



Mississippi Clubwoman



Volume LXXI, Number 2

Spring 2021

MFWC Winter Board Meeting 2021



Plant 🌱 Recycle ♻️ Pick It Up 🗑️



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GFWC Mission Statement

"The General Federation of Women's Clubs is an international organization dedicated to community improvement through volunteer service and to providing opportunities that strengthen the role of women."

MFWC Mission Statement

"The 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."

Dates to Remember

April 18-24

GFWC Volunteers in Action Week

April 24

Federation Day

April 24

MFWC State Convention

July 16

MFWC Finance Committee
& Executive Committee Meetings

July 17

MFWC Summer Board Meeting
& Summer Institute

August 27-30

GFWC Annual Convention

Mississippi Clubwoman

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A Message From MFWC President Sherri E. Reid



MFWC Family,

Thank you to everyone who participated in reporting this year. Whether by reporting your hours for your club, accumulating your club's hours, writing your clubs reports, mailing reports, judging reports and then writing reports for GFWC, thanks! Whew - and it could not have been accomplished without the organization of Carolyn Tedford!! Thank you, Carolyn, from all of us for your leadership. The process for what we achieved in changing a practice that has been set for years.

Thank you, ladies, for following instructions we were not accustomed to and succeeding in reporting in an unconventional manner for our state Federation. Great job! God put the right people in place at the correct time!

I hope as we start to see our days getting longer that we are inspired to plant, recycle and pick it up. I have heard several rumors of some wonderful partnering with towns and organizations for this President's Special Project. I have made it a mission to pick up as much litter as I can this year, and also to educate others about the litter and the problems it causes our world. Lisa Harris did a great job on the MFWC Newsletter for February. She had wonderful information concerning litter. If you did not see it, let Lisa Harris or myself know and I will make sure you get a copy. Several of those pages are printable and could be shared as a program with your club or others.

I am so excited to see (means you have to post or send pics), be part of (means you must invite) and hear (report these projects) what all you do this year. I was overwhelmed with reports written about the great things accomplished during a pandemic. And as our Covid numbers decrease I can't wait to see what our projects will look like for this year. You can't keep clubwomen down; we rise up!

Everyone, please schedule your vaccine as you can so that we can be together soon for some Federation fellowship in person. If you need assistance and cannot find anyone to help you, call me I will find someone to help you get scheduled or I will do it myself. If you are able to help others please put yourself out there to help church members, club members or your neighbors in getting this vaccine.

I love you all and am so proud of the great things you reported for our Mississippi Federation. Keep up the good work.

Do something today that your future self will thank you for!

Sherri

MFWC President-elect and Membership Chairman Theresa Buntyn



Greetings club ladies. First of all, I would like to express my gratitude to our volunteers across the state that have continued to serve your community and help others during this last year's pandemic. It has been a very challenging year, to say the least, for our club ladies, families, towns, communities, businesses and friends. The words "normal" or "usual" were seldom used during the last year. We have lost loved ones in our clubs, families and community. Broken hearts, sorrows, fear, fatigue, political unrest and isolation made a major impact across our state and nation. I was reminded yesterday of a quote from Martin Luther King Jr., "If you can't fly, then run, if you can't run, then walk, if you can't walk, then crawl, but whatever you do, you have to keep moving forward."

To remain resilient in our clubs and communities we have to continue to move forward. It's been great to see the strong response clubs have shown by pursuing opportunities as quickly as they are revealed. Many clubs have shown some outside the box thinking with meetings. Our club meetings now have a different look. Ladies spread out in larger areas, wearing mask and ensuring food is individually packaged. Many of our clubs have embraced technology and are meeting by zoom or Facebook live. There are clubs that have had drive-by meetings which have proven successful. Our clubs planted trees, recycled and picked up litter. Club members supported domestic violence, public issues, legislative events, sewed mask, bought groceries, provided individual wrapped meals and so many other acts of service.

Our GFWC Mississippi is a wonderful organization whose beauty is magnified by unity and diversity. Shelli Fehr, GFWC Membership Committee Member in the GFWC January newsletter reminded us "Building Membership Connections Is an Ongoing Effort"

Fehr reminded us that now more than ever, it is important for clubs to strengthen connections with seasoned members and build them with new ones. Connections to GFWC and clubs will be strengthened if the following are practiced. Additional comments are added in italics for our Mississippi clubs.

1. Connection through communication. The number one way to keep members engaged is communication. *Communication can be written, verbal, remote, or in-person, and it must be appropriate for the member, Facebook, twitter, iPhone, tablets or onsite social distancing.*

2. Connection through club occasions. Events should be frequent, planned, and conveyed to all members. *Even though meeting may look different our clubs still need to support our programs; Adopt a Highway, Support the Girls, Youth art virtual exhibits, Heart health programs, supporting cancer patients and so many other events.*

3. Connection through crafty introductions. Allow time for members to talk about themselves at each meeting and submit a short bio and photo for the newsletter or Facebook page. This leadership technique also puts a face to a name. Share events or *members serving on Facebook and twitter. Remember to mention the name of the member and the club's name.*

4. Connection through caring. Remember shut-ins or non-active members with a gift, card, or call. *Call or contact our club members that have been isolated or with no family due to risk of travel in the pandemic.*

5. Connection through creative contributions. Ask for member suggestions at each meeting. Remember, we are all learning as we go! *Club Presidents check the temperature on your members. Listen to their ideas or suggestions.*

It is not too late for clubs to participate in **GFWC'S "HATS OFF TO MEMBERSHIP" RECRUITMENT CAMPAIGN.**

This is a year-round process with a focus on new members.

Clubs can plan creative membership recruitment campaigns and events around the many national Awareness issues and commemoration days that are aligned with GFWC Special Programs and Community Service Programs. The possibilities are endless when we look for diversity.

2021 kicks off with mentoring and building the connection for new members. I encourage all of our Mississippi clubs to be reminded of what a great volunteer organization MFWC

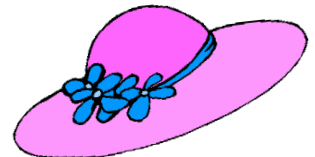
Even though the last year was a tough challenge, I call on you, as well as myself, to remember "the heart of a volunteer is not measured by size, but by the depth of the commitment to make a difference in the lives of others." One member can truly make a difference in your club and the lives of others.

Please do not hesitate to email me at Mfwctab@gmail.com or call me 601-562-6547 with any questions.

In Federation Love,
Theresa Buntyn
GFWC-MFWC President-elect



March, April, and May
RECOGNITION
"Celebrating the Victories"
Report due June 1



The Value of One Member

Ten little members standing in line

One disliked the President, then there were nine.

Nine ambitious members offered to work late

One forgot her promise, then there were eight.

Eight creative members had ideas good as heaven

One lost enthusiasm, then there were seven.

Seven loyal members got into a fix

They quarreled over programs, then there were six.

Six members remained, with spirit and drive

But one moved away, then there were five.

One became indifferent, then there were four.

Four cheerful members who never disagree

'Till one complained of meetings, then there were three.

Three eager members... what do they do?

One got discourage, then there were two.

Two lovely members, our rhyme is nearly done

One joined a bridge club, *then there was one,*

One faithful member was feeling rather blue

Met with a neighbor, *then there were two.*

Two earnest members each enrolled one more

Doubled their number, *then there were four,*

Four determined members just could not wait

'Til each won another, *then there were eight,*

Eight excited members signed up sixteen more

In another six verses, there will be a

"Thousand-twenty-four"



*MFWC Treasurer
Belinda Peacher*

Hello Fellow MFWC Clubwomen!

It has been a hard year for everyone on many levels, and it has hit us in our budgets as well. Spring is a time of hope and renewal! So, as we begin to emerge this spring, I am confident that, like a daffodil, we will push through the adversity and grow toward the sunlight and ultimately burst into bloom! Hopefully, with this reemergence, we can get back into full swing with our volunteer and fundraising projects.

It's never too late or the wrong time to send in donations so keep them coming!

Cheerfully sent from your
"Blooming" Treasurer!



*MFWC Historian
Suzanne Byrd Poyner*

As the GFWC-MFWC Historian, I am to collect a Club History from each General Club and Juniorette Club in Mississippi and have them bound annually to place in our MFWC Headquarters. Thank you for helping me do this! I enjoyed reading each Club History that I received.

During this historic time in our lives and our clubs' lives, thank you for leaving a written account of how our MFWC Clubs persevered during the Covid-19 Virus Pandemic of 2020. The GFWC-Mississippi Volunteer Spirit could not be interrupted!

The next time you visit our MFWC Headquarters, please check out our MFWC Histories!

*History is not a burden on the memory but an illumination of the soul.
John Dalberg-Acton*

JENNIE AWARD

FRANCES BROWN CHAIRMAN



Although the deadline for the GFWC Jennie Award has passed for 2021, be sure to honor the extraordinary clubwomen who epitomize the spirit of independence, courage, and persistence through their roles as volunteers within their clubs, as representatives of their community, and as members of their family or extended family. Unlike Clubwoman of the Year, the GFWC Jennie Award recognizes individual members for a lifetime of personal excellence.

Nominees will be judged on the following criteria:

Commitment to Club: The nominee should have an outstanding record of achievement in her club's volunteer programs and projects, and also in her role in a leadership position, her effort to build membership and promote the club to others, and her overall spirit of volunteerism. She must be a member for five or more years.

Commitment to Community: Her service should go beyond club activities and reflect an innovative or unique approach to volunteer work in community organizations as well as in her workplace.

Commitment to Family: The nominee should demonstrate concern for the wellbeing, health, and welfare of one or more persons by providing aid and comfort on an ongoing basis, separate and apart, from club and community work.

Clubs must complete and submit no more than 25 pages of supportive materials, including the title page, Jennie Award Nomination Form, a 500-word narrative describing the nominee's club activities, digital photograph, clips of two-three newspaper (or other media) stories about successful projects to which the member contributed, letter of endorsement from club president, and letter of endorsement from a representative of another organization.

The nominee's packet of supporting materials should be attractive and professional as it may be judged at the state, region, and national levels. The GFWC Jennie Award Nomination Form and instructions may be downloaded from the GFWC Member Portal.

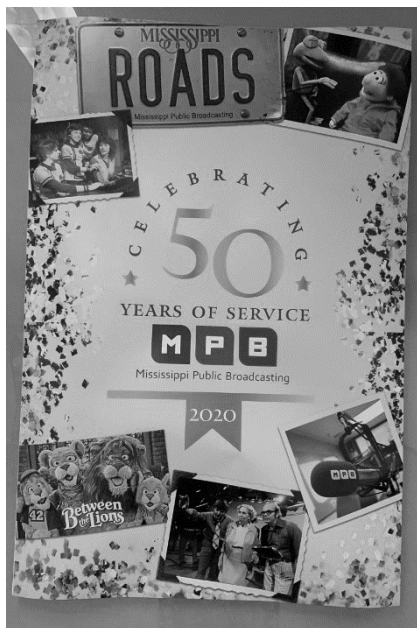
Please contact me if I can be of assistance.

Frances H. Brown

frannabrown@hotmail.com or 662-414-1048

Mississippi Public Broadcasting

Libby Everett Chairman



Thank you to each and every club and club member who participated in the Read for the Record in October 2020! It is an outstanding campaign designed to get quality books in the hands of young readers and I look forward to taking part again this coming October!

Each MFWC club should provide Projects and Programs during the club year to emphasize the importance of MPB in their communities.

- Be sure to include a generous contribution from your club to MPB on your MFWC Dues Form and/or join MPB as a club
- Promote a membership drive within your community
- Publicize special MPB programs in local media
- Make legislative contact in response to “Call to Action” alerts
- Promote the video lessons shown on the MPB Education Facebook page to teachers and parents
- Discover early childhood learning experiences on MPB’s webpage mpbonline.org
- Download the MPB App. You can watch your favorite MPB and PBS

programs, read the latest MPB news, browse an archive of MPB podcasts, and listen live to MPB Think Radio and Music Radio.

- MPB Think Radio broadcasts a daily call-in show called Southern Remedy to provide free, vital medical and health advice.
- Ed Said, an Emmy-winning puppet who advocates healthy eating and proper exercise, visits schools and attends community events to interact with children, teachers, and parents. Contact Ed Said at edsaid.org
- PBS Kids is a 24/7 channel solely broadcasting children’s programs around the clock. Check with your local cable provider.
- @Issue is an MPB television production focusing on informing the public on local legislative issues
- Fit to Eat on MPB focuses on cooking healthy meals with Mississippi-grown ingredients.
- Check out the MPB Foundation which advances MPB’s mission through private donor and member support. Document individual member’s contributions.

Mississippi Roads, Antiques Roadshow, Masterpiece, Mississippi Outdoors, Sesame Street, Nova, This Old House, Great British Baking Show, American Masters, Austin City Limits, and so much more! Your continuing support makes MPB possible.

For more information on MPB visit, www.mpbonline.org. If you have any questions or concerns, please contact me.

Libby Everett, MFWC MPB Chairman

libby_everett@hotmail.com

Mississippi Library Commission

Becky Wright MLC Commissioner



What an honor it is to represent MFWC on the Board of Commissioners for the Mississippi Library Commission. As your representative, I am currently serving as Board Secretary. What a learning experience serving in this position has been for me. We meet six times a year and as with everything else, we have met remotely using zoom since March 2020.

Although MLC has been closed to the public, you can rest assured that they are very much open for business! Furthermore, MLC staff has embraced the opportunity to branch out to reach library patrons in new ways and continue most services! From webinar Lunch Lectures to the continuation of Talking Books to Stacks and Stories to Curbside Browsing with Custom Cart, MLC has come through and provided so many wonderful services throughout the pandemic. Send them some love and let them know how much you appreciate the work they are doing. To stay up to date on all services and programs offered, do as I do and follow MLC on [Facebook](#) and [Instagram](#)!

Moreover, you might want to check out the MLC blog. As most of you may know, MFWC has a long relationship and a special connection with the Library Commission. You might be interested to read about how MFWC established traveling libraries in Mississippi. Miranda Vaughn, MFWC Women's History and Resource Chairman and Reference/Archives Librarian at MLC loves to share this history and her recent blog post in *A letter from Your Friendly* [MLC Archivist](#) is heartwarming and reminds us of our amazing power collectively as a federation.

We have a great history, but our work is not finished! You might ask, "What can we do now?" Although MLC offers services to support our local libraries, our local libraries get most of their funding through local sources. I would like to encourage you to advocate locally to remind local funders of the value of libraries. While due to COVID restrictions we may not have opportunities to mingle with our local funders, we can certainly call or send a note to share your love for the library. Libraries are vital to our communities—personal stories of library usage work the best! MLC Library Services Director Tracy Carr recommends using anecdotes and storytelling for best results and she even offered up these talking points:



- Libraries provide computers and internet access in order for people to apply for jobs, go to school, do their taxes, and other tasks that can't be done on a phone.
- Libraries provide STEM programming to children and teens, teaching them fun ways to learn coding and other vital skills for the workplace.
- Libraries are community hubs: outside of traditional book checkouts, libraries are the only place to learn to knit, attend a lecture, browse a magazine, or borrow a cake pan (some libraries loan some interesting objects, like cake pans, tools, and art!).
- The Summer Library Program helps with "summer slide"—when out of school for the summer, kids who don't read slip in their reading ability when they return to school in the fall.
- Fully funding libraries is essential to creating thriving communities in Mississippi.

Thank you for this opportunity to continue to serve. And remember, "The only thing that you absolutely have to know, is the location of the library." — Albert Einstein

An Update from our Long-Range Planning Committee

A good friend often reminds me that to be most effective we are to plan our work and then work our plan. Of course, knowing our purpose helps! A quick look in the MFWC Governance was most beneficial in finding our purpose. The duties of the Long-Range Planning Committee include to study and evaluate organizational functions, future objectives, and projected resources as they relate to the GFWC-Mississippi Federation of Women's Clubs; to make recommendations to the Executive Board for improving operations and functions of the GFWC-Mississippi Federation of Women's Clubs; and to study, evaluate and report to any question referred to this Committee.

Having served on the Long-Range Planning Committee in the past, once as District III President and twice as an ex-officio member, I knew that this was to be a purpose driven committee planning difficult tasks —redistricting in the past and now heavily focused on our Headquarters. Planning for the future in unprecedented times adds to the difficulty. However, to quote Albert Einstein, “In the middle of every difficulty lies opportunity.” Hopefully, the opportunity will cultivate the growth of our organization.

The committee has met twice this year to begin the steps to continue with our long-range plans voted on at the Winter Board Meeting, February 2020, to authorize then President-elect Reid and myself to open discussion to form an exit strategy of our MFWC Headquarters with the Mississippi legislative body or their representative.

Following Winter Board, I met twice with my Representative Jim Becket and once with Representative and Chairman of Public Properties Committee Tom Weathersby in March of 2020 prior to the pandemic and government shutdown. Plans are being made to resume the discussion within the next month.

Additionally, March 2020 I also discussed with fellow Mississippi Library Commission Board Member Stephen Cunetto about options for our MFWC archives currently housed at Headquarters. I informed Stephen that many of our archives had been digitized for online viewing, but that we still had many physical archives. Stephen serves as Administrator of Systems for Mississippi State University and stated that MSU might be able to help with the placement of said archives when the time came.

That being a possibility, committee member Ada McGrevey contacted Stephen to gather more information. She reported that MSU is interested in diversifying their collection and would be interested in presenting a letter of intent to acquire MFWC archives, other established libraries within the State of Mississippi will also be considered. Additionally, we were informed that MSU is now a designated Steinway campus and might be interested in purchasing the signed Steinway baby grand currently belonging to MFWC should it ever be on the market.

Last but not least, committee member and Headquarters Chairman, Miranda Vaughn, has contacted members of the Headquarters Committee for assistance in beginning a Google Doc inventory of each room at Headquarters, noting the origin of said items and determining any stipulations of MFWC ownership. If you are interested in volunteering to assist with this task, please contact Miranda.

Please know that your questions are always welcome, but more importantly the Long-Range Planning Committee welcomes your input and vision on where you would like to see opportunity rise from this difficult task as we all keep in mind that we are doing something today that our future self will thank us for.

Becky C. Wright

Messages from our District Presidents

Northern District Lisa Magee



Service to others is the rent you pay for your room here on Earth.

-Muhammed Ali

This is one of my favorite quotes. Simple, but the possibilities are endless. Even in our current situation, the possibilities are endless. Northern District clubs have continued serving to their communities, whether it be “Supporting The Girls,” donations to local food pantries, or “Carepacks” for food-insecure, school children. They have been fundraising by selling BBQ plates for repairs on local playground and selling Krispy Kreme doughnuts. Club meetings are difficult, but with Zoom, emails, and texting, we can overcome. Northern District’s convention will be via Zoom. Looking forward to seeing your face on the screen!

Central District Ada McGrevey



The Grand Central District hosted a Garden Party, also known as our Central District Convention, on March 6th via Zoom. Some things are on hold till next year, however we're very thankful to be able to offer youth art, photography, books, and writing competition for our club members. Our strength is the ability to adapt and move forward one step at a time, and I am very pleased with all of our members for doing just that. (I just wish my computer skills were better!)

Central District is hosting our 2021 State Convention in April so be on the lookout for the Official Call. In the meantime, get outside, prune those vines, plant some trees, and get ready for a fun filled morning as we share with each other all the good things we've accomplished this past year. Take care and can't wait to see you!

Southern District Meri Newell



"It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to Heaven, we were all going direct the other way – in short, the period was so far like the present period, that some." of its noisiest authorities insisted on its being received, for good or for evil, in the superlative degree of comparison only.

Though Charles Dickens' language in A Tale of Two Cities might be more formal than that of today, his words have crossed my mind many times in my first year as Southern District President. I have been so impressed with how the clubwomen in the Southern District have taken a difficult time in our club lives and have turned it into new opportunities to serve others and find creative ways to do new and different projects to support the work of their clubs. From Poplarville Woman's Club's online Silent Auctions with great themes and homemade articles and Pearl Swineheart's ongoing travels with the members of Civic Woman's Club of Picayune, to Woman's Club of Gulfport finding new ways to feed the needy, Southern District has not let Covid-19 stop the work that only we can do. We have been able to pull from deep inside ourselves to meet the needs in our most vulnerable populations. Please keep finding ways to provide food for our food banks and food pantries; they are feeding more hungry families than ever before.

I look forward to our second annual Zoom Convention on March 20th and the opportunity to visit and fellowship with members that we have not been able to see over the past year. I also look forward to hearing about the work that clubs have been doing in the President's Reports. Be on the lookout for the Southern District Call to our 106th Annual Convention!

Finally, I look forward to the opportunity to visit District Clubs over the fall when, with God's grace, Coronavirus will be in our rear-view mirror and our lives will be (hopefully) returning to some degree of normalcy, where we are not thinking "in the superlative degree of comparison".



WHRC and Headquarters Update

Miranda Vaughn

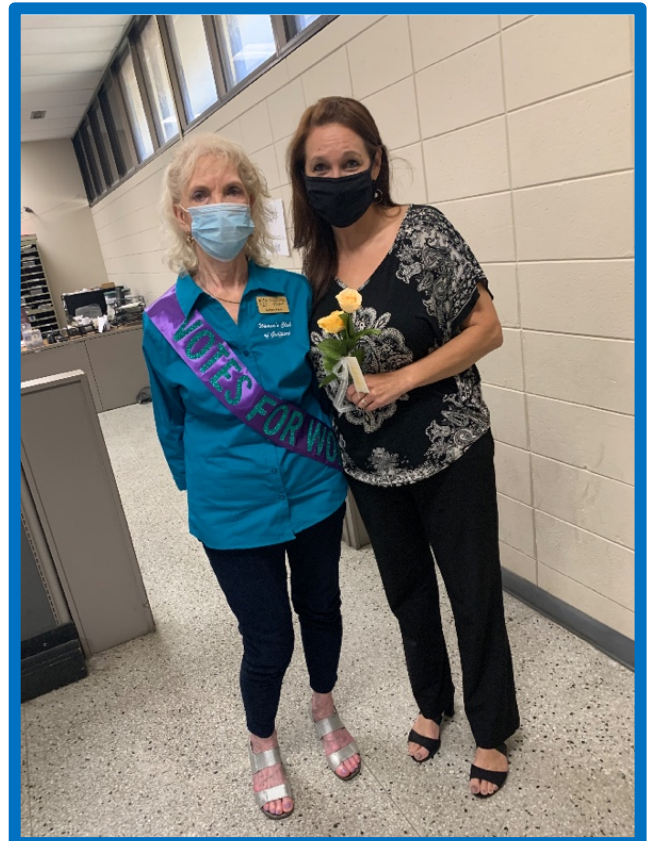
It was so great to see our clubs participate in celebrations for the Suffrage Centennial in August! Several clubs thanked the women who serve in their local government. Others had special programs on women's suffrage. Check out our Women's History Facebook page to see the celebrations!

MFWC was featured in a post on the Mississippi Library Commission blog. The post focused on the history of bookmobiles and mentioned MFWC's travelling library programs that preceded MLC's bookmobile service. The Mississippi Federation has been an advocate for literacy since its founding in 1898. It is one of our longest running areas of service, and it was wonderful seeing that history displayed publicly through this blog post. Check it out at <http://mlcref.blogspot.com/>.

We are continuing to take care of our beautiful Headquarters as normal. If you are looking for ways to continue to support HQ and WHRC from afar, don't forget your yearly donations, as well as any cleaning supplies or toiletries you'd like to donate. Any small donations help alleviate expenses, so keep them coming!



Women's Club of Gulfport celebrated Yellow Rose Day by honoring women serving in the Harrison County government.





GFWC Signature Program

Deana Pittman Chairman

As we have survived 2020—definitely a year for the history books—and embark on 2021, many of our clubs are becoming more active and looking for more ways to make a difference in their communities, across the state, and around the world. Our GFWC Signature Program has an area for every club. Find your niche in your community and do what works for your club! As so many of us are still social distancing, I encourage each of our clubs to really engage in Social Media campaigns for awareness! If your club is “technologically challenged,” an even better way is to partner with a club from your local school! Your teenagers would love to take to Social Media, to help video a short segment, or to create artwork for your club’s projects!

Here is an interesting point: Did you know that March Is National Social Work Month? What better contact to make (and better time to make it) to assess needs in your community for adults and children in distress. What can your club come up with to recognize the social workers in your county? Then, sit down or email them to find out what needs are present in your community and how your club can help!

April is Sexual Assault Awareness Month. Find the area in our GFWC Signature Program that works best for your club and focus your efforts there! You will find some additional resources at the end of this article!

May is National Teen Self-Esteem Month. What better time to start building those relationships and plan for those mentoring opportunities! This is where it starts to prevent teen dating violence...teaching our young people how to avoid those situations....and, if necessary, how to deal with violence that has occurred!

Again, all of our GFWC programs and projects are so varied, every club can choose what works best for them in all of our service areas. Everyone cannot do everything....but everyone can do something! Find your fit! Look at the areas of our GFWC Signature Program:

Intimate Partner Abuse

What can your club do to increase awareness and reduce the stigma of domestic violence in your community?

Child Abuse

April has been designated as National Child Abuse Awareness month. Check out the resources at Prevent Child Abuse America (www.preventchildabuse.org) to find ideas your club can use to raise awareness!

Campus Sexual Assault

Is there a school or college campus in your area that you can support—lighting, safety, education, awareness, etc.

Elder Abuse

Elder Abuse Awareness Day is June 15. Where can you focus on your community to help prevent the abuse of the elderly? Ch

Check out www.preventelderabuse.org for ideas and tips.

Education & Libraries

Meri Newell

Despite a pandemic and much tragic loss in our clubs and our communities, we are still doing a wonderful job of finding new ways to create learning opportunities in our communities and schools, provide scholarships for our young people, and assist educators in our club work through GFWC-Mississippi. This year, we have found many ways to think outside “the way we have always done it.” In educationese, we call that “The Method of Tenacity”, which usually indicates closed-mindedness and stagnation; you have really adapted your ideas in unique ways!

After reading club reports, I have been impressed with what Junioresettes have done through the year. Junioresettes have been stocking Little Free Libraries and laundromat libraries, hosting local authors, purchasing books for their libraries, and organizing programs to inform their peers of scholarship opportunities in their communities. We can see that our future is bright with the work of these young women!

General clubs and our new Cyber Junior Club have done an amazing job of supporting their schools and libraries in these difficult times. In addition to supplying thousands of dollars in scholarships for deserving young people in their communities, across the state clubs have stepped up to provide cleaning supplies and school supplies for their teachers. One club even formed a “Go Fund Me” account on Facebook to supply their adopted school with cleaning supplies.

You embraced the challenge of partnering with schools and with your communities with take-home STEM projects that help our children’s minds grow in so many ways! Please keep looking into ways to partner with your schools and bring more of these projects to children who are learning virtually as well as in the classroom.

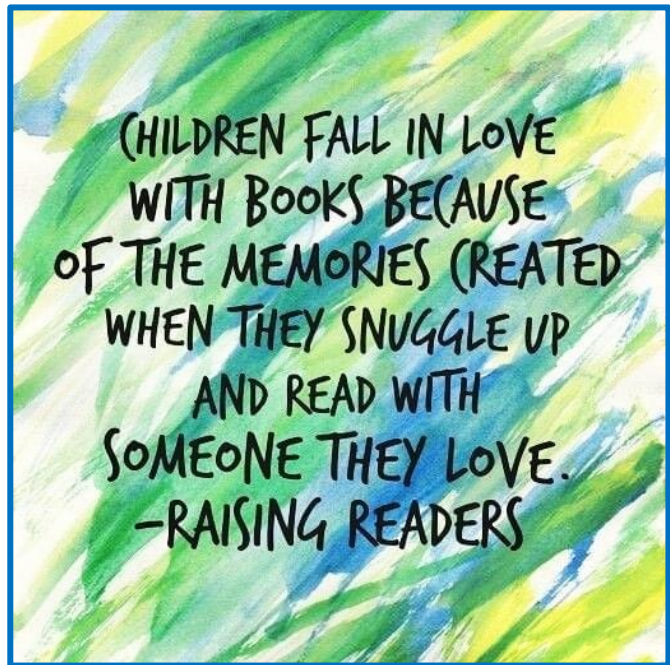
Keep supporting your libraries through Friends of the Library and through your book donations. Our libraries will be facing some tough budget times in the years to come. Let your legislators know how important your libraries are in your towns. Find out how you can volunteer as a club to help out when monies are tight.

Your ESO participation grows yearly. It has been exciting to see members discussing books online and participating in The President’s Picks and the picks from our GFWC Chair, Tina Daniel. The ESO list has been updated considerably and is much more flexible in recent years. Keep expanding those horizons!

Thank you so much for participating in "Read for the Record," Read Aloud Day and Read Across America (Dr. Seuss). You have found ways to read to children even in times where we cannot read in person.

Thank you for your creation and ongoing support of Little Free Libraries, book exchanges, and libraries in our laundromats. With so many libraries being closed during the pandemic, you have been a blessing to your communities who have needed the reading resources you have provided.

I am honored to be your Education and Libraries Chair. You are all such amazing women. Keep up the excellent work that you are doing, and we will emerge from these times stronger and more resourceful than we would have ever dreamed.



Health & Wellness

Chairman Bethany Flint, MS, RD



To say that 2020 was a difficult year would be an understatement! However, despite the hardships and curveballs thrown, the MFWC club women held on tight, swerved and pressed on (like women do!) and accomplished so many wonderful things to promote health and wellness! From heart health in February to breast cancer awareness in October to everything in between - blood donors, mask makers, and those who provided meals to those in need and donations to the food pantry - you ladies do have servant hearts that our communities are blessed to benefit from.

I want to encourage you to keep up the good work in 2021 - for your health and the health of our state. To prevent the spread of Covid-19 continue to wear your face mask (covering your nose and mouth), social distance if you must gather, practice good hand washing techniques (warm water, soap, and vigorous scrubbing for at least 20 seconds) and eat a healthy diet, including lots of fruits and vegetables to keep that immune system up! I hope everyone watched or plans to watch the John Hopkins webinar "A Woman's Journey - Covid One Year Later". If you missed it, you could watch it here -> <https://www.facebook.com/Johns.Hopkins.Medicine/videos/819228998933585>

Below are great opportunities coming up over the next few months for you and your club to be aware of and promote for health and wellness!

March

March is National Nutrition Month! Maybe your club could celebrate this by providing healthy snacks for first responders, hospital workers, healthcare workers administering covid-19 vaccines, and/or local law enforcement! Snacks might include granola bars, beef jerky, individual packs of nuts, dried fruit or trail mix, instant oatmeal packs, individual peanut butter squeeze packets or peanut butter crackers, fresh fruit, and bottles of water.

Another option is hosting a healthy food drive! Feeding America's 2014 Hunger in America study found that 79% of clients purchase inexpensive and unhealthy foods just to make ends meet. However, clients reported that they WANT to have a healthier diet! Below are 10 healthy items that you can donate to your local food pantry!

1. Canned beans and legumes - such as kidney, black, cannellini, black eyed, and chickpeas are high in fiber and low-fat sources of protein. Rinsing beans and removing the canning liquid can reduce their sodium content. They are a versatile complex carbohydrate that can be eaten as is, an addition to soup or salad, or transformed into a dip, like hummus.
2. Whole grain pasta - these complex carbs are full of fiber, making them satisfying and filling!
3. Brown rice - another filling complex carb full of fiber to add to meals!
5. Canned fruit (packed in water or light syrup) or dried fruit (no added sugar)

6. Low sodium or no salt added canned vegetables
7. Low sodium soup, broth, pasta sauce
9. Whole grain oatmeal or whole grain cereals with at least 3 grams of fiber are smart breakfast option! (bonus points if low sugar or unsweetened and fortified with vitals and minerals!)
10. Assorted nuts and nut butter- such as peanuts, almonds, and cashews are rich in protein and fiber. They also contain “good fats” and vitamins that are known to positively support heart health, such as monounsaturated and polyunsaturated fats, omega-3 fatty acids, and Vitamin E. Nut butters, such as peanut butter, almond butter, or sunflower butter are all great choices and good source of protein and healthy fats!
11. Shelf-stable milk - dehydrated milk or evaporated milk offer vitamin D and calcium!
12. Low-sodium or water packed canned meats and seafood such as chicken, tuna, salmon, sardines, and clams are high in protein, low in saturated fat, and rich in a variety of vitamins and minerals.

March is also Save Your Vision Month.

According to a recent survey, the average American spends 7 hours a day using digital devices! The use of this much technology far exceeds the amount of time that can have a significant negative effect on vision as well as sleep patterns and overall health! Blue Light glasses have gained a lot of popularity over the past few years - especially during the pandemic with so many working from computers all day at home. Blue light glasses or a special screen for your computer monitor might help if you are experiencing eye strain from digital device usage. Speak with your eyecare provider to see if this option is right for you!

May

May is National Physical Fitness and Sports Month.

- Adopt a classroom and donate physical exercise “take a break” items such as jump ropes, activity dice, hula hoops, Koosh balls, and other recreation equipment.
- Partner with a local assisted living home to provide senior exercise equipment such as leg pedaling machines, resistance bands, and yoga mats, or to support their exercise program in other ways.

May is High Blood Pressure Education month and Stroke Awareness Month.

The Division for Heart Disease and Stroke Prevention (DHDSP) put together a Hypertension Communications Kit to help us to better educate the public about the risks of hypertension and it includes social media messages, graphics, and so many great printable resources! Visit https://www.cdc.gov/bloodpressure/communications_kit.htm to access these resources!

May is also Mental Health Month.

The Change Direction initiative is a collection of concerned citizens, nonprofit leaders, and leaders from the private sector who have come together to change the culture about mental health, mental illness, and wellness. One in five people in the United States has a diagnosable mental health condition. If everyone is more open and honest about mental health, we can prevent pain and suffering, and those in need will get the help they deserve.

Support this campaign to help change the direction of mental health and learn the Five Signs of Emotional Pain at <https://www.changedirection.org>

Also, visit <https://thriveglobal.com/stories/19-must-read-books-to-help-kids-understand-their-emotional-and-mental-health/> for 19 must-read books to help kids understand their emotional and mental health.

August

It's not too early to plan for National Immunization Awareness Month in August. We must stay the course in all vaccines - even during a pandemic. Visit <https://www.vaccines.gov> for more information.

Follow me on Instagram @gfwc_ms_healthandwellness for more information and tips throughout the year!



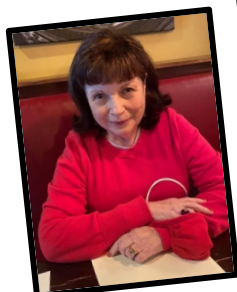
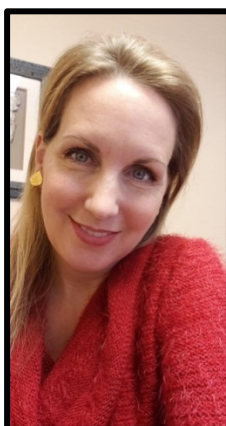
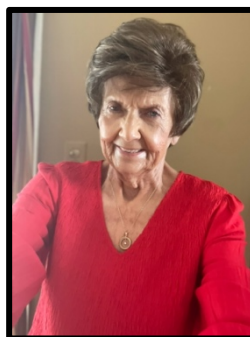
In Mississippi, 559,350 people are
struggling with hunger - and of them
162,150 are children.

feedingamerica.org





MFWC Clubwomen Go Red



Volunteers in Action

Juniorette Diamonds



Florence Juniorettes



New Century Club of Eupora



The club made a \$900 donation to the Eupora Public Library. The donation was made possible by all who attended the *Fancy Nancy* Tea Party. Many of those participants are pictured below.



I Support the Girls donations packed and ready to go.

Members delivered treats to their local police department.



20th Century Club of Bruce



Showing appreciation to local teachers.

Gathering recycling to take to the city bin.



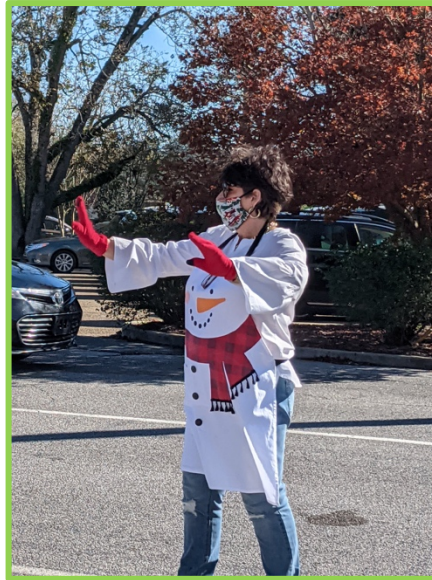
Members of TCC held a Domestic Violence Awareness Pajama Party. Members wore pajamas to the October meeting a brought a pair to donate to a domestic violence shelter.

Cosmopolitan Club of Petal

A Tasting Luncheon with a twist! Members held a “tasting take-out” fundraiser complete with delicious, boxed treats and a cookbook.



Members pack muffins, notepads, hand sanitizer and bottled water for each attendee at the Superintendent’s Prayer Service.



Cosmopolitan Club of Petal working on their “Recycled Bottle Tree” and the finished tree.



Batesville Woman's Club

Members make monthly donations to I Support the Girls.



Making monthly donations to our local food pantry.

An Animal Auction was held at a monthly meeting with all proceeds going to Heifer International.

Members brought donations to the local police department as a thank you for all of their hard work.



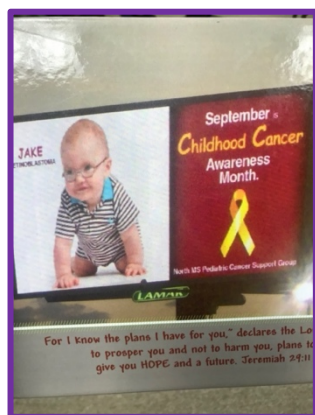
Pontotoc Woman's Club and the Pontotoc Junioresettes



Mom of a St. Jude patient
and her son on a billboard



Packing boxes for
Operation Christmas Child



Juniorette Safe
Presentation

Junioresses hard at
work painting and
refreshing a site.



Florentine Evening Club

Clubwoman of the Year
Neighborhood Recycling
Delivering items for the Trinity Mission



Fine Arts Club of Bruce



December Zoom Meeting
"Hats off to Membership"

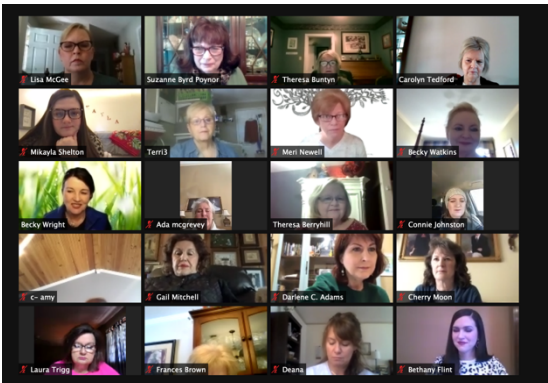
Announcement of the Club's
Leads Candidate

Wear Blue Day
Human Trafficking Awareness

Braving the cold to raise money
for the Fine Arts Club



Another Look at 2020...A Year to Remember



GENERAL FEDERATION of WOMEN'S CLUBS



February 16, 2021

Dear Members of the General Federation of Women's Clubs of Mississippi,

I'm honored and excited to send a message on this important occasion, the 2021 GFWC Mississippi State Convention! All of us have been challenged to new heights in the past months and now have an opportunity to recognize and celebrate each other's accomplishments and enjoy a well-deserved pat on the back.

I'm tremendously proud of each GFWC member and all that you and your club have undertaken in your local communities, as well as in communities around the world. I know it has not been easy. From learning to conduct remote meetings and fundraisers, to championing health care workers, first responders, teachers, and students, and assisting those in dire circumstances – you have done it all – while also embracing a wide variety of GFWC Special, Community Service Program, and Advancement Plan projects.

One of the greatest benefits of belonging to a state and international volunteer organization such as GFWC is the opportunity to come together as friends, remotely or in-person, to exchange ideas and learn from one another. After such a difficult year, I hope you will find your upcoming event to be the most meaningful ever.

Congratulations to President Sherri E. Reid, and the many other Mississippi leaders who have paved the way to success. Well done!

I send my compliments and best wishes to each of you, as you continue your efforts to enhance communities and improve the lives of others.

Yours in ***Living the Volunteer Spirit!***

A handwritten signature in black ink that reads "Marian Simmons-St.Clair". The signature is written in a cursive, flowing style.

Marian Simmons-St.Clair

OFFICIAL CALL
GFWC-Mississippi Federation of Women's Clubs, Inc.
123rd State Convention
Zoom Video Conferencing
April 24, 2021 at 9:00 a.m.

Sherri E. Reid, GFWC-MFWC President 2020-2022

"Do something today that your future self will thank you for! Plant ♡ Recycle ♡ Pick It Up!"

The One Hundred Twenty-Third Annual Convention of the GFWC-Mississippi Federation of Women's Clubs, Inc., will be held by Zoom Video Conferencing on April 24, 2021 starting at 9:00 a.m.

REGISTRATION AND INFORMATION

The Convention is open to all members of GFWC-MFWC.

All members attending must be registered.

Advance registration is necessary for credentials count. Registration fee and Credentials Card can be found on the following page.

DEADLINE:

J The deadline for registration is postmarked April 18, 2021.

REPRESENTATION

The Voting Body shall consist of the General Officers; Appointed Officers; Past State Presidents; State Chairmen of Standing Committees, Special Committees and Community Service Programs; District Officers and Chairmen, corresponding with those of the State; and regularly accredited Club delegates. Voting delegates shall wear a special designation on their name badges. Each Federation Club of fifteen (15) members or less shall be entitled to representation by the President or her appointee and one elected delegate. For each additional membership of fifteen (15) or major fraction thereof, a club shall be allowed another delegate.

RESOLUTIONS

Emergency resolutions may be presented to the Resolutions Committee. All other resolutions must be submitted in advance, pursuant to Article IX, Section 9 of the GFWC-MFWC Bylaws. *An emergency resolution is one arising from a sudden condition calling for immediate action, which because of its nature could not have been submitted at the designated time.*

CONVENTION AGENDA

Sunday, April 18, 2021

TBA

Finance and Executive Committee Meetings

Friday, April 23, 2021

6:30 p.m.

Fun night

Saturday, April 24, 2021

8:45 a.m. - 9:00 a.m.

Sign in to Zoom Video Conferencing software

9:00 a.m. - 11:00 a.m.

Welcome to the 123rd GFWC-MFWC State Convention

11:00 a.m. - 11:30 a.m.

Raffle and Break

11:30 a.m. - 12:30 p.m.

Resume Convention

12:30 p.m.

Adjourned the 123rd GFWC-MFWC State Convention

REGISTRATION FORM

Mail to:

Terrie Whitehurst
P. O. Box 966

Iuka, MS 38852

mfwcleadingladies18@gmail.com

Club member: _____

District _____

Phone: _____

Club: _____

Email: _____

Event

Registration

Member

\$15.00 _____

Booster

\$15.00 _____

CREDENTIALS CARD

GFWC-MFWC 123rd Annual Convention

Name: _____ **Club:** _____ **District:** _____

_____ **I am a Non-Voting Delegate.**

_____ **I am a Voting Delegate, because I am: (Please mark *only* the highest position you hold.)**

_____ An elected or appointed State Officer of GFWC-MFWC.

_____ A Past State President of GFWC-MFWC.

_____ A State Chairman of a Standing Committee, Special Committee, or CSP.

_____ A District Officer or Chairman corresponding with those of the State.

_____ A regularly accredited club delegate.

(Each club of 15 members or less shall be entitled to representation by the President or her appointee and 1 elected delegate. For each additional membership of 15 or major fraction thereof, a club shall be allowed another delegate.)

If voting delegate, please have Club President to sign, and mail this along with your meal reservations.

_____, Club President

Please mail this completed form, along with a check payable to:

GFWC-MFWC 2021 State Convention,

to Terrie Whitehurst at the address above.

Be sure to indicate on memo that check is for 2021 State Convention.

Registration form and Credentials Card is also available for download from www.gfwc-mfwc.org.

ALL REGISTRATION FORMS AND FEES MUST BE POSTMARKED BY April 18, 2021.

If you wish to pay by credit card or Venmo, please contact Sherri Reid after 6:30 p.m. at (601) 270-4464.

Plant  *Recycle*  *Pick It Up* 

2021 GFWC Annual Convention

**Celebrating Culture,
Cultivating Connections**

**August 27-30, 2021
Atlanta Marriott Marquis
Atlanta, Georgia**

Convention begins on August 27th at 9:00 a.m. and runs through 1:00 p.m. on the 30th. Agenda details will be posted on April 1st when registration opens and official Call to Convention will be posted.

www.gfwc.org

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

2407 North State Street
Jackson, MS 39216



Plant 🌱 Recycle ♻️ Pick It Up 🗑️ 