



# NEWS & NOTES

YOUR WEEKLY UPDATE ON GFWC NEWS

APRIL 20, 2023



## 2023 GFWC Annual Convention

[Register for  
Convention](#)

[Book Your  
Room](#)

### Featured Convention Speaker

Mariama Whyte

**Mariama Whyte** wears many hats as a creative entrepreneur. She is a multi-talented singer, songwriter, actor, speaker, coach, and author. Mariama has performed in the Broadway National Tours of The Lion King and The Color Purple, and on several regional theatre and music stages.

Founder and CEO of Earth to Mars Entertainment, she has released several music projects as an independent recording artist. Her new album, "Hey You It's Me," will be released in 2023.



Purchase  
Ebook

As a speaker, Mariama combines dynamic storytelling and singing to enrich her audiences and coaches individuals to perform and communicate with confidence. She is the author of an ebook, "Single Mother's Soul: Reflections for a Joyful and Empowered Life."

From schools and universities to special conferences, Mariama delivers her compelling messages in a unique and creative way. She brings an unforgettable experience to her audience as she enlightens

them through her engaging stories, dynamic singing voice, and powerful presence. With a heart to serve and inspire, Mariama leaves her audiences not only empowered and educated, but entertained and motivated to live confidently, joyfully, and authentically. Find out more at [www.mariamawhyte.com](http://www.mariamawhyte.com)



## Louisville Marriott Downtown is almost at capacity!

If you still need to book your room, please do so as soon as possible. Note also that we **only have King Rooms available**, you have the option of adding a Roll-a-way bed on first come, first serve basis.

[BOOK MARRIOTT DOWNTOWN](#)

To make your reservations via phone, call [800-266-9432](tel:800-266-9432) or [502-627-5045](tel:502-627-5045) (local).

Or you can book a room in the Overflow Hotel next door.  
2023 GFWC Annual Convention - Overflow, at Hyatt Regency  
Louisville

If you need additional assistance, please contact the Hyatt Group  
Booking Office at [877-803-7534](tel:877-803-7534).

[BOOK HYATT REGENCY OVERFLOW HOTEL](#)



## National Day of Service

**SATURDAY, SEPTEMBER 30, 2023**

*Living the Volunteer Spirit*

[www.GFWC.org](http://www.GFWC.org)

[#GFWC23NDS](#)

## Recruit New Members with GFWC National Day of Service

Commit to your project or volunteer opportunity for **September 30, 2023**, then invite your friends, family, and prospective new members to participate with your club. In the words of John Heywood, "Many hands make light work." Many hands can also get more work done! Your family, friends, and possible new members will not only experience the benefits of volunteering and making a difference in their community, but they will also become aware of the unique fellowship found in GFWC clubs. Invite them to join your club!

To participate, please email Melanie Gisler, Membership Director,

[mgisler@gfwc.org](mailto:mgisler@gfwc.org) and cc Deb Strahanoski, GFWC International President, [dstrahanoski@gfwc.org](mailto:dstrahanoski@gfwc.org). Please include your club name and location.

---



## **GFWC Marketplace Opening May 1!**

We are excited to announce that the new GFWC Marketplace will open on Monday, May 1<sup>st</sup>.

This redesigned platform will bring new items, an updated user interface, and more. The Marketplace will be open to all, meaning your loved ones can also purchase gifts that display your GFWC pride.

Stay tuned! We will provide additional information on setting up your account and getting started in next week's News & Notes.

---



## **GFWC Arkansas Tornado Damage**

The tornado that hit Arkansas on Friday, March 31st also damaged the North Little Rock Woman's Club (NLRWC), as well as a member's

home.

The NLRWC is located in North Little Rock's Burns Park, which, according to North Little Rock Mayor Terry Hartwick, lost 10,000 trees as well as amusement and sporting areas.

Trees blocked the parking area and several fell on the roof of the NLRWC clubhouse. One tree went through the roof. Besides the roof and electrical damage, water damaged the ceilings, carpet, and floors in several rooms. Some furniture will have to be discarded. Because of this damage, the NLRWC Clubhouse will be closed for several months. We lost our fundraiser and rental income, but are determined to recover. The city of North Little Rock is doing everything they can to help us.

Thank you for your thoughts and prayers. They mean so much to us.

Messages of support may be sent to:

Madge Helm, President

North Little Rock Woman's Club

2105 Clapboard Hill

Little Rock, AR 72160

---



## **Nebraska State President's Project**

### **Volunteering is Love Beyond Measure**

by: Karen Crandall, GFWC Nebraska State President

How can you measure the amazing volunteer efforts of GFWC Clubwomen? There is no easy way nor a tape measure long enough. GFWC Nebraska is a great example of the state's theme, "Volunteering is Love Beyond Measure." Club members go the extra mile to support GFWC Programs and the State President's Special Projects.

One of the Nebraska State President's Projects for this administration is the Dr. Susan La Flesche Picotte Memorial Hospital. Dr. Susan was an active member in her local GFWC Club where she also served several years as GFWC Nebraska State Health Chairman.



Dr. Susan was born in a tipi on the Omaha Indian Reservation in Walthill, Nebraska, on June 17, 1865. At this time, medical training was rare for women and unheard of for Native American women. However, on March 14, 1889, at the age of 24, Dr. Susan graduated as valedictorian of her medical class from the Woman's Medical College of Pennsylvania. In her lifetime, she treated over 1,240 patients and traveled over 1,350 square miles on horseback. Dr. Susan's goal from the beginning was to provide medical attention to those living on or near the reservation, no matter the person's race. For many years Dr. Susan had a dream of opening a hospital on the reservation. The hospital opened bearing her name in 1913.

The hospital is currently being restored and close to completion. The need for care in this underserved community is no less important today than it was when Dr. Susan made it her mission to build a hospital. Even though it has been more than 125 years since Dr. Susan served on the GFWC Board of Directors, Nebraska club members are very proud and excited to support and help rebuild the Dr. Susan La Flesche Picotte Memorial Hospital.

Another State President's Project is "Hope for Justice - Human Trafficking." GFWC Nebraska recognizes the importance of this growing problem in their state. The goal of this project is to raise awareness and to support child and youth victims of sex and labor trafficking in Nebraska. Most victims in Nebraska are teens and women aged 14-30. In 2022, the state recorded 48 female and 9 male victims. This year it is predicted that at least 40 female high schoolers will fall victim to human trafficking in Nebraska. The State Chairman of this project is doing a great job of keeping club members informed on recognizing the signs of human trafficking and what to do to help.

GFWC Nebraska will continue to make a difference!

---

## Annual Giving: It is Your Time to Sparkle

by: Mary Ann Pierce,  
Annual Giving Program  
Committee Member

We are in the fourth  
quarter of the 2022-  
23 Annual Giving  
Program!



Some of your donations have been earmarked for the GFWC Headquarters Marquee & Ironworks Project, which is greatly appreciated. But we still need additional funds to make the total repair a reality. A Federation Day donation on April 24th would be a perfect way to celebrate and keep this part of our Headquarters beautiful and safe.

During this new quarter, if you are one of the first 100 donors to give at least \$100, you will receive a GFWC cord organizer. When donations are totaled this year, we hope Headquarters will sparkle with all three marquees being refurbished to their original beauty!

Are you traveling to the GFWC Annual Convention in June? Look for the Annual Giving Program table, where we will share a bit of sparkle with every attendee who donates at least \$20. (Checks, cash, credit/debit cards, and Zelle payments are always accepted.) In addition, there will be a special donor reception and Convention Program listing for those who have contributed at least \$500 before May 25, 2023. Let's light up the room with sparkle while we "Honor the Legacy and Inspire and Future" of GFWC!

[DONATE NOW](#)



## **GFWC Juniors' Special Program: Advocates for Children**

by: Katie Robey, JSP Chairman

April is Child Abuse Awareness Month, and GFWC clubwomen have two sources of information for projects and advocacy. Child Abuse Prevention is one of the eight focuses of GFWC's Signature Program: Domestic and Sexual Awareness and Prevention. GFWC Juniors' Special Program: Advocates for Children works in tandem and encourages all clubwomen to make a difference in the life of a child by being an advocate. The GFWC Club Manual pages for both special programs list advocacy efforts and projects for GFWC clubwomen.

You can be an Advocate for Children by responding to the Legislative Action Center's Alerts for online safety bills. The Eliminating Abusive and Rampant Neglect of Interactive Technologies Act (EARN IT Act) would create a National Commission on Online Child Sexual Exploitation Prevention who would be charged with developing a best practices document for online service providers to help them prevent child exploitation and aid in investigating child exploitation crimes. Although the bill had wide bipartisan support, its passage has failed. But there is hope it will be reintroduced in 2023.

The Kids Online Safety Act has been discussed recently at the Senate Judiciary Committee hearings and it is hoped that this bill will be approved in 2023. Another bipartisan legislation, The Internet Platform Accountability, and Consumer Transparency (Internet

PACT) Act, has been reintroduced in the US Senate. This bill requires social media companies to establish clear content moderation policies and holds them accountable for content that violates their own policies or is illegal.

There is bipartisan support in Congress for legislation dealing with social media's impact on child sexual abuse material and cyberbullying. As bills move forward, remember when you sparkle, you light the path for others. Light a path to end child abuse...be an Advocate for Children.

---

## Body Language as a Communications Tool

by: Bette Kuboushek, CPR Committee Member

When listening to a speaker or a presenter at a meeting or conference, have you ever noticed his or her body language? Was there eye contact and the use of hand gestures? Or perhaps they read from a script on the podium without acknowledging the audience? These are the opposite ways people communicate with body language. One is better than the other!

Body language is using physical behavior, expressions, and mannerisms to communicate non-verbally.<sup>1</sup> Body language can either help or hurt in getting our message across. People express themselves in different ways, including verbal (spoken words), vocal (tone, volume), and nonverbal (see below).

Facial expressions, body movement, posture, gestures, and eye contact are examples of nonverbal communication. Facial features convey basic emotions, including surprise, happiness, anger, fear, sadness, and disgust. The speaker's posture should be relaxed, but their back should be straight. Good speakers do not cross their arms but let them dangle at their sides or press them together in their lap. "Gestures include actions such as waving, pointing, and even using hands when speaking."<sup>2</sup> Experts believe that people who are great speakers are more likely to use hand gestures during conversations or presentations. Eye contact is possibly the most important communication tool we have. Looking someone directly in the eye shows respect, eagerness, willingness to listen, and concern.

Body language is essential in communicating with others as it helps break barriers and form a better connection.<sup>2</sup>

1: HelpGuide.org (2023, March 1). *Nonverbal Communication and Body Language*. <https://www.helpguide.org/articles/relationships-communication/nonverbal-communication.htm>

2: MCIS Language Solutions. (2021, April 26). *The Role of Body Language in Communication*. <https://www.mcislanguages.com/the-role-of-body-language-in-communication/>

---

## THE GFWC LEARNING GATEWAY SERIES

FOR THE ENCOURAGEMENT AND ADVANCEMENT OF WOMEN: GFWC MEMBERS ARE ENCOURAGED TO PARTICIPATE IN THE GFWC LEARNING GATEWAY WEBINAR SERIES TO LEARN DIRECTLY FROM THE 2022-2024 GFWC HONORARY CHAIRMEN.

**MARCH 22 @ 7 P.M. – Advocacy Challenges: Overcoming Roadblocks and Building Coalition Support** by Stephenie Foster, Founding Partner of Smash Strategies, Honorary Chairman for GFWC Juniors' Special Program

**APRIL 18 @ 7 P.M. – Chocolate, Chardonnay, and Chanel – The Power of Personal Behaviors in Health and Wellness** by Nagi Kumar, Ph.D., Cancer Chemoprevention and Initiatives Moffitt Cancer Center, Honorary Chairman for Health & Wellness Community Service Program

**APRIL 25 @ 7 P.M. – Drawing Connections: Prevention Demands Equity** by Monika Johnson Hostler, President of the National Alliance to End Sexual Violence, Honorary Chairman for GFWC Signature Program



GENERAL FEDERATION  
OF WOMEN'S CLUBS

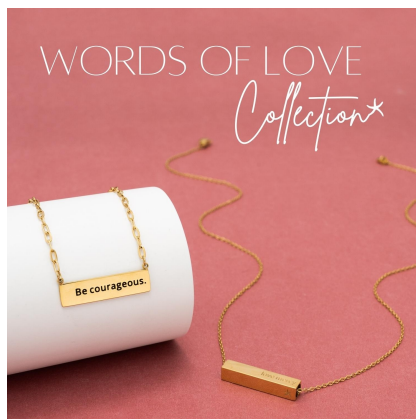
To register for upcoming events, click on the title below:

April 25 at 7:00 p.m.

[Drawing Connections: Prevention Demands Equity](#)

Watch previous webinars on the GFWC Website under the “What We Do” Tab on our website.

[Watch Past Webinars](#)



## Starfish Project: Words of Love Collection

Give the gift of love and appreciation with our selection of heartfelt gifts for the special women who raised us. Adorned with stunning and timeless gemstones including turquoise, pearl, amazonite, and emperor stone, each piece is crafted to make an impactful statement.

And don't forget! Please apply GFWC in the discount code at checkout to ensure your purchase goes towards the GFWC Access to Education Scholarship Fund! Thank you so much for continuing to restore hope together!





## **Volunteers in Action: Millville Woman's Club (NJ)**

While every day is a good day to pick up trash, on March 18th members of the Millville Woman's Club (MWC) participated in the annual Cumberland County Trash Hunt. It was chilly, but the sun was bright. Members dressed in warm jackets and gloves and proceeded to fill their bags with trash collected around their clubhouse neighborhood. MWC and many other groups participate in this event each year in an effort to keep our county beautiful and our neighborhoods clean and safe.

Is your club helping the community? Send us approximately 100 words about your project for the chance to be featured in Volunteers in Action. Please submit your story, 1-3 photos, and your club's name and state to [PR@gfwc.org](mailto:PR@gfwc.org).



GENERAL FEDERATION  
of WOMEN'S CLUBS

GFWC Headquarters  
1734 N ST NW | Washington, DC 20036  
[www.GFWC.org](http://www.GFWC.org)