



# NEWS & NOTES

YOUR WEEKLY UPDATE ON GFWC NEWS

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February 6, 2025

**GFWC: Building Stronger Communities Together**

## 2025 Call to Convention Out Now!

**Spinning Vision into Reality: Join Us for the 2025  
GFWC Annual Convention**



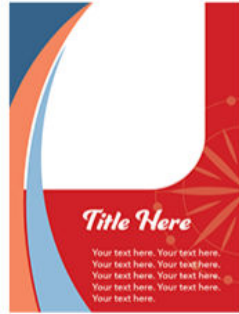
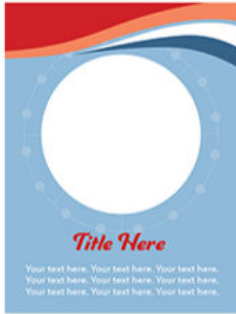
We are thrilled to invite you to the 2025 GFWC Annual Convention in Atlanta, Georgia, June 6-9. Featuring renowned speakers, exciting tours, workshops, and business sessions during which key decisions will be made about the future of GFWC. Celebrate the unique bonds of GFWC members, together in the heart of Downtown Atlanta!

Register before March 13 for the best rates!

[Download Call to Convention](#)

# Recognize Your Special Moments

Celebrate your club's milestones with a spot in the 2025 GFWC Convention Program! Let everyone know about Jubilee members and club anniversaries, or recognize your leadership in this very special way – an ad in the Convention program.



Orders and payments for Convention Program ads must be received by April 1, 2025, to guarantee space. Return completed forms and ad files to Design & Publications Manager Candice Gill, CGill@GFWC.org.

Download Form

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General Federation of Women's Clubs invites you to the

## Women's History Month Celebration

FEATURING

*Women of Dupont-Kalorama*  
presented by: "A Tour of Her Own" speaker

*The Many Lives of GFWC Headquarters*  
presented by: Joanna Church, WHRC Librarian

MARCH 5, 2025  
2:00PM - 4:00PM

RSVP at  
[memberportal.gfwc.org/events](http://memberportal.gfwc.org/events)

You are extended a very special invitation to join us for our annual GFWC Women's History Month Celebration featuring a presentation from "A Tour of Her Own" of women's stories from the Dupont-Kalorama neighborhood. You will learn more about the women who shaped this influential area of Washington, D.C., from local experts while enjoying the splendor of the almost 150-year-old GFWC Headquarters building.

Reserve a room at the Courtyard Marriott using a discounted GFWC rate [here](#).

RSVP

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## Cares & Concerns

We send our sincere sympathy to Becky Wright, 2022-2024 GFWC Treasurer, on the passing of her husband [James Wright](#). Condolences may be sent to Becky and her family at 81 County Road, 281, Banner, MS 38913.



## National Wear Red Day - Friday, February 7

Join us as we raise awareness of women's No. 1 killer – cardiovascular disease.

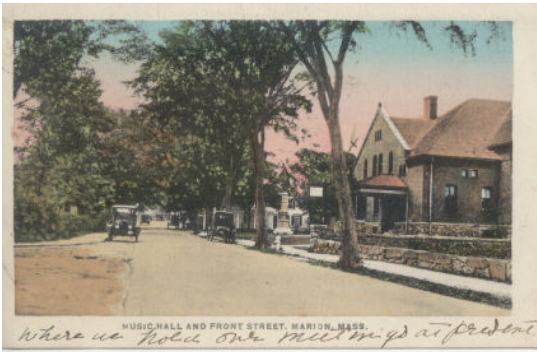
Even though heart disease is the No. 1 killer of women in the U.S., women often chalk up the symptoms to less life-threatening conditions such as acid reflux, the flu, or normal aging.

Heart disease can be mostly preventable. So be sure to:

- Schedule an appointment with your healthcare professional to learn your risk for heart disease.
- Quit smoking. Just one year after you quit, you'll cut your risk of coronary heart disease by 50%.
- Aim for at least 150 minutes a week of moderate-intensity aerobic activity (such as brisk walking) or 75 minutes of vigorous activity (such as jogging), or a combination of both.
- Include fruits, vegetables, lean proteins, whole grains, low-fat or fat-free dairy, nuts, and seeds in your diet. Limit processed foods, added sugars, sodium, and alcohol.

Learn more about [Heart Disease in Women](#).

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Read Now

## WHRC: From the Archives

The February edition of the Women's History and Resource Center blog focuses on the photograph archive, specifically the Clubhouse Photo Collection. Read about how this collection began and enjoy a few images of historic GFWC clubhouses!

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2024 GFWC Jennie Award Winner, Mindy Goss

## Is There a Jennie Award Winner Among You?

by: Deb Allen, Jennie Award Chairman

How well do you know your fellow members? Ask about their favorite project(s) and how they helped. Get to know ways they take care of their families and friends. Encourage fellow members to record positions held and projects accomplished. Look at the Jennie Award nomination form (GFWC Club Manual

pages 213 – 218) for inspiration. Finally, ask members what else they do in your community. You may be amazed!

Use this information to complete a Jennie Award nomination packet to recognize and honor a member in your club. The GFWC Jennie Award honors one clubwoman from each GFWC Region for outstanding commitment to club, community, and family. After your club selects its Jennie Award nominee, throw a party! Share what you admire about your nominee. Interview family members, friends, and members of your community to help you tell the story of what your nominee means to your club, community, and beyond.

- Clubs may submit ONE nomination packet (make sure to follow the award rules carefully) to their State President, **postmarked by June 1, 2025**.
- State Presidents will submit ONE State Jennie Award nominee to their Region President, **postmarked by August 1, 2025**.
- Regions will submit TWO Jennie Award Regional finalists' application packets to GFWC Headquarters, **postmarked by December 1, 2025**.
- The GFWC National Selection Committee will designate eight national Jennie Award honorees, one from each region, to be honored in June 2026 at the GFWC Annual Convention.



Webinars offered through the GFWC Learning Gateway have been powerful opportunities for members to hear from experts in their field and interact with them. Don't miss these opportunities provided through your membership.

**Find more information and register for upcoming webinars at [GFWC.org/events](https://www.gfwc.org/events)**

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

Leslie Capps, GFWC Communications Honorary Chairman

Purchase "[Turn Your Story Into Business Gold](#)" by Leslie Capps

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

**\*JUST ADDED\***

**MARCH 19, 2025 @ 7 p.m. ET - When Passion and Purpose Collide**

Ann Lauer, Quilt Pattern and Fabric Designer and GFWC Arts & Culture Honorary Chairman.

During this webinar, you will hear how traveling in Bwindi, Uganda, to see mountain gorillas brought Ann Lauer's passion for fabric art full circle as she was introduced to Ride 4 Woman. This non-profit organization supports local women struggling with domestic violence, poverty, and homelessness. Ride 4 Woman teaches these women to sew and quilt to earn a living. Register and listen to this intriguing story.

<https://bit.ly/4hJccQO>

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## Planning for the Future

By: Wendy Carriker, GFWC President-elect, Strategic Planning Chairman

The GFWC Strategic Planning Committee met in January to review, discuss, and prepare proposed updates to the GFWC Strategic Plan.

The committee comprises the Executive Committee and six members from across the nation. They spent two and a half days at GFWC Headquarters reviewing progress made to date and considering other important work. The proposed 2025 Plan will be presented to the GFWC Board of Directors in June for consideration.

Why do we need a Strategic Plan? The document, developed by our stakeholders (members), helps define GFWC's future direction. It helps us set and obtain goals that will benefit our communities and strengthen GFWC.

Please review the current Strategic Plan (which will be updated on July 1, 2025, upon approval of the Board of Directors). The 2024 edition of the [Strategic Plan](#), along with information on creating your plan for your club, district, state, or region, can be found in the Member Portal.

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**Winter's Sticking Around, Keep Warm Til Spring Comes**



Add a GFWC embroidered vest to your winter wardrobe. With a water-resistant shell and a warm microfleece interior, it will be your new favorite layer.

[Shop Marketplace](#)

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## **Volunteers in Action: GFWC Junior Woman's Club of Loudoun (VA)**



The members of the GFWC Junior Woman's Club of Loudoun participated in a Martin Luther King Jr. Day of Service by preparing over 100 "baby book bundles" for their local Literacy Council. Funded by club members and a local non-profit, Health4Her, each bundle contained picture books, literacy tips, and a small baby-related gift.

## 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](mailto:PR@GFWC.org).  
Make sure to add a great action shot or two that brings your project to life!

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