



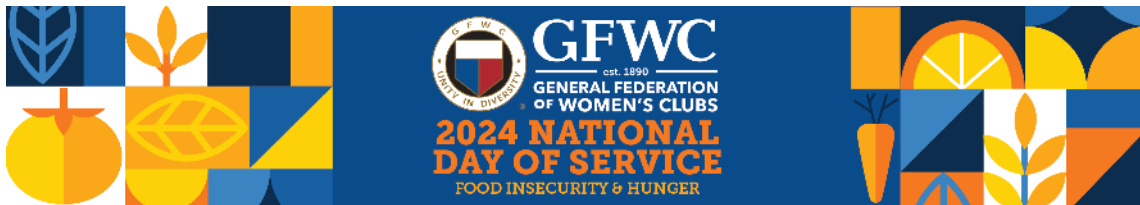
NEWS & NOTES

YOUR WEEKLY UPDATE ON GFWC NEWS

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November 15, 2024

GFWC: Mentorship Opportunities



2024 GFWC National Day of Service Breaks Records

The 2024 GFWC National Day of Service (NDS) tallied record-breaking results! Thank you to the 1,076 groups worldwide who contributed to our collective success. GFWC is pleased to report the following outcomes, which doubled from last year:

- GFWC members collected 221,142 pounds of nonperishable food
- Collected \$242,731 in monetary donations for food pantries and school feeding programs
- Prepared 69,660 meals

[View the Full 2024 Press Release](#)

Save the Date



GFWC
est. 1890
GENERAL FEDERATION
OF WOMEN'S CLUBS

**2025 INTERNATIONAL
DAY OF SERVICE**

SEPTEMBER 27, 2025

GFWC Day of Service Going International

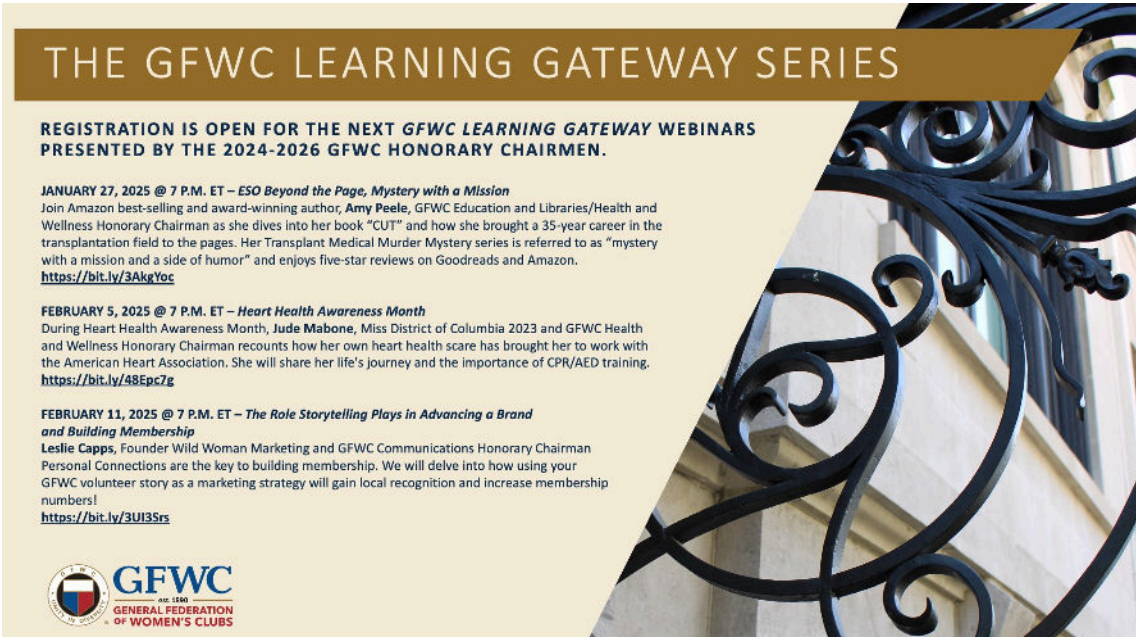
Save the Date: Saturday, September 27, 2025

The GFWC International Day of Service highlights the significant contributions made by each GFWC club, both in the United States and around the world, within their local communities. By incorporating "International" into the name, we honor the valuable contributions of both our domestic and international affiliate clubs while showcasing the global reach of GFWC's efforts.

Mark your calendar now for the 2025 GFWC International Day of Service, formerly known as National Day of Service (NDS), on Saturday, September 27.

Project ideas and resources will be available soon as you begin to develop your plan for the 2025 GFWC International Day of Service.

Join us as we highlight GFWC's unwavering commitment to empowering and supporting survivors of domestic and sexual violence. Your participation can make the difference!

The graphic features a background image of ornate black wrought-iron railings on a stone staircase. A dark brown banner at the top contains the text 'THE GFWC LEARNING GATEWAY SERIES' in white. Below this, the text 'REGISTRATION IS OPEN FOR THE NEXT GFWC LEARNING GATEWAY WEBINARS PRESENTED BY THE 2024-2026 GFWC HONORARY CHAIRMEN.' is displayed. Three webinar topics are listed with their dates, times, and brief descriptions, each followed by a URL. The GFWC logo is located in the bottom left corner.


THE GFWC LEARNING GATEWAY SERIES

REGISTRATION IS OPEN FOR THE NEXT GFWC LEARNING GATEWAY WEBINARS PRESENTED BY THE 2024-2026 GFWC HONORARY CHAIRMEN.

JANUARY 27, 2025 @ 7 P.M. ET – *ESQ Beyond the Page, Mystery with a Mission*
Join Amazon best-selling and award-winning author, *Amy Peele*, GFWC Education and Libraries/Health and Wellness Honorary Chairman as she dives into her book "CUT" and how she brought a 35-year career in the transplantation field to the pages. Her Transplant Medical Murder Mystery series is referred to as "mystery with a mission and a side of humor" and enjoys five-star reviews on Goodreads and Amazon.
<https://bit.ly/3AkgYoc>

FEBRUARY 5, 2025 @ 7 P.M. ET – *Heart Health Awareness Month*
During Heart Health Awareness Month, *Jude Mabone*, Miss District of Columbia 2023 and GFWC Health and Wellness Honorary Chairman recounts how her own heart health scare has brought her to work with the American Heart Association. She will share her life's journey and the importance of CPR/AED training.
<https://bit.ly/48Epc7g>

FEBRUARY 11, 2025 @ 7 P.M. ET – *The Role Storytelling Plays in Advancing a Brand and Building Membership*
Leslie Capps, Founder Wild Woman Marketing and GFWC Communications Honorary Chairman
Personal Connections are the key to building membership. We will delve into how using your GFWC volunteer story as a marketing strategy will gain local recognition and increase membership numbers!
<https://bit.ly/3UI35rs>

 **GFWC**
EST. 1940
GENERAL FEDERATION
OF WOMEN'S CLUBS

Join us for the Winter 2025 GFWC Learning Gateway Series

Learn from 2024-2026 GFWC Honorary Chairmen and gain insight into these varied topics:

January 27, 2025 at 7 p.m. ET - ESO Beyond the Page, Mystery with a Mission

<https://bit.ly/3AkgYoc>

February 5, 2025 at 7 p.m. ET - Heart Health Awareness Month

<https://bit.ly/48Epc7g>

February 11, 2025 at 7 p.m. ET - The Role Storytelling Plays in Advancing a Brand and Building Membership

<https://bit.ly/3UI3Srs>

How Can I Develop My Leadership Skills?

By: Kathy Baker, GFWC Leadership Committee Member

We all know the old adage, “You can take a horse to water, but you can’t make him drink.” That is true with potential leaders. We can provide every advantage – GFWC Resources, mentors who are knowledgeable and willing, projects that inspire, and links to skill-enhancing podcasts, websites, and books. The trick is that the potential leader has to have the ‘want’.

Has someone you respect told you that you are a potential leader? Are you a leader who wants to learn more and do more? We all want to be asked to do something, but the truth is that it is our own responsibility. Say to yourself, If you are willing to take that first, big, scary step forward, the rewards will be immeasurable.

As you seek to venture on this unique leadership journey, watch others and surround yourself with leaders you admire. Push boundaries and find your passion. Heed the advice of great mentors and show your eagerness to learn and grow. Use the resources provided. Enjoy the relationships you will build along the way. Be open to the experiences that await! As you become a seasoned leader, remember to help others with their leadership journey. The late football coach Vince Lombardi said, "Leaders aren't born, they are made. And they are made just like anything else - through hard work." Put in the hard work. Reap the amazing rewards of taking that first, big, scary step.



Women Creating Positive Change...Living the Volunteer Spirit

By: Reno Eitel, 2024-2026 Southeastern Region President

It was amazing to be in Wilmington, North Carolina, for the GFWC Southeastern Region Annual Meeting and Conference at The Ballast Hotel. Members of our host state of North Carolina graciously extended their hospitality throughout the conference, making us feel comfortable and welcomed.

We enjoyed a cruise on the Cape Fear River, learning about the history of the area and taking advantage of the newly constructed Riverwalk to enjoy the scenery.

The GFWC Southeastern Region President's Special Project for this administration is supporting Comfort Cases, a non-profit organization dedicated to bringing comfort to children in foster care. Rob Scheer, our special guest speaker, spoke passionately about his experiences as a foster child and how they influenced his founding of Comfort Cases. Attendees packed two hundred backpacks filled with personal care items, pajamas, books, blankets, and stuffed animals for distribution to children entering foster care. Members also contributed over \$1,900 in donations for Comfort Cases.



GFWC SER President, Reno Eitel, introduces guest speaker Comfort Cases founder Rob Scheer.

Southeastern Region members engaged in hurricane relief efforts both before and during their conference, collecting over \$19,500 to support those impacted in Tennessee, North Carolina, and Virginia. These funds will go directly toward assisting families and communities affected by the devastating hurricanes that swept through the Southeastern Region.

GFWC Southeastern members truly *live the volunteer spirit*.

Plan Your Holiday Adventure at Disney World with Tickets at Work



Tap into your childlike wonder with adult tickets at child prices at Walt Disney World! Through Tickets at Work, Walt Disney World Resort is offering adult tickets at child prices for 3 or more days for non-Florida residents. Tickets include a \$20 diningdollars.com certificate. You can also find discounted tickets for Mickey's Very Merry Christmas Party and Disney After Hours at Disney's Hollywood Studios, among other offers.

Click the button below to view the GFWC/Tickets at Work co-branded page.

[View GFWC Ticket Prices](#)



Tag, You're It!

By: Becky Bolden, GFWC Communications Chairman

Social media tagging and hashtags are increasingly familiar terms, but how can we use them for our club's benefit?

Tagging in a social media post is a way to mention and engage with individuals, businesses, and community partners. It creates a link to their profile, and the person/organization receives a notification. Type the @ symbol and then the

start of their profile name (no spaces). Click when the correct name appears to complete the tag.

With tagging, your post can be seen by the entire network of the person or organization you tagged, providing increased visibility to a wider audience. Tagging can show appreciation, give credit, encourage discussion, or respond to a comment. Using @everyone will alert all members of your group to the post, but you should avoid overuse.

A **hashtag** is a word or phrase preceded by the pound sign (#), which helps users find or follow specific content. Organization leaders and meeting planners often provide a specific hashtag for attendees to use. GFWC uses #LivingTheVolunteerSpirit and #IamGFWC for general posts and creates hashtags for specific projects or events such as #GFWC24NDS. Clubs should create a unique hashtag for their club and event(s).

Hashtags help increase the visibility of your post. Keep hashtags short and memorable and limit the number of hashtags used. Include one of the GFWC-recommended hashtags from the list found in the GFWC Style Guide to increase GFWC exposure. To view posts with a specific hashtag, users can type the hashtag and search the internet or conduct a search within an app such as Facebook.



The Sparkling Season is Upon Us!

We hope you will join us to celebrate the Season of Giving in the exquisitely decorated Headquarters of the General Federation of Women's Clubs. Experience the spectacular collection of ornaments from each State Federation and admire the dazzling decorations adorning the towering trees filled with twinkling lights, creating an enchanting atmosphere.

Mark your calendar for the GFWC Holiday Open House on Wednesday, December 4, where guests will be welcomed into a celebration of generosity and connection.

Take a moment and RSVP at memberportal.gfwc.org/events if you have not already done so.

If you are planning to bring a group, please contact GFWC Events Manager Nishu Raina at NRaina@gfwc.org



November is National Caregivers Month

By: Lynn Foreman, GFWC Health & Wellness Chairman

While family caregivers should be celebrated every day, this is a time to recognize and honor caregivers nationally, raise awareness around caregiving issues, educate communities, and work to increase support for our nation's caregivers.

From personal experience, being a caregiver requires one to be caring, strong, cheerful, and thick-skinned. Of even greater importance as a caregiver is to share your specific needs. Lessen the mental load of caregivers by offering specific tasks such as delivering basic groceries, mowing the lawn, folding laundry, or staying with the individual for a few hours. The Alzheimer's Association has compiled a great list of [100 ways you can support a caregiver](#) in your life. Clubs can reach out to those who are taking care of a child, spouse, parent, or neighbor and provide support. Build a team that the caregiver can depend on, "The Caregiver's Circle."

Start NOW, the holidays are a difficult time for caregivers, and caregivers who have lost a loved one.

Create a guide to available resources tailored to specific needs; for example, some military families care for wounded or ill service members and have children and spouses who need support. Provide them with information about the Elizabeth Dole Foundation Caring for Military Families.

Access the pros: In July 2024, the Centers for Medicare and Medicaid Services launched the Guiding an Improved Dementia Experience(GUIDE) to improve the quality of life for people with dementia and help them remain in their homes. It also aims to reduce the burden on caregivers. Under the model, eligible Medicare/Medicaid participants and their caregivers will be assigned a Care Navigator to help them access services and supports, such as meals and transportation through community-based organizations. Learn more about the GUIDE program [here](#).



Send holiday messages to St. Jude kids

The [St. Jude Virtual Holiday Card Portal](#) is live and ready to bring holiday cheer, joy, and comfort to our patient families. This year, we're celebrating a variety of holidays through patient art, including Christmas, Hanukkah, and Three Kings Day. Please take a moment to send our incredible families a virtual card, and please share your experiences on social media. Just click on the highlighted link!

As always, thank you for all that you do for the children and families of St. Jude Children's Research Hospital.

With gratitude,
Beth Perkins



Volunteers in Action: GFWC Tifton Junior Woman's Club (GA)

GFWC Tifton Junior Woman's Club celebrated Veterans Day by placing their annual wreath at the Georgia column of the National World War II Memorial in Washington, DC. This year's wreath honored the important but little-known role played by the [Women's Land Army of America \(WLAA\)](#) during both world wars. The WLAA recruited women, known as "Farmerettes," to fill agricultural jobs across the country, freeing men for combat. It's estimated that 1.5 million women joined the WLAA between 1943 and 1945, helping to keep Americans fed both at home and in service. Tifton Junior Woman's Club members decorated the wreath with historical images of Farmerettes at work.

**Want your club project to be featured in an upcoming issue of
News & Notes?**

Simply send your full club name, State Federation, and 100 words describing your club's favorite project to PR@GFWC.org.
Make sure to add a great action shot or two that brings your project to life!



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