississippi women and 25.8% of Mississippi men experience intimate partner physical violence, intimate partner rape and/or intimate partner stalking in their lifetimes.
- \* In fiscal year 2015, Mississippi law enforcement officers responded to 10,411 domestic violence calls, an increase of more than 170 calls over fiscal year 2014.
- \* Nearly 4,000 protection orders were issued in the state in fiscal

year 2015.

- \* Domestic violence shelters in Mississippi provided temporary housing and safety to 2,114 women, men and children and non-residential services to 1,593 women, men and children.
- \* Domestic violence programs in Mississippi handled 40,317 calls for emergency assistance or referrals for help.
- \* Since formation of the Mississippi Attorney General's Office Domestic Violence Unit seven years ago, Mississippi has dropped from fifth highest in the nation to 34th in the number of females murdered by men.

Source: National Coalition Against Domestic Violence (2016). Domestic violence in Mississippi. Retrieved from [www.ncadv.org/files/Mississippi.pdf](http://www.ncadv.org/files/Mississippi.pdf).

# Stop Bullying

## What is bullying?

According to the Centers for Disease Control and Prevention (CDC), Bullying is a form of youth violence and an adverse childhood experience (ACE).

CDC defines bullying as any unwanted aggressive behavior(s) by another youth or group of youths, who are not siblings or current dating partners, that involves an observed or perceived power imbalance, and is repeated multiple times or is highly likely to be repeated. Some bullying action can fall into criminal categories, such as harassment, hazing, or assault.

Bullying may inflict harm or distress on the targeted youth including physical, psychological, social, or educational harm. Common types of bullying include:

- **Physical** such as hitting, kicking, and tripping
- **Verbal** including name-calling and teasing
- **Relational/social** such as spreading rumors and leaving out of the group
- **Damage to property of the victim**

Bullying can also occur through technology, which is called electronic bullying or cyberbullying. A young person can be a perpetrator, a victim, or both (also known as “bully/victim”).

## How big is the problem?

Bullying is widespread in the United States. Bullying negatively impacts all youth involved including those who are bullied, those who bully others, and those who witness bullying, known as bystanders. The effects of bullying may

continue into adulthood.

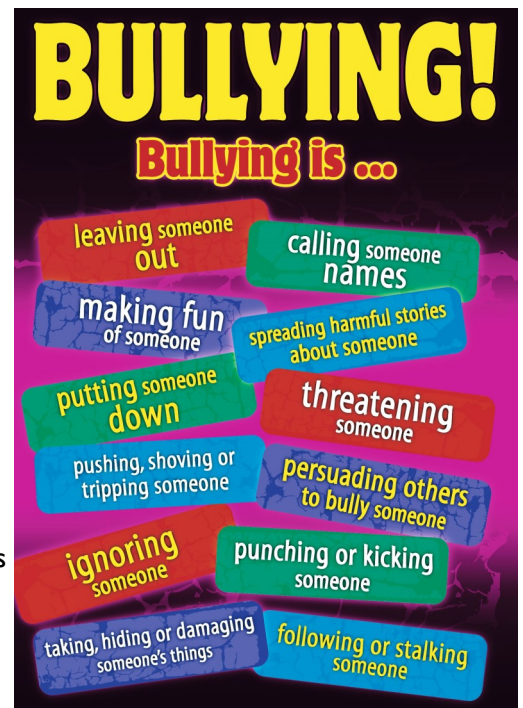
- **Bullying is common.** About 1 in 5 high school students reported being bullied on school property and more than 1 in 6 high school students reported being bullied electronically in the last year.
- **Some youth experience bullying more than others.** Nearly 40% of high school students who identify as lesbian, gay, or bisexual and about 33% of those who were not sure of their sexual identity experienced bullying at school or electronically in the last year, compared to 22% of heterosexual high school students. About 30% of female high school students experienced bullying at school or electronically in the last year, compared to about 19% of males. Nearly 29% of White high school students experienced bullying at school or electronically in the last year compared to about 19% of Hispanic and 18% of Black high school students.
- **Bullying is a frequent discipline problem.** Nearly 14% of public schools report that bullying is a discipline problem occurring daily or at least once a week.
  - Reports of bullying are highest in middle schools (28%) followed by high schools (16%), combined schools (12%), and primary schools (9%).
  - Reports of cyberbullying are highest in middle schools (33%) followed by high schools (30%), combined schools (20%), and primary schools (5%).

## What are the consequences?

Bullying can result in physical injury, social and emotional distress, self-harm, and even death. It also increases the risk for depression, anxiety, sleep difficulties, lower academic achievement, and dropping out of school. Youth who bully others are at increased risk for substance misuse, academic problems, and experiencing violence later in adolescence and adulthood. Youth who bully others and are bullied themselves suffer the most serious consequences and are at greater risk for mental health and behavioral problems.

## How can we stop bullying before it starts?

The good news is that bullying is preventable. CDC’s technical package, [A Comprehensive Technical Package for the Prevention of Youth Violence and Associated Risk Behaviors](#), helps communities and states prioritize youth violence prevention strategies based on the best available evidence.



The strategies and approaches in the technical package are intended to impact individual behaviors as well as the relationship, family, school, community, and societal factors that influence risk and protective factors for violence. The strategies are meant to work together and be used in combination to prevent violence. These approaches, particularly universal school-based programs that strengthen youths' skills and modify the physical and social environment, have been shown to reduce violence and bullying.

### Types of Bullying

Students ages 12- 18 experienced various types of bullying, including:

- Being the subject of rumors or lies (13.4%)
- Being made fun of, called names, or insulted (13.0%)
- Pushed, shoved, tripped, or spit on (5.3%)
- Leaving out/exclusion (5.2%)
- Threatened with harm (3.9%)
- Others tried to make them do things they did not want to do (1.9%)
- Property was destroyed on purpose (1.4%)

### Bullying and Suicide

The relationship between bullying and suicide is complex. The media should avoid oversimplifying these issues and insinuating or directly stating that bullying can cause suicide. The facts tell a different story. It is not accurate and potentially dangerous to present bullying as the "cause" or "reason" for a suicide, or to suggest that suicide is a natural response to bullying.

- Research indicates that persistent bullying can lead to or worsen feelings of isolation, rejection, exclusion, and despair, as well as

depression and anxiety, which can contribute to suicidal behavior.

- The vast majority of young people who are bullied do not become suicidal.
- Most young people who die by suicide have multiple risk factors.
- For more information on the relationship between bullying and suicide, read "[The Relationship Between Bullying and Suicide: What We Know and What it Means for Schools](#)" from the CDC.

### Anti-Bullying Laws

There is no federal anti-bullying law. Although all states have anti-bullying legislation, bullying is not illegal. When bullying is also harassment, it does break federal law.

### Bullying Statistics

Here are federal statistics about bullying in the United States. Data sources include the [Indicators of School Crime and Safety: 2019](#) (National Center for Education Statistics and Bureau of Justice) and the [2017 Youth Risk Behavior Surveillance System](#) (Centers for Disease Control and Prevention).

- About 20% of students ages 12-18 experienced bullying nationwide.
- Nationwide, 19% of students in grades 9–12 report being bullied on school property in the 12 months prior to the survey.
- Students ages 12-18 had experienced bullying in various places at school:
  - Hallway or stairwell (43.4%)
  - Classroom (42.1%)
  - Cafeteria (26.8%)
  - Outside on school grounds (12.1%)
  - Online or text (15.3%)
  - Somewhere else in the school

building (2.1%)

- Approximately 46% of students ages 12-18 who were bullied during the school year notified an adult at school about the bullying.
- Among students ages 12-18 who reported being bullied at school during the school year, 15 % were bullied online or by text.
- An estimated 14.9% of high school students were electronically bullied in the 12 months prior to the survey.

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Source: Facts About Bullying, stopbullying.gov, [https://www.stopbullying.gov/resources/facts#\\_Definition\\_of\\_Bullying](https://www.stopbullying.gov/resources/facts#_Definition_of_Bullying)



**In Mississippi for 2019, 13.6% of students were electronically bullied through texting, Instagram, Facebook, or other social media during the 12 months prior to the survey. Female students were electronically bullied at the rate of 17.3% while male were bullied at 9.9%.**





*It's a Juniorette Retreat ...*

*Glitz, Glam and  
our Juniorette Fam*

*July 25, 2020*

*The Butterfly Effect - Paying it forward for Positive Change*

# Juniorette Retreat 2020

Submitted by Connie Johnston, GFWC-MFWC Juniorette Director

Wow! This federation year has passed so quickly. I do not even know where to begin telling you about all the great things the Juniorettes have accomplished this year. From bake sales to father/daughter dances, these young ladies are giving back to their communities in a mighty way. Not only are they making great strides on the local level, but they are being recognized at the State and National level as well.

Congratulations to the Juniorette Diamonds of Picayune for winning the GFWC-MFWC Juniorette Club of the Year. Also great job to Maeghan Lee of the Dixie Daisy Juniorettes of Meadville, MS for being chosen as the GFWC-MFWC Juniorette of the Year. In addition, Maeghan Lee of the Dixie Daisy Juniorettes of Meadville, MS won the Sarah Peugh Butterfly Scholarship to help further her education. Congratulations to our winners – MFWC members across the state are very proud of you!!

Wouldn't you like your Juniorette club to be recognized at the State and National level this year? Here are a few tips to get you started in the right direction.

- If you do not have a Juniorette club, start one!! What an amazing adventure for these teenage girls in grades 9-12 to be able to develop a heart of volunteerism at this age. You are cultivating future members for your MFWC club when you create an opportunity for these young ladies to give back to their communities.
- Get those dues in on time! Your district and state dues have to be paid by the deadline in order for your reports to be judged.
- Reports – well, do the reports! Work on them monthly by jotting down everything the Juniorettes have done in the past month. I know the clubs take pictures of everything they do. You can have two pages of supporting documentation with each report. Add details and photos so the judges can really see what you are doing. It's hard to compare reports based on statistics alone. Juniorette advisors have a great opportunity to empower the Juniorettes to work together and develop communication and collaboration skills to complete those reports. There were only 6 clubs that turned in reports this year – kudos to them!

They were Juniorette Diamonds, Bruce Fine Arts, Dixie Daisy Juniorettes, Pontotoc Juniorettes, Ackerman Juniorettes and Ellisville Juniorettes.

- Make sure your seniors are aware of the scholarship opportunities. There are some new guidelines for the Sarah Peugh Butterfly Scholarship and they are located on the GFWC-MFWC website.

And last but not least, make sure you add the Juniorette retreat to the list of "must-do's" for your club year. This summer we had two clubs send Juniorettes for the retreat. Due to the pandemic, some clubs were not able to attend. Our theme this summer was "Glitz, Glam and our Juniorette Fam." We had several talks and projects on inner beauty and how you cannot judge a book by its cover. We were also able to include several talks and projects on our President's special project. These young ladies were able to learn more about our federation over the weekend than many MFWC members learn in years. A special thanks to all of the MFWC officers, clubs, and club members who volunteered their time, effort and money to make sure we had a "beautiful" weekend.

As we continue to walk this journey together and I am able to learn more each day about GFWC, MFWC and Juniorettes, please remember our GFWC motto "Unity in Diversity." We may not all look the same, talk the same or view ideas the same way, but we all do have a heart for volunteerism. Find a way to give back to your community!





# Juniorette







# Retreat 2020





## 2020-2022 GFWC CLUB MANUAL



# PHOTOGRAPHY CONTESTS

## AWARDS, CONTESTS, and GRANTS

### TELL YOUR STORY WITH PHOTOGRAPHS

The GFWC Photography Contests encourage members' artistic expression and visual storytelling, while recognizing originality, visual impact, and technical skill in photography. GFWC offers two opportunities to participate in the Photography Contests:

#### THE WORLD IN PICTURES CONTEST

These photographs showcase the people, places, and things at home and around the world that impact our lives in a meaningful way, as expressed in these three categories:

**Our World Up Close**—Create a visual that offers a novel viewpoint or a macro image that takes the viewer into a whole new, tiny world.

**Natural Wonders**—Use wide angles and panoramas, or moody landscape images, to showcase mountains, meadows, sandhills, rivers, waterfalls, oceans, deserts, or any other magnificent vista.

**Reflections**—Feature a setting, situation, or landmark that brings back poignant memories, or capture a fleeting image reflected in glass, water, or another mirrored surface.

#### GFWC LIVING THE VOLUNTEER SPIRIT CONTEST

These photographs capture the special moments in the lives of GFWC clubwomen as they meet, plan, advocate, volunteer, or celebrate, in groups or one-on-one.

#### RULES FOR PHOTOGRAPHY CONTESTS

- Photographs must be the original work of the member submitting the photograph.
- All contest photographers must be dues paying members of an active GFWC club.
- Photographs must be taken between January 1, 2019 and December 31, 2020, providing a special allowance for two years of photographs for the 2021 contests, since the 2020 Photography Contests were not held. Photographs must be taken between January 1, 2021 and December 31, 2021, for the 2022 Photography Contests.
- Contestants must be considered an amateur photographer.



#### ARTWORK GUIDELINES FOR PHOTOGRAPHY CONTEST

- Photographs may be vertical/portrait or horizontal/landscape.
- Photographs must be the original work of the member submitting the photo.
- Each photograph must be an 8 x 10 -inch print. Digital submissions alone will not be considered, but a high-resolution digital copy of the submission is encouraged.
- All photographs must be mounted on a rigid 8 x 10 -inch board and overall thickness may not exceed 3/8 inch. NO mattes, frames or hanger!
- Judges will look at the overall creativity of subject and quality of the photography.
- Photographs may be taken using film or with digital cameras and may be color or black and white.
- Photographs will NOT be returned.
- Each photograph must have a label affixed to it back.

**Editor Note.** The required GFWC label can be found on our website by clicking this [link](#).

**Mississippi Deadline:** Must be submitted before the start of the contestant's District Convention.



## 2020-2022 GFWC CLUB MANUAL



# WRITING CONTESTS

## AWARDS, CONTESTS, AND GRANTS

### EXPRESS YOURSELF CREATIVELY

Are you a storyteller? Share your creativity and inspire others. Use your own life experiences to create fictional narratives and poetry. GFWC sponsors these creative writing contests for members and community youth to foster community spirit, talents, and growth. Write with heart and soul, but be mindful that the elements of a short story are vividly presented; namely, the setting, characters, plot, conflict, climax, and theme. Display your talents and be awarded for it!

#### GFWC MEMBER CONTESTS

- Author must be dues-paying members of an active club
- Entries must be:
  - Typed, double-spaced, printed on one side only
  - Have minimum margins of one-inch on all four sides
  - On 8.5 x 11 inch paper
- Entries must be written during January 1 - December 31.
- Entries must have the following on the top right hand corner of each page:
  - Author's name, email address, mailing address, and phone number
  - Name of author's GFWC club and State Federation
  - Category
  - Title of work
- Author must be amateurs; earning from writing may not exceed \$500 annually.
- Entries may not have been published prior to the competition and must be original works by the author.
- A **signed GFWC Creative Arts Waiver** must be included with each submission.
- **Short Stories** are limited to 2,000 words.
- **Poetry entries** can be any style, with a minimum length of eight lines and a maximum of 50 lines.
- One entry per member per category.

#### YOUTH WRITING CONTESTS

- Entries must be typed, double-spaced, printed on one side only, with minimum margins of one-inch on all four sides, on 8.5 x 11-inch paper.

- Entries must be written during the contest year (January 1 - December 31).
- Entries must have the following on the top right hand corner of each page:
  - Author's name, email address, mailing address, and phone number
  - Name of the GFWC club and State Federation submitting author's work
  - Category
  - Title of work
  - Grade Level Category
    - ◊ **Category 1:** Grades K, 1, and 2
    - ◊ **Category 2:** Grades 3, 4, and 5
    - ◊ **Category 3:** Grades 6, 7, and 8
    - ◊ **Category 4:** Grades 9, 10, 11, and 12
- Authors must be amateurs; earnings from writing may not exceed \$500 annually.
- Entries may not have been published prior to the competition and must be original works by the authors.
- A signed **GFWC Creative Arts Waiver** must be included with each submission.
- One entry per person per category.
- Short stories are limited to 2,000 words.
- Poetry entries can be any style, with a minimum length of eight lines and a maximum of 50 lines.
- The Six Traits of Writing will be used in the judging of the Youth Writing Contest.

**Mississippi Deadline:** Postmarked by February 1, 2021 and 2022 to GFWC-MFWC Chairman. Please note: if the postmark deadline falls on a Sunday or a Holiday, the application/form must be postmarked prior to postmark date.





# Announcements

HERE'S WHAT'S HAPPENING!

## Important Dates (Overview)

<b>October 2020</b>	
31	Virtual GFWC Southern Region Conference, Huntsville, AL ( <a href="#">Link</a> )
<b>November 2020</b>	
1	GFWC-MFWC State Club Dues must be <b>postmarked</b> by this date each year to receive Honor Club status.
<b>January 2020</b>	
1	GFWC-MFWC <b>State Club Dues</b> must be postmarked by this date each year for club reports to be judged and to be eligible for awards ( <a href="#">Link</a> )
1	GFWC-MFWC <b>District Club Dues</b> . Please note: District Dues must be sent to your District Treasurer.
For a complete listing of Important Dates, <a href="#">click here</a> .	

### Postmark Deadline:

Please note: if the postmark deadline falls on a Sunday or a Holiday, the application/form must be postmarked prior to postmark date.

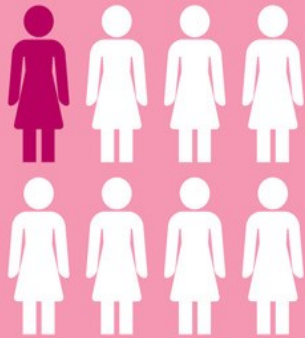
## WOMEN'S HEALTH

# Breast Cancer Stats and Facts

When it comes to breast cancer, what you don't know can hurt you. These figures reveal the scary truth.

**This year,** **232,670** **new cases of breast cancer will be diagnosed in women.**

**1 in 8 women** who live to be age 70 will develop breast cancer in her lifetime.



Breast cancer accounts for about **30%** of cancers in women.

It's the most common cancer diagnosis for women in Utah.

About 85% of diagnoses occur in women with no family history of breast cancer.

**But there's good news.**

Breast cancer's **mortality rate has been declining since 1989**, due to early detection and improved treatment.



Physically active women are **25% less likely** to develop breast cancer than those who are inactive.

**More than 2.8 million** people living in the U.S. are breast cancer survivors.



**ACT NOW**

Breast cancer education and screenings can save up to 37 lives every day in the U.S., according to the World Health Organization. Share this infographic and discuss a screening plan with your doctor.



# 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)



## GFWC News

# Domestic Violence: Don't Wait Nine Seconds to Break the Silence

by Darlene C. Adams, Intimate Partner Violence Advisor

One...two...three...four...five...six...seven...eight...nine. Every nine seconds, one woman in the U.S. is assaulted or beaten. Let's break the silence on domestic violence!

October is National Domestic Violence Awareness Month. The observance started 31 years ago as a "Day in Unity" and has now evolved into a month-long campaign. National Domestic Violence Hotline explains it is "a way to connect communities and advocacy organizations to help end domestic violence."

**Intimate Partner Violence (IPV)** is one of the Signature Program's eight focus areas, described by the Centers for Disease Control and Prevention as

"physical violence, sexual violence, stalking, or psychological harm by a current or former partner or spouse." IPV can occur among heterosexual or same-sex couples. More information is available for download in the [Member Portal's Digital Library](#) ("Club Manual" folder).

You have the opportunity to participate in several new projects during the month of October.

- Use one of the purple GFWC Signature Program Facebook frames with the hashtag [#BreaktheSilence](#) or [#StopDomesticViolence](#). To apply a frame to your profile photo, select the "Try it" button that appears below the graphic.

- Come up with a creative GFWC video to "Break the Silence on Domestic Violence" and upload to social media, again using the hashtags above.
- Purchase merchandise to support the "Starfish Project." For every dollar you spend through [this link](#), a portion will go to GFWC's Signature Program Scholarships.

GFWC's Signature Program Committee looks forward to seeing how your club creatively advocates in October for Domestic Violence Awareness Month.

Let's break the silence on domestic violence; share your domestic violence awareness-raising project success stories with [PR@GFWC.org](mailto:PR@GFWC.org) to be considered

## Seeking Success for Survivors Scholarship Applications

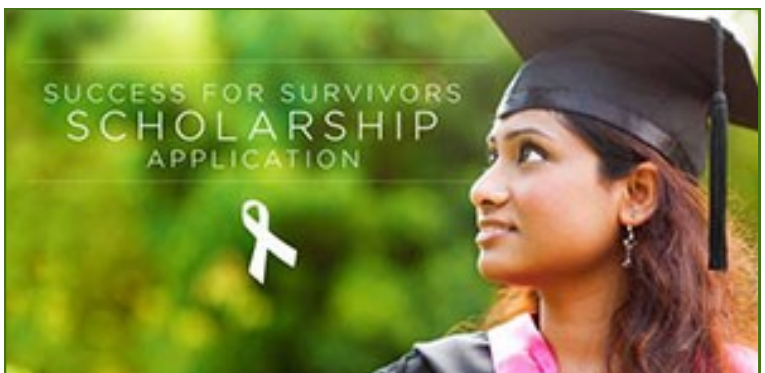
It's October and [the call](#) for GFWC's 2021 Success for Survivors Scholarship applications is now open. The scholarship provides survivors of intimate partner violence with financial support as they seek higher education, made possible through generous donations from clubwomen, clubs, State Federations, and other groups.

To recognize Domestic Violence Awareness Month, consider dedicating your next club fundraiser to the [GFWC Signature Program Fund](#) this October! All funds donated go directly to the GFWC Success for Survivors Scholarship. It is through your support that GFWC can make the recipients' dreams a reality.

As Cindy W., a scholarship awardee and recent college graduate said: "I am thrilled to have this opportunity to better myself and become self-sufficient with a new career. This is

not just for me, but for all who I come in contact with as a nurse."

Help give survivors a better tomorrow by donating to [the Fund](#) through the Member Portal today!



October is National Breast Cancer Awareness Month!

Breast cancer is the most common kind of cancer in women. Luckily, many women can survive breast cancer if it is found and treated early.



## GFWC NEWS

### New Member Portal Landing Page

GFWC is excited to share the improvements that have been made to the Member Portal Welcome Page. To log in, enter your email address and password into the two fields provided.

The first time you log in to the [Member Portal](#), there are a few things to remember:

- Select the option to “Allow Cookies.”
- Use your full email address as your username (all lowercase).
- Select the “Forgot my password” option at the bottom. You will receive an email with information on creating your profile and setting a password.
- To create a profile, select “Need an account? Sign Up” link at the bottom. You will be prompted to enter a username and password. Passwords include an uppercase letter, lowercase letter, number, special character (!@#&), and are at least eight characters long.

Have you successfully used the [Member Portal](#) before but are having trouble using your username or password?

- Remember your password is case sensitive. Passwords include an uppercase letter, lowercase letter, number, special character (!@#&), and are at least eight characters long.
- If you enter an incorrect password, try clearing your browser history, your cache, or cookies before attempting to log in again.

### Register for Region Conferences in the Member Portal

Have you registered for the Southern Region Conference yet? Log in to the GFWC Member Portal, select "Events" from the top menu, select "Browse Events," and then select Southern Region Conference from the event listing to register. Registration closes on October 28, 2020, so register early for planning purposes.

Don't have a camera or microphone on your computer? No problem! You can still listen in, watch, and vote during all Region Conferences.

# MAMMOGRAM

Early detection saves lives

## GFWC News

### Top Ten Projects Announced!



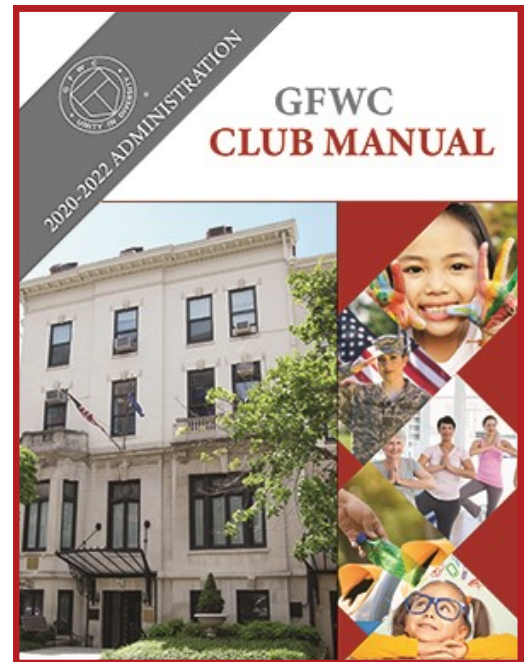
GFWC is excited to announce the Top 10 Projects for all 15 programmatic and planning categories! Visit the [GFWC website](#) to see the selections from 2020 State Award Entries and Club Creativity Award Entries. These 2019 projects were chosen for their ingenuity, success, and impact, so incorporate some into your club's plans!

### Focus on Your Club's Long-Term Plan

Have you taken advantage of the extra time at home to read the six Advancement Plans in the 2020–2022 Club Manual? These Advancement Plans contain many thought-provoking topics that are excellent to tackle now during the pandemic while many of us have some extra time for reflection.

Start planning for your club's future and learn more about:

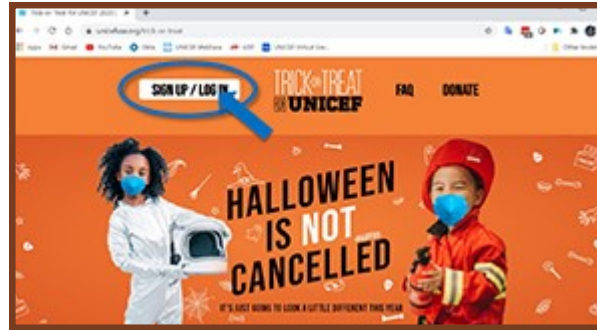
- **Communications and Public Relations**—executing a strong communications strategy. Refine your club's remote meeting capabilities, branding, public relations, club communications, website, and social media presence.
- **Fundraising**—elevating your community, club, and members. Put the *fun* in fundraising when selecting an idea, creating a successful event, and advancing your club and GFWC.
- **Leadership**—sharing practical ideas and resources for developing club members' leadership skills. Become the strongest leader you can be and inspire others to do the same.
- **Legislation/Public Policy**—using public advocacy to seek solutions to local, state, and national concerns. Gather facts and work for change with this practical plan for taking action.
- **Membership**—retaining, recruiting, and welcoming and mentoring new members. Market your club and GFWC more effectively!
- **Women's History and Resource Center**—preserving the past and using history for community outreach. Consult WHRC's various resources to help you tell GFWC's story.



All six Advancement Plans are exclusively available in the [GFWC Member Portal](#). After logging in, go to "C" Resources within "My Digital Library," "Club Manual," and then select "Advancement Plans." Interested in downloading the entire Club Manual? Directly below the "Advancement Plans" folder, there is another folder named "Entire Club Manual."

## GFWC News

### Trick-or-Treat for UNICEF



Visit [www.unicefusa.org/trick-or-treat](http://www.unicefusa.org/trick-or-treat) to register your club to Trick-or-Treat for UNICEF! Follow [UNICEF's instructions](#) to create an online profile and receive a Virtual Collection Box. Despite the pandemic, Halloween is still on, and UNICEF needs your help to make October 31 a fun, “feel-good” story to improve children's lives around the world.

## Legislative Corner

### Supreme Court Nomination

President Trump has nominated Judge Amy Coney Barrett from Indiana to be an Associate Justice on the U.S. Supreme Court. Her confirmation hearing will be held the week of October 12. You can watch on [C-SPAN](#) or the [Senate Judiciary Committee website](#).

Justice Ruth Bader Ginsburg passed away on September 18 and became the first woman and the first Jewish-American in American history to lie in state at the U.S. Capitol.

### Federal Programs Get Necessary Funding

On September 30, Congress enacted bipartisan legislation to fund federal programs until December 11, at the current spending levels, avoiding a shutdown. President Trump signed the bill October 1, the beginning of the new federal fiscal year. In the final stages of negotiation, funding from the Commodity Credit Corporation has been provided for farmers and an additional \$8 billion was appropriated for a pandemic program to feed children who normally receive free or reduced-price meals at school. With the temporary spending bill in place, lawmakers will try to complete work on the 12 appropriations bills for FY 2021 in the post-election lame-duck session in November and December.

### REAL IDs

A consequence of the hardship caused by the COVID-19 pandemic is that people don't have to worry about getting a REAL ID this year. October 1 was to be the date the federal government adopted stricter identification requirements to board domestic flights or enter federal facilities that require an ID. Instead of a standard driver's license, people would have needed a passport or a REAL ID—a driver's license or state ID card with a gold star in the upper right-hand corner to indicate that it meets the federal standards. The Department of Homeland Security has delayed enforcement of the new ID requirements by a year to **October 1, 2021**.

Save-the-date for the 2020 National **Week** of Action for Domestic Violence Awareness Month (DVAM)! Sunday, **October 18, 2020** through Saturday, **October 24, 2020**  
Purple Thursday will be held on Thursday, October 22, 2020



Cynthia Kay Geis  
2020-2022 GFWC Southern Region President



September 1, 2020

Dear GFWC Southern Region Members,

You are enthusiastically invited to attend the October 31, 2020, virtual GFWC Southern Region Annual Meeting beginning at 1 p.m. Eastern Daylight Time (EDT), via Big Marker. As this is a virtual meeting, there will be no need to worry about travel arrangements, hotel and meal reservations, or what to pack! Additionally, you'll be home in time for Trick or Treat!

In addition to conducting essential Region business, our conference agenda will feature presentations given by our GFWC chairmen and committee members. We'll also hear reports from our State Federation Presidents and Junior Directors from Alabama, Florida, Georgia, Mississippi, and South Carolina and our international affiliates in Aruba and Belize.

Our very special guests are our 2020-2022 GFWC International President, Marian Simmons-St.Clair, and GFWC President-elect, Deb Strahanoski. These two dynamic leaders are certainly "lighting the way" during this most unusual time in GFWC history and will share their visions for GFWC and update us on happenings in our wonderful organization. We'll also have greetings from the GFWC Officers within our Region.

It won't be all business – we're planning virtual tours, games, and door prizes.

There will also be time to socialize – beginning with a Zoom "Halloween House Party" beginning at 7 p.m. EDT on Friday, October 30. So, pour yourself a quarantini (or a glass of sweet tea) and join us.

Registration is open now on the GFWC Website at the MemberSuite Portal under "Events." Select "Browse Events." Select "2020 Region Conferences." Once you begin the process, you are allowed to select your Region. If you have a challenge with the Portal, please contact GFWC at [gfwc@gfwc.org](mailto:gfwc@gfwc.org) during business hours. There is a registration fee of \$35.00, with \$25.00 to GFWC; \$10.00 to Southern Region.

Whether we're live or remote, you don't want to miss time with your GFWC sisters. We're saving a seat for you and look forward to "seeing" you on October 31st!

Yours in Federation friendship and service,

Cynthia Kay Geis  
2020-2022 GFWC Southern Region President



# TORONTO

## 2021 GFWC ANNUAL CONVENTION

**JUNE 26 - JUNE 28**



**JOIN US AT THE SHERATON CENTRE TORONTO**

**JUNE 25  
LEADS**

**Board of Directors Meeting  
GFWC Canada Night**

**JUNE 26  
Opening Ceremony**

**JUNE 28  
Gala Banquet**

# 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.

## 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 [GFWC Marketplace](#) to place your order today.



## GFWC Marketplace: 2020-2022 Administration Pin

Have you ordered your 2020–2022 Administration Pin yet? It's an initial step you can take in joining this Administration to light a path toward the future! This brightly-colored pin features a rising sun, a symbol of new beginnings. The back is magnetic for your convenience. Celebrate the start of the 2020–2022 Administration and order your pin (\$5.00) in [GFWC Marketplace](#).



## Renew Your Magazine Subscription Online

A new feature has been added to the [GFWC Member Portal](#) that allows you to renew your one-year GFWC *Clubwoman Magazine* subscription online! Once logged into the portal, 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.

## GFWC Notebook

Get creative with service projects that follow local social distancing guidelines. This unique spiral-bound notebook is the perfect place to write your innovative ideas on how to make a difference in GFWC's five new Community Service Program areas: Arts and Culture, Civic Engagement and Outreach, Education and Libraries, Environment, and Health and Wellness! It features a 1929 cover of *General Federation News* that has a beautiful illustration of GFWC Headquarters. Get yours for \$12 in the [GFWC Marketplace](#).

