

CONVENTION DAILY

Sunday, June 14, 2009
GFWC 118th Annual
International Convention

Sunday @ a Glance

The **GFWC Chorus** debuts this morning at our **Patriotic Breakfast** at 7:30 a.m. Wear your red, white, and blue best and join this special celebration!

Renowned actress **Victoria Rowell** joins us for the business session at 10:00 a.m., and will sign copies of her memoir, *The Women Who Raised Me*, following her presentation. We'll spend more time with proposed amendments to the **GFWC Constitution & Bylaws** and proposed changes to the **GFWC Resolutions**, then pay tribute to the late **GFWC International Past President Maxine Scarbro (2000-2002)**.

From 12:30-2:00 p.m., we'll **Lunch-N-Learn** on four unique topics, then return to the Grand Ballroom to hear from **Suzanne Metzger**, a favorite speaker of many GFWC members.

The **Region Challenge Skits** will be our afternoon entertainment, from 3:45-5:00 p.m. And this evening we'll enjoy **Region Banquets**.

Don't forget that the second set of **State Photos** will be taken from 6:00-7:00 p.m. on the Grand Staircase!

Patriotic Breakfast

We are fortunate that our 2009 Convention includes the celebration of Flag Day today. Although not an official holiday, many states and communities do observe the day and celebrate our flag.

For GFWC, patriotism is woven into the fabric of Federation. Clubwomen have supported our national heritage and

A Vision of Possibilities

Mission Matters

Have you renewed your commitment to GFWC's mission lately? Can you recite that mission, a phrase we should all know by heart and be able to share with those who ask, "What does GFWC do?"

Our mission is to enhance the lives of others through volunteer service. How we do this, as individuals, clubs, and as a Federation, has changed over the last 119 years, but our goal is still the same.

While you're here in Cleveland, I challenge you to talk about this mission with your fellow club members, and decide how each of you will renew your commitment to enhancing the lives of others. Perhaps you will decide that you will lift up the most unfortunate in society, focusing on issues like poverty and child welfare. Or maybe you find joy in sharing your love of reading, or your talent for

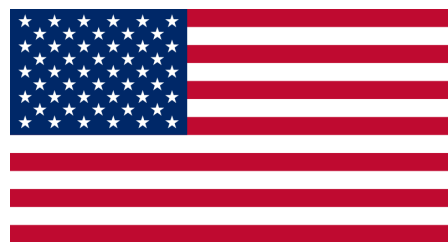
singing.

Whatever your method of enhancing the lives of others, don't forget that **you are one of the others!**

Yes, GFWC's mission includes enhancing your life, expanding your opportunities, and contributing to your experiences. Make sure you're getting all you can out of your membership, and sharing all you can with the *other* others among you!

Yes, we can do it!

Rose



worked on behalf of military forces in times of war and peace.

Last fall, the GFWC Board of Directors presented a wreath at the Tomb of the Unknowns in Arlington National Cemetery, to honor the heroes who make patriotism something to aspire to.

We are happy to celebrate this Flag Day together with GFWC clubwomen.

Lunch-n-Learns

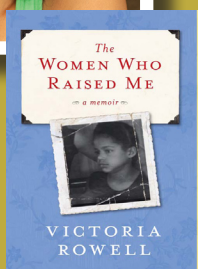
What's the difference between a workshop, a business session, and a lunch-n-learn? Generally, only one of those comes with dessert!

GFWC Lunch-N-Learns are designed to bring clubwomen together to discuss issues that present as many questions as answers. The format--guided discussion by a leader with some kind of special experience or expertise--helps promote brainstorming, sharing personal stories and experiences, and creating relationships with other club members who share your special interest in a topic.

If you are participating in a lunch-n-learn, make sure you align your expectations to fit a session where your input is as important as the session leader's, and where the goal is not to achieve a finished result but to begin (or continue) a conversation among many.

The best way to extend the benefit of a lunch-n-learn is to take a few notes, make a few connections, and keep the conversations going once you leave the session.

GFWC's exhibitors and program partners are teaming up to help clubwomen win great prizes, and all you have to do is Browse, Shop, Learn, and Win! Grab the Convention Bingo card in your Convention Welcome Bag and make the rounds at the GFWC Exhibit Center; your card will be stamped at each booth. Turn in a completed card to the GFWC Marketplace Booth by 10:00 a.m. on Monday, June 15, to be eligible to win. Prize winners will be announced during the morning business session on Monday, June 15.



Victoria Rowell, *The Women Who Raised Me*

Born as a ward of the state of Maine, the child of an unmarried Yankee blue-blood mother and an unknown black father, Victoria Rowell beat the odds. *The Women Who Raised Me* is the remarkable story of her rise out of the foster care system to attain the American Dream--and of the unlikely series of women who lifted, motivated, and inspired her along the way.

Ultimately, *The Women Who Raised Me* is a story that belongs to each of us as it shines a glowing light on the transformational power of mentoring, love, art, and womanhood.

Victoria's book, *The Women Who Raised Me*, will be on sale in the Grand Assembly Room following her presentation.

State Federation Photos

State federation photos continue tonight, with the follow states on the schedule.

6:00 p.m.	6:15 p.m.
Michigan	Montana
New York	Nevada
Arkansas	New Mexico
Connecticut	Tennessee
New Hampshire	Louisiana
South Carolina	Nebraska
Utah	Oklahoma

6:30 p.m.	6:45 p.m.
Wyoming	South Dakota
Colorado	Vermont
Delaware	Alaska
Maine	Idaho
Minnesota	Rhode Island
Mississippi	North Dakota
Oregon	

GFWC Passion Project

In 2008, GFWC introduced a blog called "My Volunteer Year" and featured a year-long journey by North Carolina clubwoman Allison Yezek, who set off in search of a personal passion that she could turn into a passion project.

Following the steps laid out for the Passion Project, Allison discovered her interest in post-partum mood disorders, from which she suffered after the birth of her first child. Misunderstood, poorly funded, and stigmatized in many communities, such disorders are difficult for many to diagnose, in themselves or others.

Allison threw herself into the topic, learning all she could from her doctor and other advocacy groups. At the 2008 Convention in Chicago, she even got to meet Carol Blocker, whose daughter Melanie Blocker-Stokes inspired the Postpartum Depression Act that was then before Congress. Allison is now working on introducing a GFWC Resolution on the issue.

While Allison continues her passion, GFWC is continuing the Passion Project, encouraging club members to identify their own passions and share them with fellow clubwomen. To help you achieve this goal, use the tools and resources online at www.GFWC.org/PassionProject.

Tell us what you thought of Convention!

Visit www.GFWC.org/2009Convention to fill out your evaluation.

Do not ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive.

Howard Thurman

Share Your Local Pride!

Tonight we have the opportunity to get together with members from our GFWC Regions, and it's a special way to connect with clubwomen closer to home.

For those who are attending the Region Banquet, take a few minutes to mingle with new members or anyone else you don't know. You will build your personal network and help GFWC create connections to individuals.

Once you're back home, remember to follow up with clubwomen whose ideas intrigued you or who asked you to share your experience or expertise. And continue the relationships this fall at the GFWC Region Conferences!

Bring a Piece of Headquarters into Your Home



The limited edition ornament makes a perfect gift for friends, family, co-workers, and even speakers!

Pick up yours today in the GFWC Exhibit Center or online at www.GFWC.org/Marketplace.

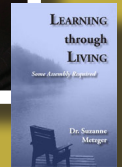
GFWC and the Life You Want

Just as GFWC encourages clubs to tailor their programming to fit the needs of their community, we continue to seek programming that fits the needs and interests of club members. One of the key benefits of belonging to the Federation is the opportunity you have to ask for--and receive--programming for the life you want.

In 2008, we introduced the GFWC Weight Loss Challenge to overwhelming support. It turns out a primary benefit of the club structure is the encouragement and motivation members can provide to one another in keeping fit and healthy.

The Weight Loss Challenge was introduced as a direct result of member requests for programming in this area. In the past year, we've heard from club members across the nation about their successes with the new challenge and we are thrilled that so many of you are taking part in the effort to get (and stay) healthy.

Suzanne Metzger, Learning Through Living



Learning Through Living...Some Assembly Required was written to help all of us appreciate the growth and learning we experience each passing day, and the importance of setting standards for our lives and being an example to others.

It is a daily motivational book making us more aware that, even in the most seemingly insignificant things, there is always a higher power present.

Suzanne's book *Learning Through Living* will be on sales in the Grand Assembly room following her presentation.

DON'T FORGET that you can win big by visiting the GFWC Exhibit Center and having each exhibitor stamp your Browsing Bingo card!

As part of our commitment to this challenge, GFWC partnered with AARP to present Step for the Roses, a walking fitness program created just for GFWC members. Thousands of clubwomen have registered and are participating in the 24-week program that seeks to increase the number of steps you take in order to decrease your health risk factors.

Although the official Step for the Roses program ends on August 1, there are many ways that your club can keep walking and participating in the Weight Loss Challenge:

Choose a favorite destination and determine how far away it is. Each mile takes about 2,000 steps, so you could walk from Convention in Cleveland to the 2010 in Omaha in just 1,282,000 steps!

Partner with a local footwear store to offer a workshop on how to buy the right shoes for your foot size and walking pattern.

Keep wearing your step trackers! As you gain energy and shed pounds, let GFWC know how you're doing!