



NEWS & NOTES

YOUR WEEKLY UPDATE ON GFWC NEWS

July 27, 2023

Summer 2023 Clubwoman Magazine Now Available



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GFWC Standing Rules Updated

The GFWC Standing Rules, as amended June 2023, have been posted on the Member Portal in the *Digital Library, in Resources, under "S"*.

The very first rule says: GFWC Standing Rules 1. General Rules a. "The Charter, Bylaws, Standing Rules, Strategic Plan, and Resolutions shall be made available to all members."

By posting the Standing Rules on the Member Portal, all members have access to them. Standing rules tend to be more administrative and speak to specifics while bylaws are more overarching and refer to procedures.

Read the Standing Rules and encourage others to do so. It's a great way to learn more about how GFWC operates.



National Day of Service

© SATURDAY, SEPTEMBER 30, 2023

Living the Volunteer Spirit

www.GFWC.org

#GFWC23NDS

Food Insecurity Impacts More Than Hunger

Hunger is deeply connected to health. People who are hungry are highly impacted by diet-sensitive chronic diseases such as diabetes and high blood pressure. When people do not have enough money for food, they are forced to choose cheaper food with low nutritional value, which can seriously impact their health.

Food insecurity also has a devastating impact on children. Lack of healthy food can affect a child's mental and physical health, which can have consequences in their performance at school and then limit their future possibilities.

GFWC working together on September 30 will not only impact hunger issues in the U.S., but will also effect change in health issues and in the future lives of children. Register today to join the more than 650 clubs, districts, and state federations working together on GFWC's National Day of Service to end food insecurity.

You can find helpful planning resources in the NDS Toolkit, located in the Digital Library - *My Digital Library > Resources > N > NDS Toolkit*

To participate in the inaugural NDS, please email Melanie Gisler, Membership Director, at mgisler@gfwc.org and cc Deb Strahanoski, GFWC International President, dstrahanoski@gfwc.org.

Cares & Concerns

We are saddened to share the passing of Helen Tyler, mother of GFWC Washington State President, Susan Tyler. Helen passed away on July 5 from complications of Alzheimer's at the age of 95. She held numerous leadership positions in GFWC Washington. Her full obituary can be viewed [here](#).



Rhode Island State President's Project Protect Our Children

By: Paula Andrews, GFWC Rhode
Island State President

The focus of my administration is Domestic and Sexual Violence and Prevention with a focus on Child Abuse.

At my first state meeting last October, I chose speakers from three agencies that focus on Domestic and Sexual Violence and Prevention: **Day One** an agency that was specifically organized to deal with issues of sexual assault to Rhode Island residents from preschool children to elder adults, **Ocean State Counseling and Wellness Center**, that was formed to treat an array of behavioral health needs with a focus on women and children, and **Sojourner House** whose goal is to rebuild lives, piece by piece, through a variety of services to help domestic violence victims.

The three panelists discussed each of their organizations and what they do. Members gained insight into the various ways that they assist victims. It was truly eye-opening to witness firsthand the incredible dedication and compassion of these agencies who work tirelessly to support those in need. From providing shelter and legal aid to offering counseling and advocacy services, these agencies demonstrate a remarkable commitment to helping victims rebuild their lives. It is particularly impressive how their friendly and empathetic approach creates a safe and welcoming environment for those seeking assistance.

During this past year, GFWC RI members have generously supported these three chosen organizations and will continue to donate funds and wish list items at all state meetings for the next year. It is truly inspiring to see the positive impact our members can have on the lives of so many and they surely feel a sense of gratitude for these organizations. Rhode Island may be small, but it has a BIG heart!



Legislative Corner

By: Juliet Casper, GFWC Legislation/Public Policy Chairman

To encourage participation in the democratic process, this monthly column aims to inform members about current legislation and programs that are germane to the GFWC Resolutions. It also highlights important actions of Congress and the White House, and provides follow-up information about GFWC Legislative Action Alerts.

GFWC attended the July 12 congressional briefing hosted by the National Domestic Violence Hotline where new data was released demonstrating the historically high contact volume of incoming calls, chats, and texts per day, the increased need for funding of services and resources, and the urgent call for reauthorization of the Family Violence Prevention and Services Act. Katie Ray-Jones, CEO of the Hotline, reviewed the findings of the Hotline's 2022 Impact Report and discussed the impact of COVID. We were honored to have Ms. Ray-Jones as a keynote speaker at the 2022 GFWC Convention in New Orleans. It's not too late to urge Congress to [support the Family Violence Prevention and Services Act](#).



Senator Lisa Murkowski (R-AK)



Speakers included (left to right) Payton Itheme, VP of Global Public Policy for Bumble, Inc.; Joseph Petito, father of Gabby Petito and VP of the Gabby Petito Foundation; Rep. Sheila Jackson Lee (D-TX); Lauren Siller, survivor and senior staff at the Hotline; Shawndell Dawson, Director of the Office of Family Violence Prevention Services at the Department of Health and Human Services; and Katie Ray-Jones, CEO of the Hotline.

Dementia: During the 2023 GFWC Annual Convention, delegates approved a new resolution on dementia which urges members to support education, funding, and legislation. Earlier this month, the Food and Drug Administration (FDA) granted traditional approval of new medication to treat early Alzheimer's disease. This is the first treatment that actually changes the course of the disease. More funding is needed to find a cure for this disease. In addition to supporting federal appropriations for disease research and caregiver support services, GFWC is following these bills: the National Alzheimer's Project Act (NAPA) Reauthorization Act and the Alzheimer's Accountability and Investment Act. You can find out more about these bills by using the "Find Legislation" feature at the Legislative Action Center, <https://www.voterve.net/GFWC/home>



Live Sustainably

By: Tina Neese, Ed.D., LPC, GFWC Environment Program Chairman

Each day we make choices that have an impact on the environment in both a positive and negative manner. We can choose to live more sustainably.

Ways we can make a positive impact include thinking twice when shopping and ensuring that we will have environmental benefits when we purchase big items. For example, look for a fuel-efficient model when purchasing a car or an energy star label on your appliances. Try a solar-powered water heater.

Another way to live more sustainably is to go plastic-free, as plastic does not go away, and 40% of the world's ocean surfaces are covered with billions of pounds of it. A few simple steps include using reusable shopping bags, ditching single-use water bottles, and selecting unwrapped produce products.

Reject products that endanger wildlife and pay attention to labels. Be water-wise in your endeavors by skipping plastic bottled water, taking shorter showers, and choosing low-flow appliance options.

Other ways to live sustainably include driving less and greening up your home with energy efficiency items (adequate insulation, energy-saving windows, and energy-saving light bulbs). Most importantly, use your voice and vote by advocating for strong environmental platforms. Sign and share [Legislative Action Alerts](#) to protect our planet.

Gold Pins

50 year Membership

Marti Stettenbauer
GFWC East Petersburg (Pennsylvania)

Janice Wentworth
GFWC Somersworth Area Woman's Club (New Hampshire)

Karen Attreed
GFWC Bel Air Woman's Club (Virginia)

Anniversaries

GFWC Woman's Club of Milton (Delaware)
GFWC Bel Air Woman's Club (Virginia)

65
GFWC Joliet Junior Woman's Club (Illinois)

70
GFWC Junior Woman's Club of Columbia (South Carolina)

75
GFWC Circleville Junior Women's Club (Ohio)

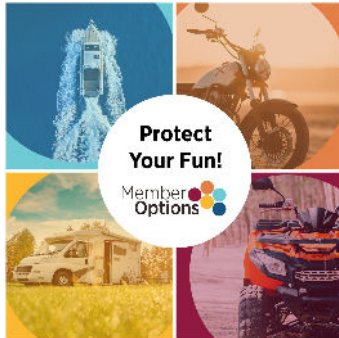
GFWC Twenty Three Study Club of Iowa Park (Texas)
GFWC Woman's Club of Essex County (Virginia)

115
GFWC Nashaway Woman's Club (New Hampshire)

120
GFWC Palatine Literary Society (New York)

125
GFWC Holly Club of Wrentham, Inc. (Massachusetts)
GFWC Nineteenth Century Club of Pilot Point (Texas)
GFWC Ousamequin Club (Massachusetts)

130
GFWC Contemporary Club, Redlands (California)



Member Options - Insurance Discounts

Before you hit the road, trails, or waves this season, ensure you, your loved ones, and your special investments are protected against whatever might come your way. Member Options can save GFWC members time and money on boat, motorcycle, RV, travel trailer, or ATV insurance. Answer a few questions with their licensed insurance experts, then they'll go to work and find multiple options with top-rated carriers you can trust.

Call Member Options at 833.378.8224 for your free no-obligation quote today.



**PRESIDENT'S
GEM**



GFWC Benson Woman's Club (AZ)



Benson Woman's Club teamed up with others to support the first-ever county-wide food drive! The teamwork was essential with donated food shortages seen throughout the area. The food drive lasted one week and saw police departments, grocery stores, and many other entities come together to support the county's needs.

As an extra incentive, one of Benson's Women's Club's own is the president of the local food pantry. This gave plenty of motivation for the group to open the clubhouse doors for the week, normally closed in the throes of the summer heat, and all are very proud of the 255 pounds of food collected by their club alone!

Benson Woman's Club is located in Cochise County, on the edge of the Chihuahuan desert (the Sonoran desert is its neighbor). The poverty level for this area is 52% higher than the national average. Food banks and pantries are experiencing double the amount of those seeking help from a year ago. With the spike in demand, food banks struggle to meet the increase. The next county-wide food drive is already being planned to combat the situation.

GFWC is proud to recognize the work of Benson Woman's Club in feeding their community. Make sure your club is registered for the GFWC National Day of Service on Saturday, September 30 to join your GFWC sisters in fighting food insecurity in America.

Submit photos and a short story about the awesome things YOUR club is doing in the community to pr@GFWC.org.



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