

GFWC

Ideas, Information, Insight, and Inspiration

Clubwoman

WINTER 2022 | Volume 100 | Issue 1

Magazine

GFWC 2021 ANNUAL CONVENTION

A Memorable Celebration

See page 4



www.GFWC.org

GENERAL FEDERATION
of WOMEN'S CLUBS



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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.

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From the International President



Dear Fellow Members,

The season has turned and there is a distinct chill in the air, but my heart is warmed by happy memories of our 2021 Annual Convention in August and the GFWC Region Conferences held in September and October. It was wonderful to gather together again to celebrate, continue our collaborative work, and relish our friendships. Many thanks to all who lent a hand to make the meetings a success. Special congratulations to South Central Region for a fruitful remote Region Conference, which was delayed until November due to Hurricane Ida.

There is little time, however, for patting ourselves on the back. Club members are working together each day on community projects, especially those that will make the upcoming holidays a joyful time for others—filling food pantries, knitting caps and gloves, and collecting gifts for those in shelters, hospitals, and assisted living, as well as our veterans and armed forces. I hope many of you are also planning a meaningful project for Teen Dating Violence Awareness Month in February.

GFWC Headquarters is equally busy. A series of webinars highlighting the five best workshops from the 2021 Annual Convention was recently released, the site visit to New Orleans is completed, Convention planning for 2022 is underway, and holiday decorations started appearing in late October. I'm excited by the prospect of two in-person Holiday Open Houses on December 8 and the premiere of the remote event on December 15.

Within these pages, you will find the winning recipes to our winter soup contest. We received more than 50 recipes and judging was quite a challenge. It was tough to whittle down the choices and nearly impossible to choose only four to include in this issue of *Clubwoman*. I hope you will give the winning soups a try and discover one that is perfect for a club event or community service project, or just to share with a friend. To enjoy all the submitted recipes, search the digital library of the Member Portal (www.GFWC.org/MemberPortal), under "S," for soup contest.

There is much to look forward to in the months ahead. January will begin with the 2022-2024 Orientation Meeting led by President-elect Deb Strahanoski at the historic Mayflower Hotel in Washington, DC, followed by a Strategic Planning Meeting and Executive Committee Meeting at GFWC Headquarters.

All in all, it has been a tremendously successful year and our future looks bright. Best wishes to you and yours for a splendid holiday season and a New Year that brings many opportunities for loving, learning, and adventure.

Yours in ***Living the Volunteer Spirit!***

MARIAN ST. CLAIR

GFWC International President

From the Director of Junior Clubs



Dear Federation Sisters,

The first snowfall of the season is always my favorite. The air is crisp, and the flakes come down softly, dancing in the wind and casting a silent spell over the earth. One of our family traditions is to watch Bing Crosby's *White Christmas* every year when the first snow flies. Bing Crosby famously states in the movie. "Unless we make Christmas an occasion to share our blessings, all the snow in Alaska won't make it white."

He makes a point. The nostalgia of *White Christmas* is the good feeling we get when watching Bing Crosby and Rosemary Clooney singing and dancing to save the inn. It is the same feeling that we get as clubwomen helping in our communities. It is the same feeling I get when reading about all the wonderful projects you did to ***Stick Your Neck Out*** for Children during Advocates for Children Week in October.

It is the feeling that I get when I visit with clubwomen across the United States. I was blessed to be able to visit six states in person this calendar year and see the amazing ways you all give back to your communities and beyond firsthand. We are an incredible group of grassroots members who continually accomplish amazing things. I feel blessed to be a part of GFWC and to be able to share the blessings I have with others who are ***Living the Volunteer Spirit***.

All these things that our members have accomplished are a reminder that the world is still good. Take time to step back and be grateful for the gift of now. Our normal is much different than it had been before. Our meetings look different. Our conventions look different. As we continue to navigate our new normal, we must continue to have grace. Be kind to one another. Continue to look for the good because, I promise you, it is out there. Everything you do has shown that.

So as Bing so famously sang, "If you're worried and you can't sleep, just count your blessings instead of sheep and you'll fall asleep counting your blessings."

Keep dreaming and ***Stick Your Neck Out***; I look forward to the New Year.

In Federation Friendship & Love,

KRISTINA HIGBEE

Director of Junior Clubs



An Incredible 2021 GFWC Annual Convention

A Celebration of Culture and Cultivating Connections

The temperature in “Hotlanta” skyrocketed when clubwomen throughout the Federation gathered in Georgia at the Atlanta Marriott Marquis from August 27–30 for an incredible celebration of culture and opportunity to cultivate connections at the 2021 GFWC Annual Convention!

The long-awaited Installation Ceremony of the 2020-2022 Administration began the pre-Convention events. International President Marian St.Clair, President-elect Deb Strahanoski, First Vice President Suellen Brazil, Second Vice President Wendy Carriker, Secretary Jolie R. Frankfurth, Treasurer Mary Beth Williams, and Director of Junior Clubs Kristina Higbee were formally recognized as the GFWC 2020-2022 Executive Committee in a beautiful and meaningful ceremony conducted by International Past President Sheila E. Shea. Each officer walked down the aisle in a navy blue gown, accented by a colorful bouquet of red roses and other flowers.

At the Gateway to the World Celebration Banquet, table centerpieces of globes and flags from around the world set the stage for the evening that was hosted by the Southern Region. Six of GFWC's International Affiliates shared video messages featuring their cultures in celebration of GFWC's worldwide connections. Contemporary and

classical jazz selections from Orchestra Noir filled the room; it wasn't long before hundreds of attendees had formed a party train and were dancing throughout the ballroom. However, the highlight of the Banquet was Lilly Ledbetter's keynote address.

While many had heard of the Lilly Ledbetter Fair Pay Act of 2009, few attendees were familiar with Lilly's personal story. As Lilly spoke, attendees were moved by her passion and persistence to achieve pay equity for women and felt they were truly part of her journey. Lilly provided an eye-opening account of prejudice, noting she received an anonymous tip right before retirement that her salary was considerably less than her male Goodyear counterparts.

The lawsuit that Lilly filed against Goodyear was historic, eventually reaching the Supreme Court. Unfortunately, as Lilly explained, the



Supreme Court ruled that Title VII of the Civil Rights Act of 1964 did not allow her to sue because her first paycheck was outside the legal limit of 180 days. Lilly eventually won a jury verdict of more than \$3 million after having filed a gender pay discrimination suit in federal court, but the U.S. Supreme Court later overturned the lower court's ruling. Despite her defeat, Ledbetter continued her fight until the Supreme Court decision was nullified.

Convention attendees were inspired by the poise and courage that Lilly showed both then and during her talk. It seemed only fitting that the title of her autobiography is *Grace and Grit: My Fight for Equal Pay and Fairness at Goodyear and Beyond*.

At the Opening Business Session, John T. Broderick, Jr., Senior Director of External Affairs at Dartmouth-Hitchcock and an advocate for the R.E.A.C.T. Mental Health Awareness Campaign, gave another thought-provoking keynote address. Attendees felt moved to plan mental health awareness club projects after hearing Broderick's own experience within his family and what steps to take when observing any of the five signs of emotional suffering. Broderick's call to act was powerful and it inspired attendees to raise awareness about the importance of seeking treatment and working to remove the stigma surrounding it.



The Business Sessions demonstrated members' strong interest in the Resolutions, which was evident from the overwhelming support of the delegates for the process put forth this year. The Convention body consistently supported the efforts to consolidate and broaden the Resolutions. Delegates actively participated in the consideration of Resolutions with questions, discussion, proposed amendments, votes of support and opposition, and votes referred back to the committee.

During Business Sessions, three GFWC International Past Presidents were presented in memoriam: Judith "Judy" Lutz (2002-2004), Jacquelyn "Jackie" Pierce (2006-2008), and Shelby P. Hamlett (2000-2002). All

2020-2022 GFWC Officers gave their reports as well.

Workshops were well-attended, with many gathering information for their clubs back home.

Our Affiliate Organizations hosted informational workshops, and additional workshops were presented by Education and Libraries Community Service Program Chairman Tina Daniel; the Communications and Public Relations Committee; the Fundraising and Development Committee; Juniors' Special Program Chairman Carrie Zimmerman; the Leadership Committee; the Signature Program Committee; Health and Wellness Community



International Past President Sheila E. Shea, also 2020-2022 Resolutions Chairman, leads the discussion about proposed Resolutions

Service Chairman Beth Smith; the Legislation/Public Policy Committee; and the Membership Committee. A workshop on how to access the [GFWC Member Portal](https://www.gfwc.org/memberportal) and its Digital Library

was led by Membership Services and Programs Director Melanie Gisler. The workshop offerings finished with a special, innovative presentation from the Membership Committee on how to start new clubs. GFWC Communications and Public Relations Chairman Karyn Charvat was invited to be a panelist.

Many members were recognized at the 2021 GFWC Annual Convention for their exceptional work. Special Program and Community





Service Program awards went to members whose work excelled in the areas of Domestic Violence Sexual Assault and Prevention, Advocates for Children, Arts and Culture, Civic Engagement and Outreach, Education and Libraries, Environment, and Health and Wellness. Awards were given for the Communications and Public Relations, Fundraising and Development, Leadership, Legislation/Public Policy, Membership, and Women's History and Resource Center Advancement Plans. The Photography, Website, and Writing Contests offered additional opportunities for award-winning Communications and Public Relations work, and 42 clubs received a membership Juniorette Participation Award. GFWC National and International Affiliate clubs were also recognized with certificates of appreciation. Shot@Life's Rebecca Maxie and St. Jude's Beth Perkins presented Affiliate Organization Awards to recognize member support of their missions.

GFWC is especially proud of the Jennie Award winners: Donna Cross (Great Lakes Region), Patricia H. Greene (Middle Atlantic Region),

Kathy Palermo (Mississippi Valley Region), Karen Leach (New England Region), Barbara Ann Winingham (South Central Region), Ann Malpass (Southern Region), Bridget Murphy (Southeastern Region), and Alice Greason (Western States Region). Extra congratulations also go to State Directors of Junior Clubs presented with the Millie Crom Award, including Debra Borstelmann, Socorro Cooper, Jennifer Hinegardener, Preshus Howard, Kathy Huggins, Patti Kuchar, Andrea Lilly, Angela Moss, Candice Postel, Shelli Pue, Kathleen Robey, Suzanna R. Simons, Dusty Smith, Tammy Welter, and Mary Witkowski.

Amy Brittain, *The Washington Post* investigative reporter, received the 2021 Croly Award for Excellence in Journalism Covering Issues of Concern to Women. Brittain's investigative podcast series, [Canary](#), shined a bright spotlight on the consequences that survivors can face when they report an incident of sexual assault, calling attention

to how difficult the decision to come forward can be. As Amy's work shows, it is possible for sexual assault to happen to anyone, anywhere. Canary challenges the opposition that survivors often face when speaking out about sexual assault and harassment. It's a work that would make GFWC founder and pioneering journalist Jane Cunningham Croly proud.





The GFWC Four Corners Woman's Club in Georgia was also proud of its member Laura Toney for creating the stunning angel-wing backdrop that was a crowd favorite at the Sunday banquet. International President Marian St.Clair and other Wonders of the World Gala Banquet attendees

had the opportunity to pose as an angel, like the many in the Uffizi Gallery art collection. The Gallery, located in Florence, Italy, inspired the activities and decorations at the Wonders of the World Gala Banquet. The event was hosted by the New England and Western States Regions.

Many other meal functions also featured an impressive museum, with at least one Region as the host. The Saturday Give the Kids the World Junior Banquet, hosted by the Mississippi Valley and Great Lakes Regions, highlighted the Madison Children's Museum. The World in Our Hands Luncheon Honoring GFWC's Affiliate Organizations early that day featured the National Museum of Anthropology, with the same two Regions as the host. The Sunday breakfasts for the GFWC Past State Presidents, GFWC Past State Directors of Junior Clubs, and LEADS Graduates spotlighted the Acropolis Museum in Athens, Greece, while the Sunday Region Luncheons featured the Museum of Modern Art. Both meals were hosted by the Southeastern and Middle Atlantic Regions. On Monday, the Library of Congress was central to décor at the ESO Breakfast that were hosted by the New England and Western States Regions. As a shout out to Madam President, a master gardener, the centerpieces of live ferns used throughout were rented to reduce the Convention's carbon footprint.



Many attendees enjoyed a meal together on Sunday and Monday morning; Past State President's Breakfast (left) and ILTS Breakfast for 2022-2024 Region and State Presidents, and State Directors (above).

Convention attendees truly enjoyed being together again, except for perhaps Ms. Texas (played by Lisa Belisle, GFWC Michigan). Ms. Texas was killed during Murder on N Street, at the murder mystery fun night that followed the Saturday banquet. After everyone scrambled to identify her killer, the culprit turned out to be none other than Ms. Arizona (played by Jen Nowak, GFWC Massachusetts).

At the ESO Breakfast, renowned humorist Jane Jenkins Herlong delivered life lessons and inspirational messages through comedy. Jane delighted the audience with her singing, as well as her rousing and hilarious anecdotes that made breakfast attendees stop, think...and laugh. And whether attendees wanted to “learn some southern” or not, they certainly did!

Jane also manned a book table at the ESO Breakfast. There, she connected with attendees one-on-one and



sold signed copies of her two Amazon Best-Sellers, *Rhinestones on My Flip-Flops: Choosing Extravagant Joy in the Midst of Everyday Mess-ups* and *Bury Me with My Pearls*.

Each moment of Convention was memorable and time to be treasured

thanks to the hard work of the GFWC Regions. In fact many attendees have already indicated that they plan to travel to Louisiana for the 2022 GFWC Annual Convention. See you in New Orleans, June 25–28!



Jane Jenkins Herlong





CANCER PREVENTION

Screening Blood Tests on the Horizon and Helpful Tips That Work Now

BY VALERIE MATTHEWS MEHL, JOHNS HOPKINS KIMMEL CANCER CENTER OFFICE OF PUBLIC AFFAIRS

Two new blood tests—CancerSEEK and DELFI—now in development, are aimed at providing a better and less invasive way of finding cancers early. The tests are designed to screen for and detect multiple cancers, including ovarian and other cancers that currently do not have screening tests.

“This represents the next step in changing the focus of cancer research from late-stage disease to early disease, which I believe will be critical to reducing cancer deaths in the long term,” says Bert Vogelstein, M.D., Clayton Professor of Oncology, and

co-director of the Ludwig Center at Johns Hopkins.

These first-of-their-kind tests address one of the most pressing issues in cancer medicine—the need for noninvasive cancer-screening tests. Worries about complications from invasive procedures are among the variety of reasons people cite for not getting screening for cancer using currently available screening tests, the researchers say. However, they add, earlier detection of cancer is key to reducing cancer deaths and improving the quality of life, as cancer is most easily treated when tumors are found early before they have spread.

These new tests build upon more than three decades of cancer genetics research at the Johns Hopkins Kimmel Cancer Center. They are noninvasive and could, in principle, be administered by primary care providers at the time of other routine blood work, the researchers say. They believe the tests have the potential to substantially impact patients. Their hope is that cancers would be detected early enough that they could be cured by surgery alone, but they say even cancers that are not curable by surgery alone will respond better to systemic therapies when there is less advanced disease.

“It is clear that there is an urgent, unmet clinical need for development of alternative, noninvasive approaches to improve cancer screening for high-risk individuals and, ultimately, the general population,” says Victor Velculescu, M.D., Ph.D., co-director of the Kimmel Cancer Center’s Cancer Genetics and Epigenetics Program.

Both tests use liquid biopsy technology, which are able to detect cancer related DNA, or unique features of DNA, circulating in the bloodstream. The CancerSEEK blood test detects the presence of cancer gene mutations and

blood levels of certain cancer proteins. It screens for eight types of cancer—ovarian, breast, lung, pancreatic, colorectal, esophageal, liver, and stomach cancers.

DELFI stands for DNA evaluation of fragments for early interception, and it detects the way DNA is packaged inside the nucleus of a cell. Healthy cells package DNA like a well-organized suitcase, in which different regions of the genome are placed carefully in various compartments, explains Velculescu, DELFI lead researcher. The nuclei of cancer cells, by contrast, are like more disorganized suitcases, with items from across the genome thrown in haphazardly, he says. When cancer cells die, they release DNA in a chaotic manner into the bloodstream. The DELFI test uses machine learning, a type of artificial intelligence to examine millions of DNA fragments in the bloodstream for abnormal patterns, to help identify the presence of cancer.

In April, Johns Hopkins Kimmel Cancer researchers reported on an early clinical study of the CancerSEEK test in 9,900 women with no history of symptoms of cancer. Overall, 26 cancers were detected by the blood test while an additional 24 cancers were



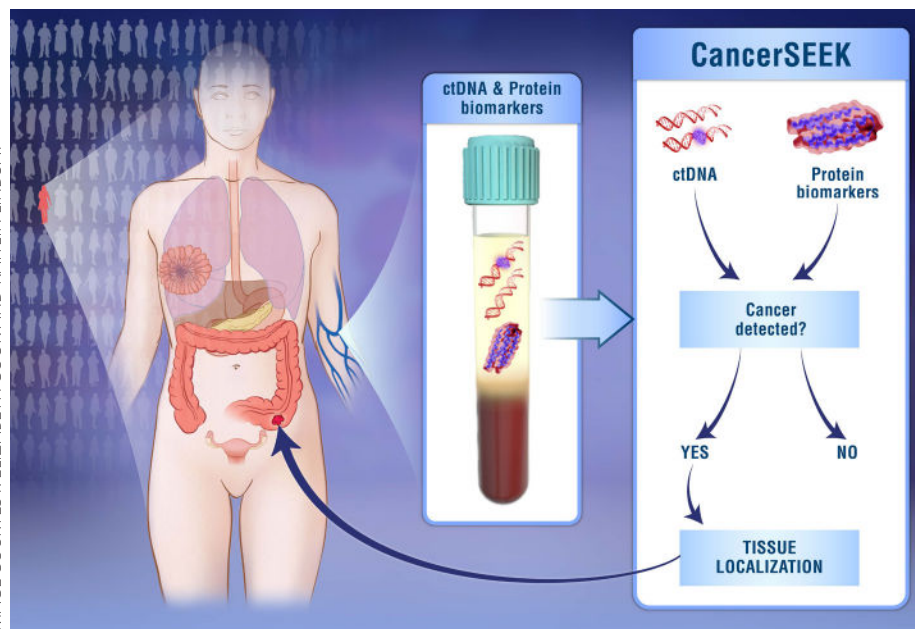
DELFI researcher Victor Velculescu, M.D., Ph.D.

detected by standard screening such as mammography or colonoscopy. Together, screening-detected cancers—those detected by either blood testing or standard screening—accounted for more than half of the 96 cancers detected during the study period.

“This study suggests that a multicancer blood test can be complementary and additive to standard of care screening and may be a good strategy for increasing early detection of cancer,” says Anne Marie Lennon, M.B.B.Ch., Ph.D., professor of medicine at the Johns Hopkins University School of Medicine and lead author of the published report.

Improvements continue to be made to the test, but researchers say the studies are promising and provided important information that will guide further development.

“Our primary goal was to demonstrate reliability and safety—to show the blood test could lead to the diagnosis of cancers and get patients to treatment aimed at curing them,” says Johns Hopkins Kimmel Cancer Center researcher Kenneth Kinzler, Ph.D., co-director of the Ludwig Center at



CancerSEEK researcher Anne Marie Lennon, M.B.B.Ch., Ph.D.



IMAGE COURTESY: FLYNN LARSON

CancerSEEK researcher Nickolas Papadopoulos, Ph.D.

Johns Hopkins. “A secondary goal was to show that blood testing could be integrated with conventional screening methods for detecting breast, colon, and lung tumors.”

For DELFI, which could be used to detect a wide variety of cancers, Johns Hopkins researchers are first focusing on lung cancer. Lung cancer is the most common cancer killer, including among women. Although, an imaging test called low-dose computed tomography screening is recommended for people at risk of developing lung cancer, Velculescu says fewer than 6% of Americans get screened.

Researchers studied DELFI in blood samples from 365 people at high-risk for lung cancer with symptoms such as cough or shortness of breath. In these laboratory studies, DELFI detected over 90% of patients with lung cancer, including those with early and advanced stages, and with different subtypes.

“DNA fragmentation patterns provide a remarkable fingerprint for early detection of cancer that could be the basis of a widely available liquid biopsy test for patients with lung cancer,” says Velculescu. “We believe that a blood test for lung cancer could be a

good way to enhance screening efforts, because it would be easy to do, broadly accessible, and cost-effective.”

These tests still remain research projects as clinical trials are planned and conducted to ensure that what the investigators found in laboratory studies works in patients. Current versions of the tests do not pick up every cancer, but they identify many cancers that would likely otherwise go undetected. The ultimate vision is for a screening test that could be routinely administered to healthy individuals at well visits to detect many cancer types.

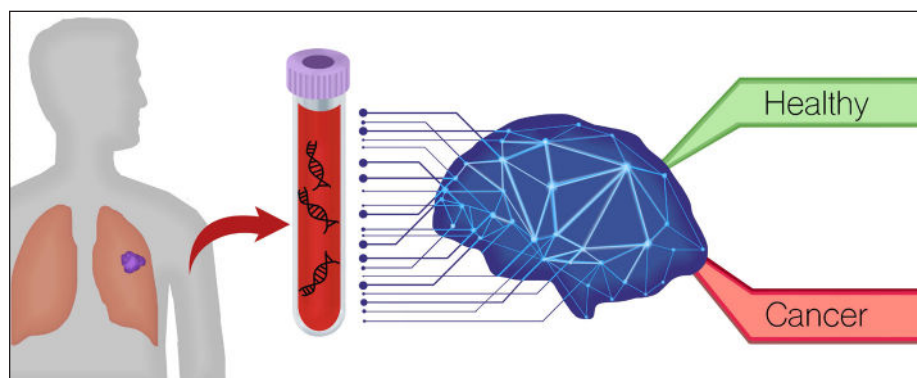


IMAGE COURTESY: CAROLYN HRUBAN

DELFI blood test identifies lung cancer using artificial intelligence to detect unique patterns in the fragmentation of DNA shed from cancer cells compared to normal profiles

CANCER PREVENTION TIPS YOU CAN USE NOW

Cancer experts say if we do just a few things—applying what we understand today to strengthen cancer prevention—we could cut cancer incidence by more than half.

Here's how:

Quit smoking. As soon as you stop smoking, you help your heart and lungs.

Maintain a healthy weight.

Have a healthy diet. Our experts recommend a balanced diet, including five to nine servings of fruits and vegetables each day, as a way of reducing cancer risk. Limit red or processed meats, including fast foods. In terms of supplements, while they may help mediate vitamin deficiencies, taking doses above what the body needs provides no added benefit.

Limit alcohol consumption.

Add exercise into your weekly routine.
Find an activity you enjoy and incorporate

30 minutes of this activity into your daily routine. Moderate exercise can be as simple as walking around the block, dancing, riding a bike, playing baseball or softball, mowing the lawn, or gardening or yardwork.

Protect skin from the sun.

Talk to your doctor about reducing, when possible, medical exposures to radiation (X-rays, etc.)

Find out about your medical history.
Talk to your doctor about a cancer screening and prevention plan.

Avoid on-the-job exposures to carcinogens, such as asbestos.

Women, talk to your doctor about hormone replacement therapy at menopause and increased breast cancer risk.

Get vaccinated against known cancer-causing viruses. The hepatitis B vaccine can prevent certain types of liver cancer. The Gardasil vaccine prevents HPV (human papillomavirus) infection, a common sexually-transmitted virus that causes the majority of cervical cancers and more than half of oral cancers.

When it comes to a cancer prevention lifestyle, Elizabeth Platz, Sc.D., co-director of the Johns Hopkins Kimmel Cancer Center Cancer Prevention and Control Program says, “A balanced nutritious diet, healthy weight, physical activity, and avoiding alcoholic drinks may prevent as many as 1/3 of all cancers.”

GFWC Soup Contest: Get Ready to Savor a Soup-er Meal!

BY MARIAN ST.CLAIR, GFWC INTERNATIONAL PRESIDENT

As soon as summer begins to wind down, I look forward to the savory soups that fill the house with lip-smacking aromas. Chowders, stews, chilis, and broth soups all fit the bill for me. I'm constantly on the lookout for new combinations and flavors, as well as updates to old favorites. And that's just what you will find here! Four winning recipes selected as the best for satisfying your craving for great taste and all the comfort that a warm and robust soup provides. The first-place winner, Rustic Chicken Chowder, is a creamy and mouthwatering delight, the Walla Walla Sweet Onion Soup offers a complex and satisfying flavor profile, and the White Bean, Sausage, and Kale Soup makes a hearty and tasty meal. Keep your eye on the President's Pick—the White Chicken Chili Soup is a powerhouse of bold and spicy flavors.

FIRST PLACE: Rustic Chicken Chowder

Submitted By: Nancy Frazee, Parkville Arts and Literature Club (Missouri)

INGREDIENTS

- 2-3 medium onions, chopped (about 2 1/2 cups)
- 1/4 cup vegetable oil
- 1 large russet potato, scrubbed and cut into 1/2" dice (about 2 cups)
- 2 garlic cloves, minced
- 1 teaspoon salt
- 1/4 cup all-purpose flour
- 3-4 cups chicken broth
- 1 cup heavy cream
- 1 cup diced, seeded plum tomatoes
- 2 cups fresh or frozen corn kernels
- 1 cup shredded cheddar cheese
- 1 tablespoon chopped fresh or 1 teaspoon dried parsley leaves
- 2 cups diced cooked chicken meat

DIRECTIONS

Heat oil in a stock pot set over medium heat. Sauté the onions until softened, about five minutes. Add potato, garlic, and salt and cook briefly. Add flour and cook vegetables for two minutes, stirring often. Stir in three cups of broth and heavy cream. Bring to a boil, scraping up bits on the bottom of the pot. Add tomatoes, corn, cheese, parsley, and chicken. Bring soup to a simmer and cook until the vegetables are tender, about 20 minutes, stirring occasionally and adding additional broth as needed to develop desired consistency. Taste, adjust seasonings, and enjoy.

Prep Time: 10 min **Cook Time:** 35 min **Servings:** 8

NOTES

This "lighter" and easy chowder is a cozy way to warm up the day! This recipe can flex for whatever is on hand and personal tastes. Monterey jack is a great alternative to cheddar. I sometimes add a cup of tiny, healthy broccoli florets halfway through the simmer. For more of a kick, add 1/2 minced jalapeño (more or less, to taste) to sauté with the potatoes. Optional toppings to serve alongside this soup are shredded cheese, minced fresh parsley or chives, and crumbled bacon.

SECOND PLACE:

Walla Walla Sweet Onion Soup

Submitted By: Cheryl Holman, GFWC Apple Blossom Club (Washington)

INGREDIENTS

3 tbsp. unsalted butter
1 tbsp. vegetable oil
5 cups (about 2 pounds) thinly sliced Walla Walla
or other sweet onion
1 tsp. salt
1/4 tsp. sugar
3 T flour
3 10 1/2 oz. cans beef consommé
2 cans water
3/4 cup dry white wine
dash of ground pepper
1/4 inch diagonal slices french bread toasted
2 cups grated swiss cheese (8 oz.)

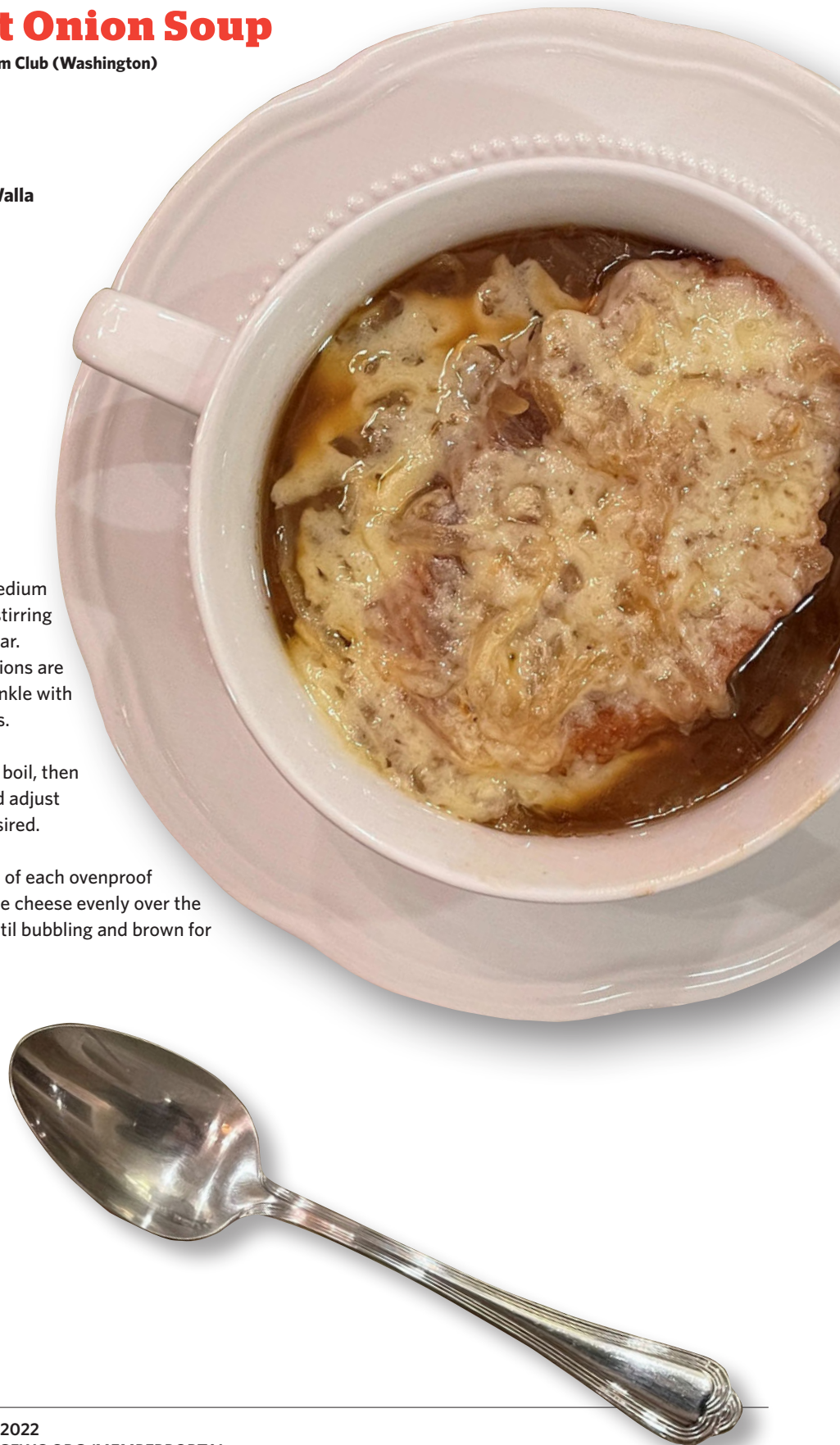
DIRECTIONS

In a large, wide pot, melt butter and oil over medium heat. Add onions and spread them out. Cook, stirring occasionally for 15 minutes. Stir in salt and sugar. Continue to cook, stirring occasionally until onions are amber in color and soft for 15-25 minutes. Sprinkle with flour and continue to stir for four more minutes.

Stir the consommé, water, and wine. Bring to a boil, then lower heat to simmer for 35 minutes. Taste and adjust seasoning with pepper or additional salt as desired.

Preheat the broiler. Lay the toast in the bottom of each ovenproof bowl. Pour the soup over the bread. Sprinkle the cheese evenly over the soup. Place the containers under the broiler until bubbling and brown for three to four minutes.

Servings: 6



THIRD PLACE:

White Bean Soup With Sausage and Kale

Submitted By: Katherine DeBurra, GFWC Women's Club of Madison (Connecticut)

INGREDIENTS

- 4 links of sweet sausage
- 2 links of hot sausage
- 1 onion chopped
- 2 carrots chopped
- 3 stalks of celery chopped
- 2-3 cloves of garlic chopped
- 1/2 lb. of kale chopped (remove stalks)
- 1 28 oz. large can of white beans (cannellini beans) drained
- 4 cups of chicken broth

DIRECTIONS

In a large soup pot, cook sausage (medium heat) with approximately a 1/8 cup of olive oil. Browning all sides. Remove from pan and cut into bite size pieces.

Add chopped onion, celery, carrot, and garlic to soup pot. Sauté a few minutes.

Return sausage to pot.

Add kale and sauté until it wilts.

Add chicken broth and beans.

When this comes to a boil, reduce heat and simmer for approximately 30 minutes.

Servings: 4



NOTES

Serve with parmesan cheese and a great crusty bread!
A sprinkle of red pepper flakes is delicious.

PRESIDENT'S PICK: **White Chicken Chili**

Submitted By: Glenda Ellis, GFWC Woman's Club of Whitpain (Pennsylvania)

INGREDIENTS

- 2 chicken breasts cut in thirds
- 3 cups of water
- 1 tsp. salt
- 2 stalks of celery sliced. Save the leafy top of one stalk.
- 1/2 small chopped onion
- 1 15-oz. can cannellini beans drained
- 1 4-oz. can chopped green chilies
- 1/2 cup salsa verde
- 1 1/2 tsp. cumin
- 1/2 tsp. cayenne
- 1/2 tsp. dried oregano
- 1 tbsp. red chili powder
- 1 tbsp. cilantro
- 2 tsp garlic powder

DIRECTIONS

Cook the chicken in the water seasoned with the salt and leafy celery stalk top for 30 minutes. Remove the chicken and celery stalk top from the broth. Add all remaining ingredients to the broth and simmer for about 30 minutes.

While ingredients simmer in the pot, cut/shred the cooked chicken; then add to pot. Continue cooking until you like how it tastes (about 15 minutes).

Servings: 4

NOTES

Serve topped with a shredded Mexican-blend cheese.





2022-2024 GFWC Officers and Candidates for Office

Meet 2022-2024 GFWC International President Deb Strahanoski and Director of Junior Clubs Katie Moydell. Following their introductions are biographies for all 2022-2024 GFWC Executive Committee candidates for office. Come to the 2022 GFWC Annual Convention in New Orleans, Louisiana, ready to cast your votes for 2022-2024 GFWC Officers!



Debra "Deb" Strahanoski

GFWC International President

GFWC Illinois is proud to introduce Debra Strahanoski as the 2022-2024 GFWC President. Deb has been a dedicated GFWC Illinois clubwoman for 34 years and is regarded as a great mentor to many.

Deb's boundless energy has been apparent during her Federation journey; she has served GFWC Illinois in various roles. She served on the Board of Directors as GFWC Illinois Director of Junior Clubs (2000-2002), GFWC Illinois President-elect/Dean of Chairmen, and GFWC Illinois President (2008-2010), and currently serves on the GFWC Illinois Leadership Committee.

Her GFWC leadership positions have included Membership Chairman, Community Improvement Program Chairman, Capital Campaign Chairman, Treasurer, Secretary, Second Vice President, and First Vice President. Currently, Deb serves as GFWC President-elect, where she enthusiastically and effortlessly leads the GFWC Region Presidents.

Deb is also a highly respected volunteer and leader within her community. She has served Easterseals and Prevent Child Abuse (PCA) Illinois at regional and state levels and has been honored with the coveted Friends of Children Award by PCA Illinois.

A member of the Easterseals Development Leadership Network and Brand Marketing Council, Deb has been employed with Easterseals for 16 years, managing all annual fundraising activities and events for the Joliet Region. She credits much of her professional success to all she has garnered through the Federation.

Deb also continues to assist her husband Bill in his public accounting office, which they have owned since 1984. Married for 40 years, they have two children and three grandsons.

Her visionary leadership, extensive experience, and infectious enthusiasm have motivated new and veteran members alike, and her bright, shining smile and her warm, caring spirit will no doubt inspire GFWC members for years to come.



Katie Moydell

GFWC Director of Junior Clubs

“Be the change you wish to see in the world” —Mahatma Gandhi

As a second-generation clubwoman, Katie Moydell grew up understanding the importance of volunteering. Her mother shared her passion for giving back to the community at an early age.

Katie joined Junior Woman’s Club of Columbia in 2009, and has served as Fundraising VP, Membership VP, Activities VP, and Advisor. Katie served as President from 2013-2014 and used Gandhi’s quote as a reminder to her club that they can change the world.

Active in the South Carolina Federation, Katie has served as Advocates for Children Chair, Progress Foundation Committee Member, Midlands District President, and is the current President Special Program Chair. Katie was installed as Director of Junior Clubs in 2014 and served two consecutive terms. Katie received the Millie Crom Gold Award for Excellence in 2016, 2017, and was named Outstanding Director of Junior Clubs (Category 4) in 2014.

A lifetime supporter of Palmetto Place Children and Youth Services, Katie joined the board in 2010 and is the immediate past Board President. As a member of the Capital Campaign Strategic Planning Committee, Katie helped plan and execute a successful million-dollar campaign to renovate the shelter. Founded by JWC-Columbia, Palmetto Place is the benefactor of the club’s fundraising.

A Carolina girl born and raised; she attended The University of South Carolina, studying Public Relations and Art History. Katie is a leader in the Growth Operations department at Colonial Life and attributes her GFWC experiences to many of her career successes.

Katie knows that without her family, nothing would be possible. She resides in Columbia with her husband, Matt, and son, Collin. Their endless support and encouragement allow Katie to follow her passion.



Suellen B. Brazil

Candidate for GFWC President-elect

GFWC Alabama proudly endorses Suellen Brazil for the office of GFWC President-elect. An active GFWC Board of Directors member for more than 30 years since being Alabama’s Director of Junior Clubs, she served as Chairman of Junior Education, Juniorette, Safety, Leadership, State President, Southern Region President, Treasurer, Secretary, Second Vice President, and First Vice President.

Passionately committed to leadership development, personally and for others, her background and skills were vastly broadened while gaining various perspectives serving in all Alabama and Southern Region elected offices. As GFWC First and Second Vice Presidents, she continued her commitment to enhance growth of the 51 State Presidents and 107 GFWC Chairmen/Committee Members she led. As Leadership Chairman, she directed a 73% increase in GFWC State LEADS programs and provided comprehensive state and District seminar templates. She frequently speaks at state LEADS seminars.

Leading HOBY’s International Leadership Seminar as the National Volunteer Chairman with 12 years of continued national service, Suellen gained far-reaching growth applicable today. Focused on strengthening connections with International Affiliates, she knows the value of being an international organization.

Suellen applies the national perspective, organizational expertise, and collaborative skills developed throughout 48 years in diverse leadership roles. With a rich background and extensive experience, Suellen is a highly enthusiastic, dynamic leader whose dedication and passion are unwavering.

A native Alabamian, she and husband Billy have two sons and daughters-in-law, and three adorable grandchildren. Retired after 44 years with Baldwin County Schools, she concluded her career as Executive Elementary Administrator, supervising 28 schools, 18,000 students, and all employees.

For her vision, stellar leadership, and steadfast dedication, GFWC Alabama enthusiastically recommends Suellen Brazil for your consideration.



Wendy Carriker

Candidate for GFWC First Vice President

GFWC North Carolina presents Wendy Carriker as candidate for GFWC First Vice President. As GFWC Second Vice President, Wendy has utilized her leadership experiences with the Chairmen, committee members, and the Strategic Planning Committee. A dedicated clubwoman since 1985, Wendy has been involved in volunteer and leadership opportunities throughout her community, state, and Region.

Wendy served as GFWC North Carolina Director of Junior Clubs (2000-2002). She then served as a State Officer from 2004 until serving as State President (2012-2014). During her Administration, a new membership video was distributed to clubs across North Carolina. "Feed the Future," the President and Director of Juniors Special Project's goal was met and exceeded, with over 17 million meals provided to food-insecure children. She led the GFWC Communication and Public Relations Committee as Chairman (2014-2016), and served as GFWC Treasurer (2016-2018), GFWC Secretary (2018-2020), and GFWC Second Vice President (2020-2022).

An advocate for Victory Junction Camp, a camp for chronically-ill children, Wendy is on their speakers' bureau, and provides handmade bears for campers to take home.

Wendy is respected in her community. She was elected to the Mount Airy City Schools Board of Education in 1996, where she has served as Chairman (2004-2018). She is committed to serving the students of North Carolina through her membership with the North Carolina School Boards Association.

The owner of Wendy Jane Creations and Megan's Mutt Munchies, she stays busy creating and baking. Married for 44 years to her husband Chip, they have two daughters and a grandson.

A proven leader in her community, state, and a dedicated clubwoman, North Carolina enthusiastically endorses Wendy Carriker for the office of GFWC First Vice President.



Jolie Frankfurth

Candidate for Second Vice President

GFWC Florida proudly endorses Jolie Frankfurth, a 25-year clubwoman, for GFWC Second 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 Secretary, her duties expanded to include implementing and hosting remote meetings on BigMarker Remote Platform, enabling GFWC to continue to effectively reach its members. She has successfully served GFWC as Treasurer and Director of Junior Clubs, and has been a strong member of the Strategic Planning Committee for 13 years.

Jolie utilizes her unique leadership experiences to help organization leaders recognize the value of maintaining cohesive objectives while preserving individual uniqueness in accomplishing goals. She has a leadership style that fosters change, builds loyalty, and encourages others to be a part of the decision-making process.

Jolie is a graduate of the University of South Florida with a Master's Degree in Educational Leadership and a Bachelor's Degree 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.

Her hobbies include fishing, paddle boarding, golfing, and adventures – but not zip-lining! She spent her young life traveling in a military family, but Jolie and her husband Tom have lived in Tampa for 30 years. Their two children have graduated college and are working out-of-state.

Jolie is excited to be a part of creating the future of GFWC. The members of GFWC Florida encourage your consideration of Jolie Frankfurth for GFWC Second Vice President.



Mary Beth Williams

Candidate for GFWC Secretary

GFWC Colorado proudly presents Mary Beth Williams as candidate for GFWC Secretary. With her strong leadership skills, collaborative nature, creativity, and enthusiasm, she will continue to be an asset to GFWC.

Mary Beth currently serves as GFWC Treasurer. She has served as International Outreach Chairman (2018-2020), Leadership Committee Member (2016-2018), is a 2012 Leads Graduate, and Charter President of Babs' Inspirations.

As International Outreach Chairman she traveled to Zambia with UNICEF to witness firsthand the work done by this partner and attended the UN Foundation Shot@Life Summit the past five years.

She served as the Western States Region Fundraising Chairman and chaired the recent 2021 Region Conference.

Serving as the Colorado President (2014-2016), she launched the State Leadership Program, created a successful GFWC Capital Campaign program, reinstated ESO, and began a state book club. She remains engaged with her club and launched the club's "After 5" group.

A valued community volunteer, Mary Beth has held leadership roles in numerous organizations. She is a Board member and past Chair of a historic low-income child care center, was key in establishing a friends group for the local senior center (formed the 501(c)(3)), served on various United Way committees, co-chaired a major community environmental symposium, and served as PTA president at four schools, opening two new schools.

Mary Beth earned her graduate degree in Agricultural Economics and worked for the U.S. Foreign Agricultural Service. She worked for Colorado School District 11 as volunteer coordinator and earned her Certified Volunteer Accreditation. Married to Larry for 42 years, their family includes their son and daughter-in-law, two grandchildren, their daughter, a GFWC Massachusetts member, and son-in-law.



Henrietta (Henri) Belcher-Stack

Candidate for GFWC Treasurer

Henrietta (Henri) Belcher-Stack is eager and excited to serve as your GFWC Treasurer.

Henri retired from a career in the financial industry as a Vice President. She served in positions helping companies develop employee retirement plans, mortgage and reverse mortgage, and trusts.

Henri has participated in several volunteer organizations: PTAs, the AHA Board of Directors, and the Delaware Ovarian Cancer Foundation. She also served on the University of Delaware's Parents Advisory Board (1991-1995). She was named 2010 DelMarvalous Woman of the Year and recognized in 2016 for her dedication to advancing Ovarian Cancer Awareness.

As a GFWC Delaware clubwoman, Henri served as program chairman in several areas and as GFWC Delaware State President (2014-2016). She is a past president of two clubs and a 2010 LEADS Graduate, and served three times as Middle Atlantic Region Conference Chairman.

It was her honor to serve as 2016-2018 GFWC Membership Committee Chairman. "Membership: The Real Deal" was a successful theme that included playing cards and members' photos used to increase awareness of the importance of GFWC by reaching out with fun-filled activities. Henri served as 2018-2020 GFWC Leadership Committee Chairman. This Leadership team focused on LEADS and *GFWC Clubwoman Magazine* articles about Time Management and Developing Leaders during the Summer. Belcher-Stack currently serves on the Bylaws Committee.

Henri is married to Jim Stack, and they have two daughters and four grandchildren.

GFWC Delaware confidently recommends Henri Belcher-Stack for GFWC Treasurer, proudly endorsing Henri because of her dedication to GFWC. Her effervescent personality will inspire the GFWC membership to grow and flourish, and she hopes to increase awareness of GFWC through branding.



Ida Norvee

Candidate for GFWC Treasurer

A clubwoman since 1992, Ida first joined the Roswell Junior Woman's Club and is currently a member of the Dunwoody Woman's Club.

During her time in Federation, Ida has served GFWC Georgia in many offices, including State Director of Junior Clubs (2002-2004) and State President (2015-2018). As State President, Ida led the state during its successful transition from 10 Districts to six. Additionally, she instituted electronic registration for all state and District meetings and shortened her conventions to better accommodate women working outside the home.

During the two most recent Administrations, Ida has chaired the GFWC Georgia Bylaws Committee, working on substantial revisions to the state's bylaws and standing rules. She also chaired the Georgia Federation's Convention Committee for the 2020 GFWC Annual Convention that had been scheduled for Atlanta.

Ida has served on the boards of several nonprofits and has been a member of the GFWC Board of Directors for 20 years. In addition to her terms as Junior Director and State President, she has served as a member of the Bylaws and Resolutions Committees, two terms as Chairman of the Bylaws Committee, Chairman of the Legislation and Public Policy Committee, and two terms as the GFWC Parliamentarian. An attorney by profession, Ida received her A.B. from Georgetown University and her J.D. from Duke University. For the past 15 years, she has been employed as a staff attorney on the Georgia Court of Appeals.

A native Atlantan, Ida and her husband, Steve, have been married for 30 years and are active members of Roswell United Methodist Church. They are the proud parents of Lilla, who works for the CDC, and Russell, a college student.



Kristina Higbee

Candidate for GFWC Treasurer

A dedicated clubwoman for over 18 years, Kristina is currently serving as GFWC Director of Junior Clubs. She has served on the GFWC Board of Directors for the past eight years. She is a past GFWC Wisconsin State Director of Junior Clubs, receiving an Outstanding Director of Junior Clubs award in 2016. She has served as Convention Chairman and Nominating Chairman for the Great Lakes Region. Joining the Oconomowoc Junior Woman's club in 2004, she has served in many offices, including Club President twice. She received the GFWC Wisconsin Junior of the Year award in 2017. She is a 2009 LEADS graduate.

Kristina has been a scout leader for over 12 years earning the council District Award of Merit in 2015 and Silver Beaver Award in 2019. She is the Committee Chair for Venturing Crew 196 and has served as a Wood Badge staff member. She is a lifelong Girl Scout, earning her Silver award in her youth. She is a member of First Congregational UCC, Oconomowoc, where she has served on the board of directors for the preschool, as a Sunday school teacher, and worked with the scouts of her church to earn their scout religious emblem awards. She earned the BSA God & Service award in 2016.

Kristina is an accomplished artist and photographer. She owns a glass studio and works with Lifetouch photography.

Married to her best friend, Michael, they have three wonderful children with whom they enjoy many adventures, whether it is exploring the National Parks or camping with the Scouts.



Becky Wright

Candidate for GFWC Treasurer

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

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, where she is currently serving as Chairman.

An advocate for children, Becky is passionately involved with St. Jude, is a Shot@Life Champion through Advocate2Vaccinate and the Shot@Life Summit, and she has been recognized by March of Dimes as a regional volunteer of the year.

Becky is a highly respected volunteer and 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. Actively involved in the Chamber of Commerce and its Board of Directors for 24 years, 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 continues to work alongside her husband, James, in their local Piggly Wiggly. Married for 27 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 Treasurer.



Shannon Bailey

Candidate for GFWC Director-elect of Junior Clubs

Shannon Bailey 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. Shannon has served on the GFWC Florida Board of Directors for 12 years, most recently as GFWC Florida Director of Junior Clubs. She introduced Book Heroes as her special project, which was embraced by all levels of GFWC Florida clubs, who donated over 140,000 books during her tenure. Book Heroes continues as a GFWC Florida project. She was awarded the Millie Crom Platinum Award for Excellence in Junior State Leadership in 2019 and 2020. She currently serves GFWC Florida as Parliamentary Advisor and is completing certification as a Registration Parliamentarian.

Shannon is honored to serve as 2020-2022 GFWC Leadership Committee Chairman. Under her direction, the Committee has created the Leadership Toolkit and Leadership Link newsletter, delivered webinars, and conducted simultaneous LEADS for the classes of 2020 and 2021. The Committee works proactively with State Federation leaders to develop and strengthen their own LEADS training. Shannon believes that opportunities for leadership development are a benefit of belonging to GFWC, and collaborative, encouraging clubs can be a force for member recruitment and retention.

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 22 and handles photography and videography for the gallery. Shannon loves to walk, travel, and read in her spare time.

Amplify Your Impact Through Collaboration!

BY GFWC MEMBERSHIP COMMITTEE

As Tom Brokaw once said, “It’s easy to make a buck. It’s a lot tougher to make a difference.” GFWC clubwomen make a world of difference every day through thousands of acts of generosity and kindness, and each of those acts makes a direct impact on the lives of others and the communities we call home. But the need for generosity and kindness seems greater than ever. How can we rise to the challenge?

The answer: Together.

Together as a club. Together as a Federation. Together as like-minded individuals dedicated to service. Whether acting as a club or partnering with sister GFWC clubs or other service-minded groups in your community, take steps to amplify the impact of your efforts through meaningful collaboration.

Here are three ways that collaboration can benefit your next project:

Increase Participation

Excite members and boost project involvement by including everyone in decision making so goals are truly shared. Open communications and seek input at every stage, from selection to planning and implementation. Encourage members to offer their individual perspectives and experiences, and work together to evaluate ideas and refine strategies. Collaboration will not only breathe new life and enthusiasm into projects but will also create stronger connections among members and inspire dedication to the club.



Maximize Talent

Build talent within the club and team up with others to increase the power of your projects. Challenge members to enhance their skillset by joining a different committee or taking on a new role. Identify and join forces with a sister GFWC club or another local club or organization that shares your goal to diversify and enhance member skills and experiences. Limited success with your last event? Not sure how to present to City Council? Collaborate and learn from one another! Strategic collaboration starts with identifying a gap and forming a relationship to meet the need.

Enhance Messaging

Create opportunities to reach new or more receptive audiences by exploring the networks of your members and project partners. Learn more about

their work, spiritual practices, and social circles. Consider how others communicate and address issues of concern, while identifying areas of common interest and potential collaboration. Strengthen your message by tailoring it for a broader audience, or perhaps creating a more targeted one for individuals or subgroups within the wider spectrum. Utilize new knowledge to identify distribution methods that are outside your traditional means of reaching the public.

Volunteer service is an essential component of successful, cohesive communities, and GFWC clubwomen demonstrate the powerful impact we make when we work together. Revitalize your approach, engage your members, and amplify your impact through collaboration!

Recruitment List

GFWC Dana Point Women's Club - **20**
Dana Point, CA

GFWC North Pinellas Woman's Club - **17**
Clearwater, FL

GFWC Cosmopolitan Club - **10**
Petal, MS

GFWC Woman's Club of Lexington - **10**
Lexington, MO

GFWC Bronte Club of Victoria - **6**
Victoria, TX

GFWC Madison Valley Women's Club - **6**
Ennis, MT

GFWC Deer Lodge Woman's Club - **5**
Deer Lodge, MT

GFWC Woman's Club of Eerie, Inc - **5**
Erie, PA

GFWC Woman's Club of Madisonville - **5**
Madisonville, KY

GFWC Woman's Club of Ste Genevieve - **5**
Ste Genevieve, MO

GFWC Edenton Woman's Club - **4**
Edenton, NC

GFWC Hartwell Service League - **4**
Hartwell, GA

GFWC Palos Park Woman's Club - **4**
Palos Park, IL

GFWC Woman's Club of Caldwell - **4**
Caldwell, NJ

GFWC Woman's Club of Rock Springs - **4**
Rock Springs, WY

GFWC Carrollton Civic Woman's Club - **3**
Carrollton, GA

GFWC Hickory Woman's Club - **3**
Hickory, NC

GFWC Palm Beach Gardens
Woman's Club - **3**
Palm Beach Gardens, FL

GFWC Sparta Woman's Club - **3**
Sparta, TN

GFWC Woman's Club of Fullerton - **3**
Fullerton, CA

GFWC Woman's Club of Lakeside - **3**
Lakeside, CA

GFWC Woman's Club of Lake Wales - **3**
Lake Wales, FL

Success for Survivors Scholarship

GFWC Success for Survivors Scholarship recipients have made great progress toward their goals and independence! Without support, these Intimate Partner Violence survivors might otherwise be unable to balance personal-life demands with those involved in seeking a degree.

Some recent Scholarship recipients have shared their gratitude for being given opportunities that they otherwise would not have had:

About the Scholarship

Since the Success for Survivors Scholarship's inception in 2012, GFWC has awarded more than \$97,500 to assist those impacted by Intimate Partner Violence who are pursuing higher education. The continued support of GFWC clubwomen make success stories like Sarah's and Martha's possible.

The scholarship allows survivors to overcome financial challenges and invest in a better future for



"I applied for this scholarship after my assault because I didn't want what happened to me to dictate my future education. I used the scholarship to pay for some of my undergrad expenses and pre-med courses and then used the rest to pay for a CNA class that will allow me to further my goal of being a physician. After so many instances of being rejected or not believed, this scholarship made me feel that there was finally an institution that believed in me and was willing to support my future. -Sarah P.

themselves, while working to make a better future for others. Many scholarship recipients have expressed a desire to use their careers to advocate for other survivors, fight for the voiceless, and help others heal.

The 2022 Success for Survivors Scholarship application opened October 2021, and will close February 2022. Promote and share information about this scholarship with your local/state coalitions, universities and colleges, vocational schools, and domestic violence shelters.

Donations to the GFWC Domestic Violence Awareness and Prevention Fund are also encouraged. All funds donated go directly to the GFWC Success for Survivors Scholarship. It is through your support that GFWC can make these recipients' dreams a reality.

For more information, visit www.GFWC.org/Success-Survivors. This section of www.GFWC.org also has information about GFWC's fundraising agreement with the Starfish Project for the 2020-2022 Administration. Through this endorsed fundraiser, 25% of the proceeds from any Starfish Project products purchased will go to GFWC's Success for Survivors Scholarship! The dedicated link for this fundraiser is located at www.GFWC.org/Success-Survivors/Starfish-Project.

STARFISH PROJECT

WEAR HOPE, GIVE HOPE



A Picture Is Worth a Thousand Words

BY KARYN M. CHARVAT, GFWC COMMUNICATIONS AND PUBLIC RELATIONS CHAIRMAN

If there is one thing we love to do in our organization, it is to TAKE PICTURES! Visit any club Facebook page or website and you'll be welcomed by hundreds of smiling clubwomen striking poses.

Those pictures are wonderful for preserving club memories or commemorative photos, but there are so many things to consider when recording your club's work through photography. Here are a few quick tips and tricks for capturing just the right image to tell your club's story!

Straighten and Crop

Once you have your pictures, review them. Rotate and crop out unnecessary space, while taking careful consideration with your subjects. Don't inadvertently crop out a leg or a hand, only wasted space to tighten the image around the subject(s).

Lighting Source

Don't have the sun or light source to the back of subjects or they will be backlit. Instead, have them face the light source. Within reason, however, squinting is just as bad! Use natural lighting to your advantage.

Rule of Thirds

Don't line up your subject in the center automatically. While framing the shot, break it down into a grid of nine equal rectangles and place your subject on one of the four intersections for a more natural look. Also try to find natural frames for your subject to create a more interesting shot than one against a wall in a boardroom, etc.



Include banners, displays, props, or whatever may be available to stage the shot in an interesting manner versus the "yearbook pose" of six ladies in the back and five hunched over in the front. Instead, have several ladies sitting on a stage while the others are casually standing around them. Include some floral displays from the event and your picture is now social media-worthy!

Perspective

Zoom in close enough so that all subjects can easily be seen, avoiding shooting from too far away. And change up how you shoot. Everything doesn't have to be eye-level. Shoot from the ground up, or stand on a ladder and have the group look up. Arrange groups on stairs for visual interest, especially if you have access to a grand-sweeping staircase.

Candid

There is always a place for our famous posed shots. However, at your next meeting or event, try a more journalistic approach to capturing images. Every picture doesn't need to have the subject staring into the camera. Instead, look for opportunities to snap a picture while someone is speaking. Instead of focusing on the speaker, focus on the audience and try to capture their expressions as they are taking in the information. Capture someone laughing...or even expressing emotion, if appropriate. It is through these images that prospective members will relate to you and your club's members on a more genuine level, which may just bring them to join your club.



Leadership Talents

BY MARY LEE DIXON, GFWC LEADERSHIP COMMITTEE MEMBER

I am guessing you haven't heard leadership qualities or characteristics referred to as talents before, have you? Well, they are. Talents are learned, cultivated, practiced, and perfected. Think about woodworking, quilting, painting, etc. Some folks are born with an innate ability to do things, but most of us who want to take up those talents need to learn and cultivate those skills. It is the same with leadership.

To improve how we make talented leadership decisions, we must take stock in what we have brought to the table and what talents we value in a leader. Let's look at the list of attributes we may want to hone as leaders.

Carrying Out Club or State Goals

Club Position Proficiency: Demonstrates knowledge and skill in outlined duties, achieving positive results and impacts in support of the club or State Federation goals.

Individual Initiative: Assesses and takes independent action to complete a task that influences the club or State Federation.

Adaptability: Able to adjust to changing conditions (think pandemic!), to include plans, information, processes, requirements, and obstacles in achieving club and/or state activities.

Leading People

Inclusion and Teamwork: Works effectively with others to achieve an inclusive atmosphere in pursuing the common goal of the club.

Emotional Intelligence: A leader who can actively employ self-awareness and manage their own emotions effectively. She demonstrates an understanding of others' emotions and appropriately manages relationships.

Communication: A talented leader can articulate information in a clear and timely manner, both verbally and non-verbally, through active listening and messaging tailored to the appropriate audience (an executive committee versus a general membership.)

Managing Resources

Stewardship: This leader talent demonstrates responsible management of resources, which includes club members' time, funds, or facilities.



Accountability: Takes responsibility for the actions and behaviors of self or the team she appoints. Demonstrates reliability and transparency.

Improving the Club or State

Decision Making: This is one of the most important talents leaders need! Makes well-informed, effective, and timely decisions within her control that weigh risks and benefits.

Innovations: Thinks creatively about different ways to solve problems, brings improvements that make sense, and demonstrates calculated risk-taking for the good of the club/State Federation.

Gifts to Headquarters

GFWC would like to recognize all donors for their 2021 fiscal year (July 2010–June 2021) contributions, along with donations made during the 2021 Annual Convention to GFWC's Gifts to Headquarters. These generous contributions have already made it possible to begin the home improvement projects necessary to keep Headquarters in good condition.

Gifts to Headquarters donations can be made at any time via the donation form at www.GFWC.org. Each year, home improvements reflect the most pressing maintenance needs at 1734 N Street.

MEMBERS

Mary Baird
Patricia Benskin
Martha Casassa
Kay Chadwick
Kathleen Flock
Della Gowan
Linda Kreussling
Patricia Pisarski
Trisha Schafer
Paula Schlice
Sheila Shea
Cindy A. Simmons
Marian Simmons-St. Clair
Debra Strahanoski
Gail Ann Thompson
Betty Wellborn
Dorothy Wilkinson
Cherie Lee Williams

CLUBS

GFWC Becky's Brigade
GFWC Bettie Carter Morgan Woman's Club
GFWC Covina Woman's Club
GFWC Dickson County Woman's Club
GFWC Ditto's Roses
GFWC Kathy's Junior Mints
GFWC Massachusetts Junior Membership
GFWC Miami Woman's Club
GFWC Past Regions Presidents Club
GFWC Sheila's Leading Ladies
GFWC Sokico Woman's Club
GFWC Tracy Woman's Club
GFWC Yankton Women's Club

STATE FEDERATIONS

GFWC Alabama
GFWC Arkansas
GFWC Colorado
GFWC Delaware
GFWC Florida
GFWC Georgia
GFWC Illinois
GFWC Iowa
GFWC Massachusetts
GFWC Michigan
GFWC New Hampshire
GFWC Texas
GFWC Wisconsin
GFWC Wyoming

REGIONS

GFWC Great Lakes Region
GFWC Mississippi Valley Region
GFWC Southeastern Region
GFWC Western States Region

OTHER SUPPORTERS

2020-2022 GFWC Executive Committee
The Benevity Community Impact Fund
GFWC Boosters



You are invited!

2022 Women's History Month Event
WEDNESDAY, MARCH 9, 2022



GFWC Headquarters
1734 N Street, NW
Washington, DC 20036

REGISTER: [GFWC.org/MemberPortal](https://gfwc.org/MemberPortal)
Bringing a group? Please contact Events@GFWC.org.

Light Refreshments