

NEWS & NOTES

LIVING THE VOLUNTEER SPIRIT THROUGH GFWC

News & Notes - February 2, 2017



Wear Red for Heart Health

It's not quite Valentine's Day, but it's time to wear red and show some love for our hearts! February is American Heart Month, and we're kicking it off by participating in National Wear Red Day®. We hope you will join GFWC President Sheila E. Shea and staff tomorrow, Friday, February 3, as we wear red to raise awareness of the fact that heart disease is the number one killer of women. National Wear Red Day® takes place on the first Friday of February, and encourages all of us to adopt heart-healthy behaviors.

Make 2017 the year you decide to exercise, eat more fruits and vegetables, and quit smoking! All of these behaviors can help keep your heart healthy. [Click here](#) to check out the The Heart Truth ® on Pinterest for heart healthy recipes, tips for getting active, and other materials about heart disease prevention. Knowing your cholesterol, blood sugar, blood pressure, and BMI numbers is also important to your heart health. Learn more by reading [this information](#) provided by The American Heart Association.



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

Subscribe to News & Notes

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.

Simply provide your name, mailing address, email, and club name to

The Heart Truth ® also offers a [National Wear Red Day® toolkit](#) that can help you spread the word about heart disease with social media graphics and sample posts. Stay tuned to the [GFWC Facebook page](#) tomorrow for a special National Wear Red Day® photo of President Shea and staff! We encourage you to wear red and share your photos with us. You can also encourage members to wear red at your next club meeting. Email photos to pr@gfwc.org and we'll add them to the GFWC Pinterest Page.

Honoring the Service and Sacrifice of Women Veterans

Women currently make up 15 percent of the active and 18 percent of Guard/Reserves service members. However, women frequently report that they feel invisible as veterans. That is why GFWC Iowa President Betty Wade and clubwomen from across her state are working to raise awareness of the service and sacrifice of our women veterans.

Women transitioning from military to civilian life have different needs and face different challenges than their male counterparts. They have, for example, higher rates of unemployment and Post Traumatic Stress Disorder (PTSD). In the past 10 years, the number of homeless women veterans has tripled. However, many programs and services offered to veterans are focused on and designed primarily for men.

GFWC Iowa is dedicated to raising funds to support organizations that address the concerns of women veterans. One such organization is [Sew Much Comfort](#). President Wade has asked each Iowa club to donate \$5 to the charity. Sew Much Comfort provides free adaptive (Velcro closures) clothing to wounded service members from all branches of the Military and National Guard. Many injuries sustained in combat require large fixators, prosthetics, or casts that cannot be accommodated by store bought clothing. The special clothing supplied by Sew Much Comfort enhances veterans' ability to recover with dignity.

One of the many fundraisers in support of the Special Project is the selling of walnut plaques with the GFWC shield and a brass plate for personalization. Clubs are utilizing the plaques to recognize

GFWC Membership Services Manager
Kate Garlick at
kgarlick@gfwc.org and you're all set!

You're Invited

**GFWC will host our annual
Women's History Month
Reception at Headquarters on
March 9 from 2 p.m. to 4 p.m.**

Page Harrington, Executive Director of the National Women's Party, will speak about the illustrious history of the organization, and its current endeavors to educate the public on the women's rights movement. The event is open to all clubwomen as well as the public. Light refreshments will be served. Join us for what is sure to be a truly historic and enlightening event! Please RSVP to WHRC Manager Alyssa Constad at aconstad@gfwc.org.

Subscribe to the WHRC Newsletter

The Women's History and Resource Center is excited to announce that it will now be opening up its quarterly newsletter to all clubwomen. The WHRC newsletter provides an in-depth look at the celebrated history of GFWC on the national, local, and individual levels. A publication primarily written by clubwomen, the newsletter proudly publishes articles written by you and about your history. The WHRC newsletter is also

outstanding clubwomen, such as those who have been belonged to GFWC for fifty years or more.

As President Wade said, "Being women, most of us just go on with life and never complain, but some female veterans are suffering with psychological and physical traumas. We need to support these women and let them know other women care about them."

Statistics are taken from U.S. Department of Veterans Affairs website: <https://www.va.gov/womenvet/>.



March of Dimes Webinar

Join club members from across the country on February 13 from 8 p.m. to 9 p.m. to learn more about how your club can engage with March of Dimes through local March for Babies events across the country. This informative webinar will go through the historical partnership of GFWC and March of Dimes and share with you current ideas to get your club involved in the fight to give all babies a healthy start. March for Babies was the first walking event for a cause and we continue to step up, step out, and make a step in the right direction for our smallest most fragile citizens, our babies! Join this call to learn more about how your club can make a difference in the lives of families across the country. We will be sharing lots of fun prizes, ideas and stories to get you excited about March for Babies 2017!

1. Click and join at the specified time and date:

<https://global.gotowebinar.com/join/6157789962982303491/949297423>

the best way to stay up-to-date on the latest events and happenings in the Women's History and Resource Center. To sign up, please visit www.gfwc.org. An enrollment box is located at the bottom on the website, underneath the *News & Notes* sign up. You can also sign up by providing your name, mailing address, email, and club name to GFWC Membership Services Manager Kate Garlick at kgarlick@gfwc.org. Interested in supporting the WHRC? Learn more about the benefits of joining the Friends of the WHRC by visiting <http://bit.ly/FriendsoftheWHRC>.

GFWC 2017 Annual Convention in Palm Springs, California

Get ready for the GFWC 2017 Annual Convention and the California sunshine! Convention registration and room reservations will be available starting March 1.

Basic information concerning Convention can currently be found on GFWC.org. Further information, including the full agenda, will be available in the Call to Convention in the March+April issue of *Clubwoman Magazine*. The Call to Convention will also be available online in March.

2. Choose one of the following audio options:

TO USE YOUR COMPUTER'S AUDIO:

When the Webinar begins, you will be connected to audio using your computer's microphone and speakers (VoIP). A headset is recommended.

TO USE YOUR TELEPHONE:

If you prefer to use your phone, you must select "Use Telephone" after joining the webinar and call in using the numbers below.

United States: +1 (415) 655-0052

Access Code: 645-857-198

Audio PIN: Shown after joining the webinar

International Update: American Woman's Club of Toronto

The American Woman's Club of Toronto (AWCT) is officially in their 100th year as an organization. On March 15, 1917, fifteen women came together for tea and companionship and soon became active in relief projects designed to support those in the services overseas during World War I. The club continues their good work today. At their Thanksgiving luncheon, members and their guests donated \$1,800 to the Daily Bread Food Bank. In December, volunteers distributed clothing from mobile clothing units to clients with special needs through the Harmony Place Support Services. The AWCT global luncheon themed "Come Travel with Us and Fill a Suitcase Full of Hope" was held on January 11. The club and their guests enjoyed a delicious global luncheon and items were collected for clients of York Region Support Services. Ten large duffel bags were filled with necessary items ranging from toothbrushes to track pants.

One project AWCT members hold closest to their hearts is the Linus Project. As of December 2016, AWCT has made and donated 82 blankets to be distributed to children's organizations. Their goal for the 100th Anniversary year is 100 blankets.

The AWCT 100th Anniversary Celebration will be held at the Fairmont Royal York Hotel in Toronto on May 7, 2017. GFWC club

Important Convention Forms

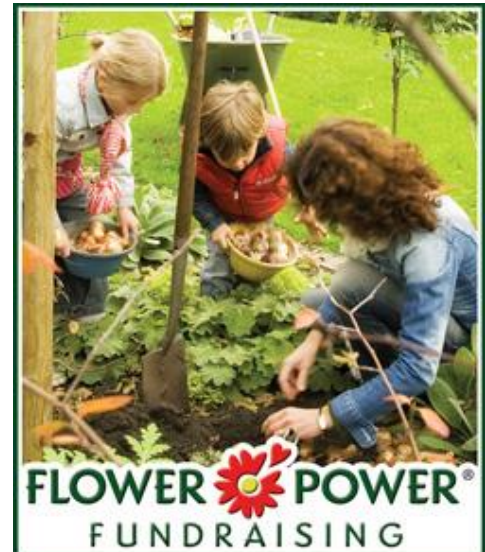
Two new forms are now available under the Resources tab of GFWC.org. You can access this section by visiting GFWC.org and then clicking on Resources.

2017 Gifts to Headquarters

Form: Located under "G"

Raffle Donation Form:

Located under "R"



Bigger profits with earth friendly products!

Offering 50% profit on every sale you make, multiple ways to reach your friends and family AND the product being delivered straight to your supporters door, you know that a Flower Power fundraiser will be profitable and fuss-free! You'll be fundraising with 100% satisfaction guaranteed bulbs and seeds that

members are welcome to attend. For more information please contact GFWC International Liaisons Committee Chairman Elaine Ko-Talmadge at ElaineKoTalmadge@gmail.com.



Partner Spotlight: Shot@Life

We count on you as our passionate Shot@Life supporters to raise your voice for children all over the world

who lack access to immunizations.

You can make a difference by calling your legislators and letting them know why they should support robust U.S. funding for the UN and its life-saving work around the world.

1. Call the Capitol Hill main phone number at 202-224-3121 and ask to be connected to each of your Senator's offices, and also your Representative's office.
2. Politely tell the staffer who answers the phone that you have an opinion on funding for global health and foreign aid.
3. Use our [talking points](#) to deliver the message.

Finally, don't forget to report your calls on the [Champion community](#) or let Rebecca (rmxie@unfoundation.org) know. Now is a critical time to raise your voice! Your actions make a difference and we thank you for your dedicated support.

GFWC Legislative Action Center Alert

On Friday, January 27, the White House issued executive orders barring immigrants from Muslim-majority countries and suspending the U.S. refugee program. These immigration and refugee restrictions go against our shared values of freedom of religion and nondiscrimination. Barring refugees and visa holders based on country of origin or religion will leave those fleeing gender-based violence without protections.

These executive orders endanger the safety of victims of domestic violence, sexual assault and human trafficking, their families, and

your neighbors, community, and planet will love you for!

Earn big with America's Green Fundraiser.

Earn 50% profit from sales! An extra 5% from every sale goes directly to GFWC to support national projects.

www.FlowerPowerFundraising.com or call 1-888-833-1486.

Reporting Forms

For your convenience the State Award Entry Cover Sheet, the State Statistical Form, and the Club Creativity Award Entry Cover Sheet are now available as separate documents under the Resources tab on GFWC.org.

GFWC International Past President Update

Mary Elizabeth Preston, GFWC International Past President (1978-1980), is currently living in Florida and enjoys reflecting on GFWC memories and receiving mail. Please feel free to send her your best wishes:

Mary Elizabeth Preston
3467 Everett Ave.
Spring Hill, Florida 34609

communities at large, further isolating victims and creating barriers to establish legal protections for victims. This action has put our US citizens, students, and military working and traveling abroad at higher risk of retaliation.

The General Federation of Women's Clubs supports effective enforcement of existing immigration laws. If agency experts believe more information is necessary to allow entry into the United States, then Congress needs to update our immigration laws relative to the new security threats.

[Click here](#) to read more and urge the White House to rescind executive orders and work with Congress to improve immigration and refugee laws via the GFWC Legislative Action Center.



Marketplace: GFWC Flag

Promote your GFWC club and increase your visibility with the Official GFWC Flag. The nylon material is a strong fabric made to resist weathering and retain structural integrity. Display your flag during club meetings, town and city parades, and spread the word about GFWC volunteers in your area. Available in 3x5 ft (\$35) and 4x6 ft (\$40). [Click here](#) to order yours today.

In The News

The **GFWC Peoria-West Valley Woman's Club** (Arizona) received coverage in the *Peoria Times* after hosting the first West Valley Domestic Violence Summit. Approximately 150 people attended the event, which featured a powerful keynote speech from a domestic violence survivor. [Click here](#) to read the article and learn more about how the club is supporting the GFWC Signature Program: Domestic Violence Awareness and Prevention.

Our Contact Information

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