

GFWC

ideas, information, insight, and inspiration

CLUBWOMAN

MAGAZINE

2023 Holiday Open
House Highlights

Candidates for the 2024-2026
GFWC Executive Committee

Women's History Month
Celebration

Revitalizing Renovations

CELEBRATING THE 40TH ANNIVERSARY OF THE
WOMEN'S HISTORY & RESOURCE CENTER



GFWC
est. 1890
GENERAL FEDERATION
OF WOMEN'S CLUBS

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GFWC ARCHIVES COMES INTO THE FUTURE

Right Side: The Archives as it appeared in 1926, when it served as GFWC's publications office. The room was built over the driveway of 1734 in the 1880s, apparently with the intent of blocking the side windows of 1728, the newly built home next door. It served as a library for the succeeding owners until it became a GFWC workspace.

Left Side: Renovations on the Archives room included new flooring, fresh paint, new lighting fixtures, and repairs to the existing drapery.



GFWC

CLUBWOMAN

MAGAZINE

The magazine of the General Federation of Women's Clubs, whose members are dedicated to community improvement by enhancing the lives of others through volunteer service.

2022-2024 GFWC EXECUTIVE COMMITTEE

International President DEBRA STRAHANOSKI

President-elect SUELLEN BRAZIL

First Vice President WENDY CARRIKER

Second Vice President JOLIE FRANKFURTH

Secretary MARY BETH WILLIAMS

Treasurer BECKY WRIGHT

Director of Junior Clubs KATIE MOYDELL

Parliamentarian DIANE ADDANTE

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WOMEN'S HISTORY and RESOURCE CENTER

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FROM THE INTERNATIONAL PRESIDENT



Dear Federation Friends,

As we prepare for March's GFWC Women's History Month Celebration, let us reflect on the remarkable strides we've achieved in various fields, everything from science to arts and business.

Please consider traveling to our magnificent GFWC Headquarters for our annual GFWC Women's History Month Celebration on **Wednesday, March 6, from 2:00 PM to 4:00 PM.**

It's an opportunity to honor the trailblazers of our organization, recognize the sacrifices of those who came before us, and appreciate the ongoing efforts to build a more inclusive and equitable world. Also, you do not want to miss Federation Fashions worn by International Past Presidents along with other rarely seen artifacts.

In 2024, we are also celebrating the *40th Anniversary of the GFWC Women's History and Resource Center (WHRC)*. Since its inception, May 1, 1984, the WHRC has been a beacon of inspiration, tirelessly working to ensure women's stories and achievements are recognized and celebrated. This milestone is a testament to WHRC's role in shaping the narrative of women's contributions to society, from the unsung heroes to the prominent pioneers who have left an indelible mark on history.

Over the past 40 years, WHRC has facilitated the research, education, and empowerment of women. Please mark your calendars for **Wednesday, May 1, 3:30-6:30 PM** and join me for GFWC's 40th Anniversary Celebration of the WHRC!

It's an exciting time to be a club member! Together, let's honor the achievements of all women, especially our GFWC sisters, and celebrate WHRC's success and milestone. The archives, exhibitions, and educational programs are invaluable resources, shining a light on women's resilience, creativity, and strength throughout the ages.

These are our stories to tell, and I am truly honored and blessed to be serving as the 54th GFWC International President during such an important milestone in our history!

Keep Living the Volunteer Spirit!

A handwritten signature in black ink that reads "Debra A. Strahanoski".

DEBRA A. STRAHANOSKI
GFWC International President

FROM THE DIRECTOR OF JUNIOR CLUBS



Dear Federation Family,

Since being installed as GFWC Director of Junior Clubs, I have often heard "What is the purpose of the Junior Organization if we don't have age limits?"

It was nearly 100 years ago that GFWC members saw the benefit of Junior representation in the Federation and later on the Executive Committee. While most states have abolished age limits for Junior membership, I still see the advantages of nurturing and developing younger women who face the dynamics of balancing family, club, and career.

I see the benefits when I read about a club who held a creative fundraiser that raised an unexpected amount of money. I know it's working when I get the text from a Junior Director celebrating a promotion they had not only stretched to apply for, but also received! The proof is in the pudding when I see the leadership roles my fellow State Directors have continued to serve in their clubs and for their State Federation. Lastly, I experience it daily as I meet with corporate executives, and when I represent you on the Capitol Hill.

The Junior Leadership Legacy continues through our members, in the Junior Leadership Certification Program, and the Millie Crom Award for Excellence in Junior State Leadership. It also continues in the mentoring and guidance that we receive from clubwomen around the country.

Past Director of Junior Clubs, Roberta Dyrsten stated: "The working partnership between the Junior and General clubwomen benefits everyone. Each compliments the other by supporting one another and working together, exemplifying "Unity in Diversity" at its best."

When we recognize and embrace the differences we have, we grow to be stronger and more resilient. Together we are better and we strengthen GFWC by living each day, trying to accomplish something, not merely to exist.

In Junior Love,

A handwritten signature in black ink that reads "Katie Moydell".

KATIE MOYDELL
Director of Junior Clubs



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**GENERAL FEDERATION
OF WOMEN'S CLUBS**

2024–2026 GFWC OFFICERS AND CANDIDATES FOR OFFICE

Meet 2024–2026 GFWC International President Suellen Brazil, Director of Junior Clubs Shannon Bailey, and candidates for Executive Committee offices.

The Election will take place during the 2024 GFWC Annual Convention on June 30 from 8 AM - 2 PM.

Please join us in Chicago to cast your vote.



SUELLEN BRAZIL

2024-2026 INTERNATIONAL PRESIDENT

GFWC Alabama members are proud to recognize their own Suellen Brazil as the 2024-2026 GFWC International President, the first-ever Alabamian to have this honor.

Beginning as Alabama Director of Junior Clubs, Suellen has been an active GFWC Board of Directors member for 36 years. She served as Chairman of Junior Education, Juniorette, Safety, Leadership, State President, Southern Region President, and GFWC Offices, including the current President-elect. Remaining engaged locally, she is devoted to serving veterans, the homeless, and domestic and sexual violence victims.

A 50-year member passionately dedicated to leadership development, personally and for clubwomen, her leadership has been broadened as she acquired diverse perspectives while serving in all Alabama and Southern Region elected offices. As GFWC President-elect and First and Second Vice President, she expanded her resolve to enhance the understanding and skills necessary for 16 Region Officers, 51 State Presidents, and 107 GFWC chairmen and committee members she led. She recognized their potential to influence growth in leadership strength and succession. As GFWC Leadership Chairman, she oversaw a 73% increase in GFWC State LEADS programs and provided numerous seminar templates and resources for states and districts.

During her ten years on the GFWC Executive Committee, Suellen has connected with leaders and grassroots members. She recognizes the potential strength of our organization and is confident that GFWC will become an even more significant catalyst for change in the years ahead.

A native Alabamian, she concluded her 44-year career as Baldwin County Public School Executive Elementary Administrator, supervising 28 schools, 18,000 students, and all employees. She and her late husband Billy have two sons, daughters-in-law, and four adorable grandchildren.



SHANNON BAILEY

2024-2026 GFWC DIRECTOR OF JUNIOR CLUBS

Shannon Bailey is honored to serve GFWC as Director-elect of Junior Clubs. As Director-elect, she supports State Directors of Junior Clubs and is a member of the GFWC Strategic Planning Committee as she prepares to serve as GFWC Director of Junior Clubs 2024-2026. In the last administration, she served as GFWC Leadership Committee Chairman, developing the GFWC Leadership Toolkit and conducting GFWC LEADS with her committee. Shannon is a Registered Parliamentarian and is a member of the National Association of Parliamentarians and the Electronic Association of Parliamentarians.

Shannon has been a member of the GFWC St. Petersburg Junior Woman's Club since 1997 and loves doing a wide variety of projects with unique, accomplished women who share her passion for service. She is also an active member of GFWC St. Petersburg Woman's Club and GFWC Girls on Fire, a cyber club. Shannon has served on the GFWC Florida Board of Directors for 13 years, including as GFWC Florida Director of Junior Clubs 2018-2020. She introduced Book Heroes as her special project, which was embraced by all levels of GFWC Florida clubs, who donated over 100,000 books during her tenure. Book Heroes continues as a GFWC Florida project. She currently serves GFWC Florida as GFWC Florida Recording Secretary.

Shannon grew up in St. Petersburg, Florida, and attended Trinity University in San Antonio, Texas. She and her husband Edwin run Blackwell Auctions, an antiques and fine art auction gallery. Their son Trey is 24 and handles photography and videography for the gallery. Shannon loves to walk, travel, and read in her spare time.



WENDY CARRIKER

CANDIDATE FOR GFWC PRESIDENT-ELECT

GFWC North Carolina presents Wendy Carriker as candidate for GFWC President-elect.

A dedicated clubwoman since 1985, Wendy has been involved in volunteer and leadership opportunities throughout her community, North Carolina, and Southeastern Region.

Serving as GFWC Treasurer 2016-2018, GFWC Secretary 2018-2020, GFWC Second Vice President 2020-2022, GFWC First Vice President 2022-present, Wendy has utilized her leadership and organizational experiences in all that she accomplishes including being a member of the Strategic Planning Committee.

Wendy served as GFWC-NC Director of Junior Clubs (2000-2002) and served GFWC-NC as State President (2012-2014). During her Administration, a new membership video was distributed to clubs across NC. The President and Director of Junior Clubs Special Project's goal of providing 500,000 meals for food insecure children was met and exceeded, with over 17 million meals through projects promoting No Kid Hungry and Feeding America.

Wendy was elected to the Mount Airy City Schools Board of Education in 1996, where she served as Vice Chair (1996-2004), Chairman (2004-2018) and as an active informed board member. She is committed to serving the students of NC through her membership with the NC School Boards Association and always advocates for the students in her community.

The owner of Wendy Jane Creations and Megan's Mutt Munchies, she stays busy creating and baking. Married for 46 years to her husband Chip, they have two daughters and two grandsons.

A proven leader in her community and a dedicated clubwoman for decades, GFWC-NC enthusiastically endorses Wendy Carriker for the office of GFWC President-elect.



JOLIE FRANKFURTH

CANDIDATE FOR GFWC FIRST VICE PRESIDENT

GFWC Florida Federation proudly endorses Jolie Frankfurth, a 27-year clubwoman, for the office of GFWC First Vice President. A member of the GFWC Board of Directors since 2008, she has been an integral part of the decisions that will take this organization into the future.

As GFWC's Second Vice President, she bolstered the use of Honorary Chairmen to enhance and elevate our Special Programs and Community Service Programs to further the goals of GFWC. Jolie also spearheaded new and unique opportunities for GFWC's Affiliate Organizations to reach the grassroots club members.

Jolie utilizes her unique leadership experiences to help leaders recognize the value of maintaining cohesive objectives through strategic planning while preserving individual uniqueness in accomplishing goals. Her leadership style fosters change, builds loyalty, and encourages others to participate in decision-making.

Jolie is a University of South Florida graduate with a Master's in Educational Leadership and a Bachelor's in Business/Vocational Education. Her teaching experience aids in leadership training, conflict resolution, public speaking, and crafting club models. Jolie has trained adult students in Business Management, Forms Design, closed captioning, and various software applications.

She spent her young life as a Navy Brat, but Jolie and her husband Tom have lived in Tampa for over 30 years. Their two adult children graduated college and are working out of state. Her hobbies include fishing, golfing, and traveling.

Jolie is excited to be a part of strengthening the future of GFWC. The members of GFWC Florida encourage your consideration of Jolie Frankfurth for GFWC's First Vice President.



MARY BETH WILLIAMS

CANDIDATE FOR GFWC SECOND VICE PRESIDENT

GFWC Colorado presents Mary Beth Williams as candidate for GFWC Second Vice President. She continues to be an asset to GFWC with her strong leadership skills, collaborative nature, creativity, and dedication.

Mary Beth is the GFWC secretary after serving as treasurer. She served as International Outreach Chairman 2018-2020, having traveled to Zambia with UNICEF and continues participating in the UN Foundation Shot@Life Summit, was Leadership Committee Member 2016-2018, a 2012 Leads Graduate, and Charter President of Babs' Inspirations.

She served four years as Western States Region Fundraising Chairman and chaired the 2021

Region Conference.

As Colorado President 2014-2016, she launched the State Leadership Program, increased membership, initiated GFWC's program supporting GFWC's Capital Campaign, and reinstated ESO. She remains engaged at the state and local level mentoring members.

Mary Beth is a long-time community volunteer having held leadership roles in numerous organizations. She is a recent past Board member of a historic, low-income, child-care center, having served nine years, five as Board Governance Committee Chairman and two as Board Chair during the pandemic.

She was: a founding member and President of a local senior center "friends group", leading its formation into a 501(c)3; on various United Way committees; co-chair of a significant community environmental symposium; President of the friends group supporting a historic theatre; and PTA president at four different schools, leading the formation of the PTA for a brand-new school.

Mary Beth earned her graduate degree in Agricultural Economics, worked for the US Foreign Agricultural Service and Colorado School District 11, and holds her Certified Volunteer Accreditation. Married to Larry, their family includes two married children, and three grandchildren.



BECKY WRIGHT

CANDIDATE FOR GFWC SECRETARY

GFWC Mississippi enthusiastically presents Becky Wright as candidate for GFWC Recording Secretary. A dedicated clubwoman since 1995, Becky's infinite energy and enthusiasm are evident in her current leadership role as GFWC Treasurer. Her strong leadership skills, ability to pivot and adapt, and determination continue to engage members to serve their communities.

As GFWC Treasurer, Becky chairs the Budget and Finance Committee and serves on the Strategic Planning Committee. As Executive Committee liaison to the Annual Giving Program Committee, she coordinated the Federation Day Fundraiser for the Marquee Restoration Project.

As State President, Becky energized clubwomen to empower the heart to make a difference, leading Mississippi to understand the benefits of belonging and empowering others. She has

served on the Mississippi HOBY Board and the Mississippi Library Commission Board.

An advocate for children, Becky is passionately involved with St. Jude, is a Shot@Life Champion, and was recognized by March of Dimes as a regional volunteer of the year.

Becky is a respected volunteer and a proven leader within her community. She has been involved in Girl Scouts, Friends of the Library, and school organizations, always looking for ways to add value to her community and enhance the lives of others. Becky has been recognized for her extensive service to her community and received the Chamber of Commerce Impact Award, Volunteer of the Year Award, and the Mayor's Award.

Becky works alongside her husband, James, in their Piggly Wiggly. Married for 29 years, they have four children and seven grandchildren.

For her visionary leadership, unwavering dependability, and infectious enthusiasm, GFWC Mississippi proudly endorses Becky Wright for the office of GFWC Recording Secretary.



JULIET CASPER

CANDIDATE FOR GFWC TREASURER

Born and raised in Louisville, Kentucky, Juliet M. Casper received her Bachelor of Arts from St. Mary's College, Notre Dame, Indiana in 1989; her Juris Doctorate from Indiana University School of Law in 1992; and her Masters in Library Science from Indiana University in 1993. She worked as a legal research instructor and law librarian at Northwestern University in Chicago, and at Indiana University in Bloomington.

Juliet moved to the Carolinas in 2000 to be closer to her parents. She is a real estate, estate planning and probate attorney with her own firm, Roy & Casper, LLC.

Juliet has been a member of the North Myrtle Beach Woman's Club since 2002. She served as Club President (2007-2010). She then served as GFWC-SC Eastern District President (2010-2012),

GFWC-SC Secretary (2012-2014), GFWC-SC Second Vice President (2014-2016), GFWC-SC First Vice President (2016-2018), and GFWC-SC President (2018-2020). She was elected in 2011 to the Order of the Jessamine for GFWC-SC, an honorary society.

Juliet served on the GFWC Board of Directors as a Legislation/Public Policy Committee member (2020-2022), and now serves as that committee's chairman and on the Resolutions Committee. She served as the first president of GFWC Brockettes and is a founding member of GFWC Girls on Fire, a Florida virtual club.

An advocate for children, Juliet serves on the Board for Sea Haven, a crisis center for youth. In 2019 Governor McMasters appointed Juliet to the Foster Care Review Board, and she chairs her board.

Juliet is married to Chris Mezenski and has an adult son, Tristan. Her hobbies include reading for ESO, making cards, and swimming with her dad on a local team.



DR. SUSAN GETTYS

CANDIDATE FOR GFWC TREASURER

GFWC Missouri is proud to endorse Dr. Susan Gettys as candidate for GFWC Treasurer. Her leadership skills, enthusiasm, and passion for helping others make her an excellent candidate for this position.

Susan has served on the GFWC Board of Directors as GFWC Missouri President 2018-2020, Leadership Committee Member 2020-2022, and Leadership Committee Chairman 2022-2024. She led the Leadership Committee as they created a new section of the Leadership Toolkit to include ready-made presentations for LEADS programs at the state level.

Other GFWC roles since joining GFWC in 2009 include State Writing Chair, Treasurer, President-Elect, and Parliamentary Advisor; District Sophomore Pilgrimage Chair, Recording Secretary, Vice

President, and President; and Club Assistant Treasurer and President. Susan also serves as a mentor to new leaders throughout the state and recently led the process of creating a first-time Strategic Plan for the state.

She has undergraduate and graduate degrees in education from Missouri State University and a doctorate in Educational Leadership and Policy Analysis from the University of Missouri. Susan's 34-year career in education included 17 years in the classroom and 17 years in administration, culminating in serving as Assistant Superintendent of Instructional Services. During her career, she delivered many professional development topics ranging from instructional strategies to technology in the classroom. She was also a per-course instructor at two universities focusing on developing prospective school administrators.

Susan has been a devoted volunteer since college. Special Olympics, Rotary, United Way, Camera Club, and Church have all benefited from her leadership. She is a strong supporter of Canine Companions and is currently raising her fourth puppy. Her hobbies include photography, travel, reading, and knitting.



TRINA BEHBAHANI

2024-2026 GFWC DIRECTOR-ELECT OF JUNIOR CLUBS

Trina Behbahani has been a member of the GFWC Junior Woman's Club of Loudoun since 2007 and loves serving with likeminded women to support communities and individuals in a variety of ways. Trina is a 2014 GFWC LEADS graduate and a former GFWC Virginia LEADS coordinator. Trina served on the GFWC Virginia Executive and Junior Executive Boards for eight years, most recently as GFWC Virginia 2nd Vice President and Membership Chair. From 2018-2020 Trina served as GFWC Virginia 3rd Vice President, Director of Junior Clubs during which time her focus was to encourage fellow clubwomen to Spread Joy and Serve Others. She was awarded the Millie Crom Award for Excellence in Junior State Leadership in 2019 and 2020. She served as GFWC Juniorette Chairman and on the GFWC Membership Committee during the 2020-2022 administration. Currently Trina serves on the GFWC Bylaws Committee and the GFWC Virginia

Resolutions Committee, while also supporting the GFWC Virginia Northern District as newsletter editor and credentials chairman.

Trina grew up in Barboursville, Virginia, and attended James Madison University. She has been employed by the American College of Radiology for over 20 years and is currently Senior Director of Governance and Member Services for the association. She is a civil celebrant for the Commonwealth of Virginia and considers it an honor to have joined over 10 couples in marriage. Trina and her husband Mark reside in Northern Virginia and are often found together on the golf course. Trina loves to travel, read and say "YES!" to new adventures and experiences as often as possible!



St. Jude patient **Lucas**,
pictured with his mom

Your gift to St. Jude could **last a lifetime** for kids like Lucas.

Lucas was 3 years old when he first complained that his head hurt. When he began walking off-kilter and didn't feel like playing, an MRI revealed the cause: brain cancer. After surgery at a local hospital, Lucas was referred to St. Jude Children's Research Hospital® for treatment. For Lucas and his family, St. Jude became a second home. "We had the royal treatment," his dad said. Families never receive a bill for treatment, travel, housing or food—so they can focus on helping their child live.

Following 10 months at St. Jude, Lucas returned home and resumed riding his battery-operated truck and fishing with his dad. **And a second chance at life.**



Please donate
today at
stjude.org



©2023 ALSAC/St. Jude Children's Research Hospital (MCC-9954)

Revitalizing Renovations

by **JOANNA CHURCH, WOMEN'S HISTORY AND
RESOURCE CENTER LIBRARIAN**

GFWC Headquarters underwent big changes in 2023— and all for the better, with much-needed renovation and repair work both inside and out. On behalf of GFWC, I am pleased to reveal the results, and hope you're as excited as the staff is.

GFWC's Headquarters building is actually three adjacent rowhomes - often referred to simply by street number - each built in the last quarter of the 19th century. The central portion, 1734 N Street NW, was purchased as our permanent home in 1922 and designated as a National Historic Landmark in 1991. The homes to either side, 1728 and 1738 N Street NW, were purchased by GFWC in the 1950s as our needs expanded. All three buildings now connect, making one Headquarters space. Like all historical structures, these buildings require maintenance and upkeep, which is no easy undertaking. In GFWC's case, we have to weigh the buildings' histories against today's functional and aesthetic requirements. Offices, meeting rooms, event spaces, and archival storage need to work for both people and things, within the historic envelope. It's a difficult balance, but one that GFWC has achieved for the past century through efforts both big and small. The past year's efforts focused on the marquees, Solarium, Archives room, and the first and third floors in 1728.

The original marquee is the iron and glass awning designed and installed by Mr. and Mrs. John Jay White, who purchased 1734 in 1908. When GFWC bought the home from the Whites in 1922, the marquee became part of our iconography. In the mid-1950s, a smaller matching awning was fabricated for 1738. The marquee on 1728 is a rectangular style. All three artifacts were designed to withstand the elements, but naturally they need periodic upkeep (the largest one is over



a century old). Thanks to GFWC members generously heeding the call for funding assistance all three marquees were removed, restored, and reinstalled –ready to stand proud for many more years to come.



Like the marquees, GFWC's Solarium – intended as a room to bring the outside indoors – was designed by the Whites, and reflects the early 20th century. Many of the original elements are still in place, notably the handmade green tiles on the floor and lower walls, and the lattice work on the ceiling and curved cornices. However, recent repair work led to the discovery that the plaster had once been painted green. With this as a starting point, I began to

look for contemporary photos of other 1910-era conservatories to identify period-appropriate furnishings, curtains, and lighting. This research inspired the new design, helping to turn what had become something of a forgotten room into a welcoming space, one that suits its historical and modern uses.



Another major change occurred in the Archives room, a 60-foot-



long room that was added to 1734 in the 1880s. Shortly after the opening of the GFWC Women's History and Resource Center in 1984, this space was transformed from offices and library

to a dedicated archival space with floor-to-ceiling shelving. The environmental controls and fire suppression systems have undergone periodic upgrades to stay current with best practices for art and archival storage. Last year's room updates focused on replacing the fluorescent lights and carpeting with options that better suit the materials stored in this room. GFWC took the opportunity to refresh the decor with new paint and improved workspaces. The focus on flooring, paint, and lighting continued through to the third floor of 1728, including the Board Room, giving this much-used space a refreshed look for GFWC leaders, club members, special guests, and staff to enjoy.



These upgrades improve not only the look and function of the spaces, but also help GFWC track the condition of the buildings and pinpoint areas of concern. With this information, GFWC can plan for future maintenance and renovations to ensure that Headquarters remains standing for another century.



2024 GFWC Women's History Month Celebration

Federation Fashion: an exhibition of GFWC International Past President gowns
GFWC History in Fifteen Objects: A look at some rarely-seen artifacts from our collection. Presented by WHRC Librarian Joanna Church.

March 6, 2024
2:00–4:00 PM

GFWC Headquarters
1734 N ST NW, Washington, DC 20036



Light Refreshments will be provided

[Register Online](#)

Join us to celebrate 40 years of women's history.

MAY 1, 2024

3:30–6:30 PM



WOMEN'S HISTORY & RESOURCE CENTER

40th Anniversary



'Twas the Season to Sparkle & Shine

2023 GFWC HOLIDAY OPEN HOUSE HIGHLIGHTS

During the month of December, Headquarters is bustling as staff and Special Assistants to Madame President prepare the mansion for the annual holiday soiree. The 2023 GFWC Holiday Open House, true to form, was nothing less than spectacular. The mansion was decked out from top to bottom in beautiful green, white, and red – traditional colors of the season.

This year's decorations were extra special as they also paid homage to International President Deb Strahanoski's Italian heritage. The green, white, and red are also the colors of Italy's flag.

The fireplace mantles and antique tables displayed darling holiday houses received from 23 GFWC State Federations representing distinctive traits of their states. Participants included: Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Dakota, Ohio & Juniors, Oklahoma, Oregon, Pennsylvania, Rhode Island, South Carolina, South Dakota, Tennessee & Juniors, Texas, Utah, Vermont, Virginia & Juniors, Washington, West Virginia, Wisconsin & Juniors, and Wyoming.

In the following pages, you get a first-hand glimpse of the holiday celebration GFWC hosts annually to thank clubwomen nationwide and around the world for making their communities better!

To all those that attended – THANK YOU! GFWC wishes you a year filled with many joyful successes!







2022-2024 GFWC Executive Committee

Members (L to R): Cheri Meyer, Chief of Operations; Mary Beth Williams, Secretary; Wendy Carriker, First Vice President; Katie Moydell, Director of Junior Clubs; Deb Strahanoski, International President; Suellen Brazil, President-elect; Jolie Frankfurth, Second Vice President; Becky Wright, Treasurer; and Diane Addante, Parliamentarian.

Holiday themed houses from the remaining 23 GFWC State Federations.

Thank you to all who sent and personalized houses from their state!



2022-2024 GFWC Executive Committee Holiday Village



National Coast Guard Museum Association staff pose with members of the GFWC Executive Committee.



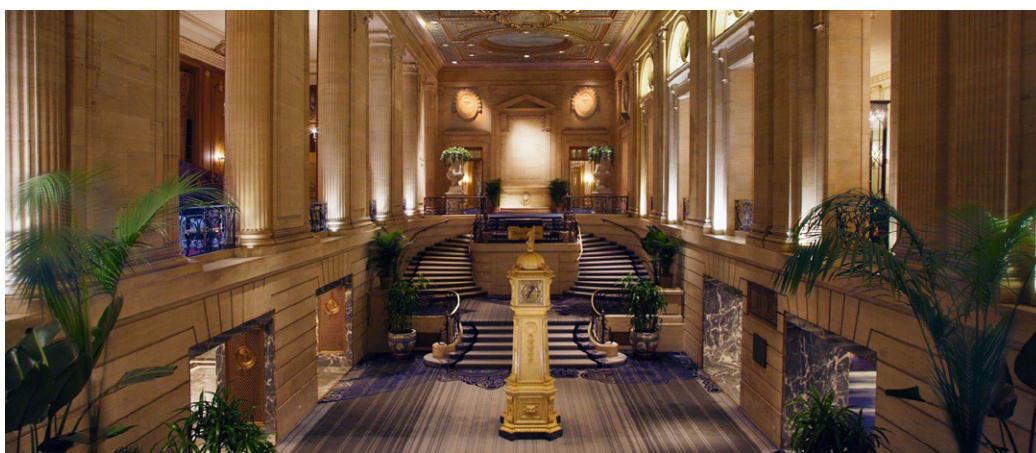


Jolie Frankfurth, Second Vice President, taking a contingency of clubwomen on a tour. They passed through the newly renovated Archives room to get to the 1728 building, which contains staff offices and the WHRC library.

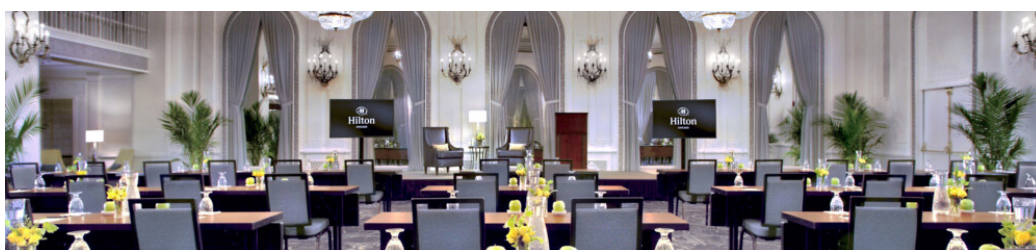
Beautiful gingerbread house representation of GFWC Headquarters (1728, 1734, and 1738 buildings) created by Candice Gill, Design and Publications Manager, included the newly restored Marquees.



Guests received a warm holiday welcome to Headquarters showcasing the newly restored Marquees, railings, and iron doors decked out with elegant wreaths, garlands, and ribbons.



BOOK YOUR ROOM AT THE HILTON CHICAGO



HOST STATE FUNDRAISING



GFWC Illinois is excited to welcome our GFWC sisters to Chicago for the GFWC Annual Convention. To help offset the cost of hosting the convention, *Chicago 2024 Aprons* are available for \$30 each. These navy blue and gold aprons are not only practical but also serve as a wonderful memento of your time in Chicago. GFWC Illinois is thrilled to welcome you to our beautiful state and our vibrant city. Your support is greatly appreciated and will contribute to the success of the convention.

See you in Chicago!

To receive an order form, please contact Ruth Sloat at slootruthgfwc@gmail.com.



MEMBERSHIP RECRUITMENT LIST

RUBY: "SHARE YOUR PASSION"

REPORTING PERIOD: SEPTEMBER - NOVEMBER 2023

653 NEW MEMBERS!

Clubs recognized added 3 or more members

GFWC Woman's Club of Chevy Chase - 65

Chevy Chase, MD

GFWC Gulf Shores Woman's Club - 30

Gulf Shores, AL

GFWC Rotunda West - 24

Rotunda West, FL

GFWC Dallas Woman's Club - 18

Dallas, GA

GFWC Greensboro Woman's Club - 18

Greensboro, NC

GFWC Progress Club of Las Cruces - 15

Las Cruces, NM

GFWC Viera Woman's Club - 15

Viera, FL

GFWC North Pinellas Woman's Club - 14

Clearwater, FL

GFWC Ossoli Circle - 14

Knoxville, TN

GFWC Cedar Key Women's Club - 13

Cedar Key, FL

GFWC Madison Valley Woman's Club - 12

Ennis, MT

GFWC Sylvania Junior Women's Club - 12

Sylvania, GA

GFWC Charlotte - 11

Charlotte, MI

GFWC Covina Woman's Club - 11

Covina, CA

GFWC Lombard Junior Women's Club - 11

Lombard, IL

GFWC Parkersburg Woman's Club - 11

Parkersburg, WV

GFWC Rhinelander Woman's Club - 11

Rhinelander, WI

GFWC Fuquay-Varina Woman's Club - 10

Fa Quay-Varina, NC

GFWC Menominee Woman's Club - 10

Menominee, MI

GFWC Woman's Club of Raleigh - 10

Raleigh, NC

GFWC Royal Oak Woman's Club - 9

Royal Oak, MI

GFWC Sedgefield Woman's Club - 9

Greensboro, NC

GFWC Serenity Juniores - 9

Huntsville, AL

GFWC Laurel Woman's Club - 8

Laurel, MD

GFWC Woman's Club of Cypress - 8

Cypress, CA

GFWC of Holden Beach - 7

Holden Beach, NC

GFWC Huntsville Woman's Club - 7

Huntsville, AL

GFWC Lake Placid Woman's Club - 7

Lake Placid, FL

GFWC Manchester CT Women's Club - 7

Manchester, CT

GFWC Winterport Woman's Club - 7

Winterport, ME

GFWC Coral Gables Woman's Club - 6

Coral Gables, FL

GFWC Edenton Woman's Club - 6

Edenton, NC

GFWC Flushing Women's Club - 6

Flushing, MI

GFWC Lutz-Land O'Lakes Woman's Club - 6

Lutz, FL

GFWC Ohio Austintown Junior Women's League - 6

Austintown, OH

GFWC Ousamequin Club - 6

Bridgewater, MA

GFWC Radcliff Woman's Club - 6

Radcliff, KY

GFWC St. Petersburg Woman's Club - 6

St. Petersburg, FL

GFWC Three Rivers Woman's Club - 6

Three Rivers, MI

GFWC Woman's Club of Saraland - 6

Saraland, AL

GFWC Atlanta Woman's Club - 5

Atlanta, GA

GFWC Cocoa Beach Woman's Club - 5

Cocoa Beach, FL

GFWC Hearts and Hands - 5

Indianapolis, IN

GFWC Lakeshore Woman's Club - 5

Jacksonville, FL

GFWC Lexington Woman's Club - 5

Lexington, SC

GFWC Marianna Woman's Club - 5

Marianna, FL

GFWC Ruskin Woman's Club - 5

Ruskin, FL

GFWC Sylvania G.E.M.S. - 5

Sylvania, GA

GFWC Tempe Woman's Club - 5

Tempe, AZ

GFWC Victor Valley Women's Club - 5

Victorville, CA

GFWC Westford Women's Club - 5

Westford, MA

GFWC Woman's Club of Lakeside - 5

Lakeside, CA

GFWC Woman's Club of Merchantville - 5

Merchantville, NJ

GFWC Woman's Club of New Tampa - 5

Tampa, FL

GFWC Cartersville Woman's Club - 4

Cartersville, GA

GFWC Glendale Woman's Club - 4

Glendale, AZ

GFWC Gun Lake Area Inc. - 4

Gun Lake, MI

GFWC Lilburn Women's Club - 4

Lilburn, GA

GFWC Mount Dora Woman's Club - 4

Mount Dora, FL

GFWC Pikeville Woman's Club - 4

Pikeville, KY

GFWC Woman's Club of Deerfield - 4

Deerfield Beach, FL

GFWC Woman's Club of Palatka - 4

Palatka, FL

GFWC Adel Women's Club - 3

Adel, IA

GFWC Braintree Women's Club - 3

Braintree, MA

GFWC Charlotte Woman's Club - 3

Charlotte, NC

GFWC Clermont Woman's Club - 3

Clermont, FL

GFWC Fort Walton Beach Woman's Club Inc. - 3

Fort Walton Beach, FL

GFWC Frederick Woman's Civic Club, Inc. - 3

Frederick, MD

GFWC Hartwell Service League - 3

Hartwell, GA

GFWC League of Mt. Holly - 3

Mt. Holly, NJ

GFWC Legacy - 3

Huntsville, AL

GFWC Madison Heights Women's Club - 3

Madison Heights, MI

GFWC Reed City - 3

Reed City, MI

GFWC Santa Rosa Woman's Club - 3

Gulf Breeze, FL

GFWC Warrenton Woman's Club - 3

Warrenton, NC

GFWC Woman's Club of Charleston - 3

Charleston, WV

GFWC Woman's Club of Greene County - 3

Stanardsville, VA

GFWC Woman's Club of Inverness - 3

Inverness, FL

GFWC Woman's Club of Ramsey - 3

Ramsey, NJ

INTERMITTENT FASTING FOR A HEALTHIER YOU

HARA HACHI BUN ME

by **NAGI KUMAR, PH.D.**, DIRECTOR OF CANCER
CHEMOPREVENTION AT MOFFITT CANCER CENTER

GFWC Health and Wellness Honorary Chairman



Since the time of Confucius, Okinawans in Japan have practiced *hara hachi bun me*, which simply means eat until you are 80 percent full. According to the United Nations population projections, Japan has the world's highest proportion of centenarians, a person 100 years or more. Of which the greatest number of centenarians live on the island of Okinawa. It is reported that two-thirds of the elderly population, defined as people aged 65 and over, in Okinawa continue to live and function independently well into their 90s compared to the rest of the world.

What's the secret? Okinawans practice *hara hachi bun me* to manage their eating habits. It is scientifically proven that calorie restriction over one's lifetime has a remarkable effect on overall health, aging, and immune system.

Studies conducted on animals and humans show that intermittent fasting, an eating pattern that alternates between eating and fasting, causes the body to shift the way it gets its energy by metabolic switching from liver-derived glucose to adipose (fat) cell-derived ketones. When this occurs daily or several days each week, it results in a reduction of fat, improved blood sugar levels, increased stress resistance, and suppression of inflammation.

During fasting, cells activate pathways that enhance the body's defenses against oxidative and metabolic stressors, which allow it to remove or repair damaged cells, and slow or reverse aging and disease progression.

Although long-term studies on diseases such as cancer, diabetes, and cardiovascular health are still ongoing, early results indicate a reduction in the need for medications, reduced blood pressure, improved resting heart rate, decrease in low-density lipoprotein (LDL) cholesterol, lower fat count in blood cells, improved glucose

levels, and reduced insulin resistance, resulting in better treatment outcomes for life threatening diseases.

If you don't have a chronic medical condition and are looking to shed body fat that you gained as an adult, a simple plan could include a daily time-restricted feeding regimen (e.g., an 18-hour fasting period with a six-hour eating period or a 16-hour fasting period with an eight-hour eating period). There also is the 5:2 intermittent fasting regimen which involves eating a healthy diet for five days and fasting the two remaining days of the week, limiting yourself to 500 calories.

During the periods of eating, it is best to include a diet of lean proteins, meats, plant foods, and plenty of fluids. Studies also show that most people who have seen success with these diets are highly motivated and stay on some form of intermittent fasting longer. Incorporating 30 to 45 minutes of exercise will also enhance your weight loss outcomes.

Don't forget to practice healthy behaviors such as regular screenings, vaccinations, smoking cessation, and avoiding sun exposure to prevent diseases and the aging process.

If your New Year's resolution is to get healthy—there's no better time than the present!



Nagi Kumar, PhD, RD, FADA

2022-2024 GFWC Health and Wellness
Honorary Chairman



BRINGING STRONG FEMALE CHARACTERS TO LIFE

by **ROBIN YOCUM, AUTHOR**

GFWC Education & Libraries/Juniorettes Honorary Chairman

In the days before I published my first novel, I was discussing a book project with Suzanne Jaffe, who was then the executive director of Thurber House, a literary center in Columbus, Ohio, that is headquartered in one of humorist James Thurber's boyhood homes. Suzanne had been involved in the publishing industry and was my sounding board for my projects.

As I was telling Suzanne about an idea that would revolve around a high school football player, she looked at me and said, "Robin, you have got to get some estrogen in your books. Every book you write is about manly men doing manly things. Women buy 85 percent of the books in this country. You have to have a love interest or a strong female character if you want your novels to sell."

It made sense to me. The problem was, I wasn't sure I could get inside a woman's head enough to make her a believable character.

The first rule of writing is, simply, write what you know. That's why my books are set in Appalachia Ohio, where I grew up, and feature strong, male protagonists. I know about both.

Creating strong female characters seemed more daunting. I wanted to make sure I created characters that were genuine. I didn't want to stereotype my female characters or create dialogue that was stilted or cliché.

Previously, when fleshing out a female character, I'd take my questions to the local expert – my wife.

Me: If I created a female character who said XYZ, would women be offended?

My wife: How have you gotten this far in life with so little understanding of females?

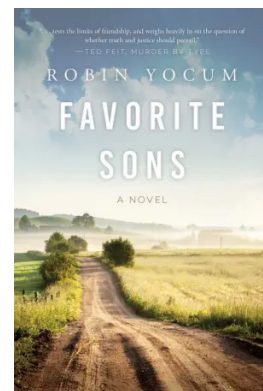
Me: So, that would be a definite yes.

I started kicking around ideas of how I could save the book about the high school football player and include a strong, female character. Instead of football, I decided that the focus of the book would be on my protagonist's ability to write and that his high school English teacher – a female – would be his mentor.

Every primary character in my novels is a real person from my life. They might be someone from my childhood, or someone from my career as a crime and investigative reporter with the *Columbus Dispatch*, or a friend. (If I plan to kill off the character, I assign it to someone I don't like. It's very cathartic.) I took this approach when I created Miss Singletary in my novel, *The Essay*. I modeled her after one of my former English teachers.

Rather than try to get inside her head, I simply gave Miss Singletary the qualities that I admire in both men and women - strength, determination, and a strong sense of moral character.

I had two strong female characters in my novel, *Favorite Sons*. In this novel, my protagonist is Hutch Van Buren, who is a county prosecutor and a candidate for Ohio attorney general. One female character is Hutch's administrative assistant, Margaret, who is no-nonsense, black, and a single mother. She is a composite of several women I had worked with and became one of the more endearing characters in both *Favorite Sons* and the sequel, *The Sacrifice of Lester Yates*.



The other strong female in both novels is Hutch's campaign manager, Shelly, who is not a particularly likable character in *Favorite Sons*. I modeled her after a former girlfriend. (That's a joke. Don't start sending me nasty emails.) Shelly is much more redeeming in the sequel.

I'm pleased with the female characters I've created. The process would be more difficult if I was writing young adult books with a female protagonist or romance novels. Fortunately, I'm creating female characters that are mothers, sisters, or work in the fields of business, education, and politics. In case you're wondering, I avoid using my mother or sisters as models for my characters because I know they would recognize themselves, and the next Thanksgiving would be extremely uncomfortable.

If you treat your fictional females with the respect and dignity that you should treat the real women in your life, they, in turn, will come to life for you on the pages of your novel.