

NEWS & NOTES

LIVING THE VOLUNTEER SPIRIT THROUGH GFWC

News & Notes - October 6, 2016



President Shea Attends FAWA Conference

President Sheila E. Shea is back in the United States after a productive and exciting time at the 22nd Federation of Asia Pacific Women's Association (FAWA) Conference in Singapore. President Shea joined the delegates for an informative conference and greatly enjoyed meeting and interacting with the strong women of FAWA. She was especially impressed by the members' dedication to their organization and their advocacy for gender equality, as well as their commitment to sustaining the environment.

The conference theme was "The Future of Humanity: Leaving a Legacy" and addressed the ways members can advance women's involvement in the marketplace, sustain mother earth, and promote gender equality.

"Though we all may come from very different cultures, all women everywhere want the same things for themselves and their families and children," President Shea said.



GFWC — an international women's organization dedicated to community improvement by enhancing the lives of others through volunteer service

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If you haven't yet subscribed to *News & Notes*, the best source for all things GFWC, what are you waiting for? Signing up is easy and gives you access to timely news items from around Headquarters, our partners, and our work on a national and local scale.

President Shea is extremely grateful to FAWA for making her feel welcome. GFWC thanks Congresswoman Madeleine Z. Bordallo of Guam for continuing to reconnect GFWC with FAWA.

While in Singapore, President Shea enjoyed a tour of the city, which she describes as extremely clean, safe, hospitable, and vibrant.

Most of all, President Shea enjoyed networking with the conference attendees and representing all of you. We can't wait to see how our relationship with FAWA will help GFWC spread its mission of *Living the Volunteer Spirit* even further.

October is Breast Cancer Awareness Month

According to the Centers for Disease Control, breast cancer is the second most common cancer among American women. It is estimated that in 2016, 246,660 cases of breast cancer will be diagnosed. However, early detection thanks to mammograms can lower the risk of death. Women between the ages of 50 to 74 are advised to have a mammogram every two years, and those between the ages of 40 to 49 are encouraged to talk with their doctor about receiving a mammogram. [Click here](#) for a fact sheet about breast cancer provided by the CDC.

In honor of Breast Cancer Awareness Month this October, GFWC members are coming together to support breast cancer patients and survivors. In Florida, the **GFWC High Springs New Century Woman's Club** is proudly displaying an "October Garden" of pink flamingos in front of their clubhouse in honor of breast cancer awareness. The **GFWC-WV Williamson Woman's Club** (West Virginia) partnered with the local health department and the West Virginia Breast and Cervical Cancer Screening Program to host the annual [Breast Cancer Awareness Day Program](#), where women learned about early detection and heard from a nurse practitioner. In Connecticut, the **GFWC Farmingbury Woman's Club of Wolcott** hosted a ceremony at the town's gazebo, where attendees placed a pink ribbon on a white tree that will stay lit

Simply provide your name, mailing address, email, and club name to GFWC Membership Services Manager Kate Garlick at kgarlick@gfwc.org and you're all set!

Cares and Concerns

We were deeply saddened to learn of the passing of Barbara Wilkins, GFWC Alaska Past President. Our thoughts go out to Barbara's family and friends. We know you are mourning a great leader.



GFWC Introduces a New Benefit of Membership

GFWC members are now eligible to receive discounts on goods and services, insurance, and travel. National companies such as Budget, TNT Vacations, and VPI Pet Insurance are offering significant price reductions to GFWC clubwomen. For instance, GFWC Members can save up to 80% on over 93,000 products at Office Depot. Shop online or in any Office Depot or OfficeMax store. Enjoy FREE next-day

throughout October. Members of the **GFWC Pio Pico Woman's Club** (California) plan to wear pink to their meeting this month, where pink bags will be on every table to collect donations for cancer research.

This October and throughout the rest of the year, remember and honor those affected by breast cancer. [Click here](#) for resources from the American Cancer Society to promote Breast Cancer Awareness Month.

Do you have a story about you or someone you're close to dealing with breast cancer? Share it with GFWC by submitting a guest blog. [Click here](#) to learn more about blog submission guidelines.

Advice From The Membership Committee

By Nancy Burdick, Committee Member

You need members to do projects and you need projects to get members.

We want to keep the members we have and we want new members.

Clubs are encouraged to choose their projects wisely. Don't feel that you have to do something in every area that GFWC supports. Pick areas that will help your community the most. Find projects that will interest most of your members and your community. Be considerate of members' time and talents. Work with them to be sure they know what is expected of them, but be open to their ideas. Change things around—we don't always have to do the same old thing. Always throw some fun into your meetings and projects and enjoy some laughter.

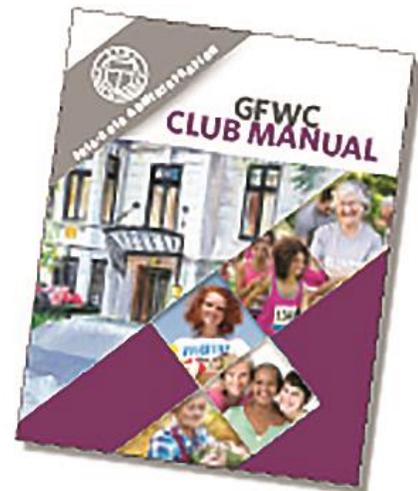
Members are a GIFT.

G - GIVE them respect and they will give in return

I - Inform and encourage them and they will get involved

F - Have fun projects and they will become friends

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Club Manual: FAQs

In each issue of *News & Notes* we will be addressing questions received about the *2016-2018 Club Manual*. Here is the most frequently asked question received this week.

QUESTION: Has any GFWC Partner updated their information since the July release of the *Club Manual*?

ANSWER: Yes. Sew Much Comfort provided a new program description and telephone number for the Public Issues and Community Service Program.

Holiday Homes Tours

Many clubs host annual home tours in December to celebrate the holiday season and to raise money for projects and organizations that improve lives. If your

T - Train and teach them and they will become leaders.
Respect their time and talents

Your club is also a gift to your community.

As your club grows, the community will gain much needed help.

As you increase awareness in your community your club's membership will increase.

Community members will reach out to your club for help and support.

Remember, every member is important. Let's work to keep the ones we have and gain a few more.

GFWC Texas Among Those Reaching Out to Louisiana Flood Victims

The catastrophic flood which devastated Louisiana in late August was the worst natural disaster to strike the United States since Hurricane Sandy four years ago, according to the Red Cross. Thirteen deaths were reported and thousands of residents lost everything they owned and desperately needed assistance. In answer to this need, GFWC Texas started the Louisiana Disaster Relief Fund and several clubwomen traveled to the most affected areas to help flood victims with immediate difficulties. [Read this article](#) submitted by Liberty Woman's Club member Helen Lamberth to learn more about the outpouring of support and ongoing concerns resulting from the disaster.



Partner Spotlight: Sew Much Comfort

Sew Much Comforts provides FREE adaptive (velcro closure) clothing to support the unique needs of our veterans from all branches of the Military and National Guard. To date, we have provided 149,886 pieces of adaptive clothing! From the very beginning,

club is hosting a holiday homes tour, please let us know! Email pr@gfwc.org with information about your event.

In The News

GFWC - Women's League of Van Buren (Arkansas) has begun a two-year fundraising campaign to purchase a clock tower for the local Veterans Park. Club members chose to support the clock tower as a means of commemorating service members and their families. The first event of the campaign will be a fashion show set for October 29. Read the [Press Argus-Courier article](#) for more about the proposed clock tower and fundraising activities.

SMC's focus has been to provide FREE adaptive clothing to positively impact our wounded warriors. All our innovation and development has been driven by the desire to positively influence service members' recoveries, and let our work say, "we are honored to help make your recovery a bit easier and thank you for your service."

To learn how your club can help, visit our web site www.sewmuchcomfort.org. Under "Volunteer" click "GFWC" in the drop down menu. Here you will find suggestions and printable information to assist you. Email Michele Cuppy at mmc.cuppy@comcast.net or Joy Campbell at jcampb1045@aol.com if you have any questions.

THANK YOU to all club members who attended the Western States Region Conference. Members generously donated \$1,100 to Sew Much Comfort!

Our Military humbly continues to serve our nation both at home and overseas. Please keep our Military in your thoughts and prayers and thank those who have made our freedom possible yesterday, today, and into the future.



Marketplace: GFWC ¾-Sleeve Shirts

Women of all shapes will appreciate the new ¾-length sleeve shirt from GFWC. With an updated fit and figure-flattering details, the extra soft cotton is combined with a dash of spandex to retain shape. Extra length throughout the body makes it a shirt that moves with you for exceptional comfort all day long. A modest scoop neck and 3/4 sleeves give this comfy top enduring feminine appeal.

Available in sizes Small – 4X in the following options:

White with black embroidered emblem (\$20)

Black with white embroidered emblem (\$20)

Purple with rhinestone letters (\$25 – includes \$1 donation to GFWC Signature Project Fund)

Visit the [GFWC Marketplace](#) to order yours today!

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