

NEWS & NOTES

LIVING THE VOLUNTEER SPIRIT THROUGH GFWC

News & Notes - February 15, 2018



Babs is Graduating!

Babs, the Canine Companions for Independence (CCI) puppy named in honor of our 50th GFWC International President Babs J. Condon, will be graduating on Friday! With her training complete, Babs will become a fulltime member of the Mt. Washington Pediatric Hospital staff in Maryland. She will be working with children from 6 to 16 years of age. The children will play fetch with her, groom her, ask her to retrieve things, and they will go on field trips together. Babs is the second Canine Companions dog to be placed at the hospital. What a wonderful placement for this special dog!

Tune in on Friday at 12:45 p.m. EST to watch the graduation ceremony on the CCI website at www.cci.org/graduation.

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.

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Empowering Women through Self-Defense Courses

Many GFWC clubs recognize the importance of self-defense courses and have offer women in their community free instruction. For example, the **GFWC Woman's Club of Point Pleasant** (West Virginia) and **GFWC Point Pleasant Junior Woman's Club** (West Virginia) have been joining forces to provide self-defense classes to women in their area for several years. Teaching the Point Pleasant courses is Jennifer Starcher, a self-defense instructor with more than 30 years of experience. Starcher teaches a basic version of self-defense, including five essential moves every woman should know. When asked what self-defense tips she could offer, Starcher stated "there are little things that can help a woman in a potentially dangerous situation, such as having a phone in hand with 911 keyed in; having a car key in the other hand to quickly unlock a vehicle door; and placing a key beside your bed to be able to hit the car alarm in case of a break-in."

The fact that Jennifer Starcher is discussing more than physical strategies to evade a potential abuser is an indication of the high-quality instruction she provides. A well-managed self-defense course covers a broad range of topics including critical thinking about self-defense strategies, assertiveness training, communication skills, and easy-to-remember physical techniques. Instruction should be based on the belief that women can act decisively and take action in their own defense. Essentially, a good course is based on intelligence and not muscle.

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

Cares & Concerns

It is with a heavy heart that we inform you of the passing of **Virginia "Ginger" Thielen**. Ginger was an enthusiastic leader of the GFWC Anchorage Woman's Club from 1994-1996. She continued her service as GFWC Alaska State President from 2002-2004. A [celebration of Ginger's life](#) will be held on February 26.



Join Us for the Annual WHRC Women's History Month Event

The Women's History Month Event will be held on March 8 from 2-4 p.m. at GFWC Headquarters. The event will include a presentation, followed by a question-and-answer session, and a brief reception. Our speaker this year is Dr. Marjorie Spruill, a Distinguished Professor Emerita at the University of South Carolina. She specializes in women's and gender history and the history of the American

It is also true that self-defense courses have many benefits beyond increased safety. Training in self-defense enables women to develop more confidence in themselves and makes them more aware of their surroundings. Knowing they have the ability to defend themselves often aids women in more fully exploring the world, meeting new people, and finding new ways to engage with others. Self-defense classes are also a great opportunity for women to bond. In fact, the **GFWC Brookline Women's Club** (New Hampshire) offers a self-defense course as part of their monthly "Ladies Night" programming. The Ladies Nights draw not only established club members, but also local residents who may not have considered joining a Woman's Club prior to attending.

Taking a self-defense class is one of the most positive acts a woman can do for herself! If your club is looking to improve the lives of women in your area, sponsoring a self-defense course is well-worth considering.



We Have a Voice Because They Used Theirs

Where would women be today without the American Suffragists? That's the question the Turning Point Memorial Association has asked, and it is the driving force behind their campaign to build a monument in honor of these brave women. Additionally, the campaign will fund educational programming to

South. Dr. Spruill will be discussing her most recent book, *Divided We Stand: The Battle Over Women's Rights and Family Values That Polarized American Politics*. *Divided We Stand* focuses on the women's movements of the 1970s, particularly the federally sponsored International Women's Year (IWY) conferences of 1977, in which GFWC participated.

We hope you will join us for this very special event!



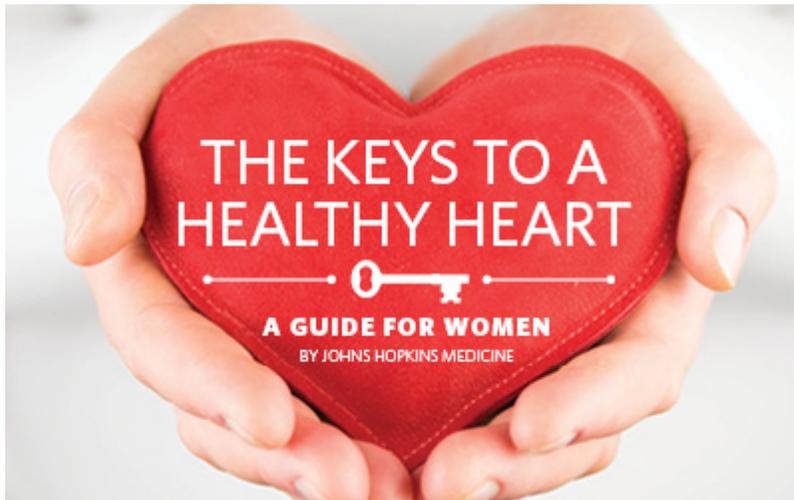
GFWC Clubs Think Outside the Box

Fundraising events are where the creativity of GFWC clubs comes into focus. You might not associate psychic readings and tarot cards with a highly successful fundraiser, but clubs like the **GFWC Melbourne Woman's Club** (Florida) and the **Century Club of Amsterdam** (New York) were willing to try! Read the latest addition to the [GFWC Blog](#) to learn how they've found success with their unique annual psychic events.

raise awareness of the Suffragists' contribution to passing the 19th Amendment to the Constitution.

The year 2020 will mark 100 years since the ratification of the 19th Amendment. The Memorial Association has created the #Donate20By2020 campaign to allow everyone to participate in building the Memorial. Donate for yourself, in memory of heroic women, or in honor of women you love. The Association wishes to include all women because when we work together, we can move mountains!

Your \$20 or greater tax deductible donation comes with perks! A \$20+ donation will be acknowledged on the Association's website dedication page and the perks only get better from there. [Click here](#) to view the full range of acknowledgements offered and to contribute to building a lasting monument to America's Suffragists.



The Keys to a Healthy Heart

In the January + February issue of *GFWC Clubwoman Magazine*, Johns Hopkins Medicine provides valuable information on the risk factors of heart disease for women. Heart disease is the leading cause of death for both men and women in the United States, but there's a common misperception that it's "a guy thing." The article begins by stating that, "Women fear breast cancer more, even though they're eight times more likely to die of heart disease. The message is getting out more, but women



Interested in Advertising in the 2018 GFWC Annual Convention Program?

The Convention Program will be distributed to each clubwoman when they register in St. Louis, Missouri. The program contains meeting schedules, maps of the convention facilities, a complete agenda, exhibitor profiles, and information on local attractions. The program also provides an ideal opportunity to recognize the achievements of your Federation sisters!

[Click here](#) to find advertising rates, artwork specifications, submission deadlines, and the commitment form.



still need help understanding all their risk factors." To gain insight and learn the risk factors, [click here](#) to read the full article.

Tips on Parliamentary Procedure

By GFWC Parliamentarian Shirley Gomes

In 1974, I purchased "The New Primer in Parliamentary Procedure" by Marie H. Suthers, RP. While the book can hardly be called 'new' anymore, I continue to refer to this handy reference tool. One section that may be of interest to many of you is the question and answer segment. Here are just a few samples to consider:

Question: No quorum was present at a meeting but no one raised the question of "no quorum" before business was transacted. Was the action taken legal?

Answer: No. Business transacted without a quorum being present is not legal. It was an informal action that should be ratified at the next meeting. If the members fail to ratify by majority vote, the action taken is void and must be stricken from the record.

Question: The quorum of a committee is five out of seven members. If one member resigns leaving only six members on the committee, is the quorum then changed to four?

Answer: No. If the quorum is fixed by rule or bylaw at five, the failure to fill a vacancy on the committee cannot change the quorum.

Question: Does a motion that is carried one year remain in force the following year?

Answer: Action taken remains in force until it is rescinded or until the action has been completed. The exception to the rule is where the action specifically states a time limit.

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Set Sail with GFWC and Princess Cruises

March 21-31, 2018

There is still time to join GFWC International President Sheila E. Shea and your fellow clubwomen for a once-in-a-lifetime experience – sailing the Panama Canal.

Question: When a member chooses not to vote, is it counted as a vote against a pending motion?

Answer: Motions are carried by a majority vote of those present and voting. Only those voting "Aye" or "No" are counted.

Question: What is meant by the "pending question"?

Answer: The pending question is the matter of business before the members about which a motion has been made and is currently under discussion.

I will select more questions from the primer to highlight in future articles, but in the meantime, what are your questions? Please email me at rickygomes@comcast.net. I will answer your questions in upcoming issues of *News & Notes*.

While explorers began dreaming of a route between the Atlantic and Pacific oceans over 400 years ago, carving of the 51-mile canal was not completed until 1914. Travel through this man-made wonder of the modern world with Princess, the number one cruise line in the region. Go beyond the locks to explore a wildlife-filled rainforest in Central America. While on the voyage you will dine on fresh, local cuisine, visit colorful towns, and unwind on sun-kissed beaches.

Ports of call will include Fort Lauderdale, Aruba, Cartagena, Colon, Costa Rica, and Jamaica. For pricing information and to reserve your cabin contact Avoya Travel Representative Linda Stone at 866-617-2470.



GFWC Marketplace Presidents Day Sale

Get **15% off** your purchase when your order at the [GFWC Marketplace](#) on Presidents Day (February 19).

In the News

The **Manchester Women's Club** (Connecticut) has returned and its members are ready to make a difference in their community. The newly refederated club held their introductory meeting last month with 60 women becoming members. Club President Grahame Slogesky said "We're starting again from the ground up. There are thousands of women in town and we need to meet each other and get to know our neighbors and help others." To learn more about this exciting club and their plans for the future, read the [Hartford Courant](#).

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