



NEWS & NOTES

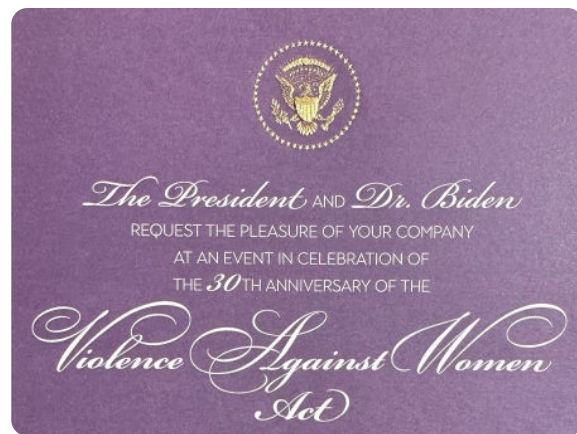
YOUR WEEKLY UPDATE ON GFVC NEWS

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September 19, 2024

Celebrating the 30th Anniversary of the Violence Against Women Act (VAWA)





GFWC was honored to be present at the White House in celebration of the 30th anniversary of the Violence Against Women Act. President Biden authored the first VAWA in 1994 as Chairman of the Senate Judiciary Committee and has been involved with every reauthorization since then. We are proud to join Members of Congress, key national advocates, and survivors to celebrate progress and acknowledge the challenges ahead.

Highlights included meeting President Joseph Biden and Department of Interior Secretary Deb Haaland. Interior Secretary Haaland is the first Native American to serve as a cabinet secretary and was the first Native American woman to serve in Congress. She has led efforts to address domestic and sexual violence impacting indigenous women and children.

GFWC International President Suellen Brazil also met up with Rosie Hidalgo, the Director of the Office on Violence Against Women at the Department of Justice. Hidalgo was a featured speaker at the GFWC Board of Directors Meeting in August 2022.

GFWC is committed to supporting women and victims of domestic and sexual violence under the banner of our Signature Program.

Find more information and ideas for club projects in the Signature Program section of the GFWC Club Manual.

October is Domestic Violence Awareness Month. If your club has completed recent projects in this area, send them to PR@GFWC.org to be featured in the month of October!

THE GFWC LEARNING GATEWAY SERIES

GFWC MEMBERS ARE INVITED TO REGISTER FOR THE NEXT *GFWC LEARNING GATEWAY* WEBINARS PRESENTED BY THE 2024-2026 GFWC HONORARY CHAIRMEN.

OCTOBER 1 @ 7 P.M. – *Smash the Stigma of Mental Health* with Suzanne Fox, Co-Founder & Director of Global Initiatives, The Yellow Tulip Project, a determined youth-driven movement to bring about immediate change and to remind folks that there is help and hope out there. You will be introduced to the programs they provide to enable your club to promote mental health in the community.
https://us01web.zoom.us/join/register/WN_75aDyTfT36o1bV5wDn1g

OCTOBER 23 @ 7 P.M. – *Celebrate Child Advocacy Week*. David Coffey, Safe Surfin' Foundation is a 501(c)(3) nonprofit Cyber Safety and Responsibility educational initiative created by law enforcement professionals who are dedicated not only to protecting youth from those who would do them harm but also pro-actively educating youth in the safe and responsible use of today's ever-changing technology.
https://us01web.zoom.us/join/register/WN_WC2Na3Dp5yZtE8seNeYrx



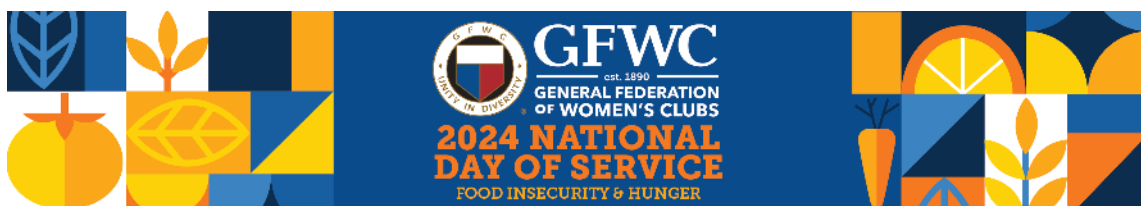
Unlock expert insight in these webinars from 2024-2026 GFWC Honorary Chairmen.

OCTOBER 1 @ 7:00 pm – *Smash the Stigma of Mental Health* with Suzanne Fox, Co-Founder & Director of Global Initiatives, The Yellow Tulip Project, a determined youth-driven movement to bring about immediate change and to remind folks that there is help and hope out there. You will be introduced to the programs they provide to enable your club to promote mental health in the community.

<https://bit.ly/gfwcgateway1>

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<https://bit.ly/gfwcgateway2>





GFWC Dover Area Woman's Club, New Hampshire

It's the Final Countdown!

Prepare for the 2024 GFWC National Day of Service!

There is still time to register. There is still time to plan. It does not have to be an elaborate plan. For example, your club can take non-perishable food to your local food pantry as a group. Another quick but important project, your club could spend an hour putting together snack bags for the local school snack pantry for kids who may have not had enough to eat for lunch. Enjoy the camaraderie of doing something good for others together as a club and as a federation across the country and internationally on September 28.

Your GFWC Staff will be joining the cause by working at [Martha's Table](#) in Washington, DC, for the Lobby Market Program which promotes healthy food access through no-cost grocery markets in DC.

[REGISTER NOW](#)

ADDITIONAL REGISTRATION OPTION: EMAIL

If you prefer to register by email, please send a message to GFWCNDS@GFWC.org to sign up for the 2024 GFWC National Day of Service.

Please include:

- Club Contact and Information
- Official Club Name
- Your State Federation
- Brief Description of the Club's Project, If Known (not required)

[View Full List of Clubs Registered](#)



Will 12 Clubs Join Us?

As of Thursday, September 19, there are **988** groups signed up to participate. We only need **12 more groups** to join us to have 1,000 groups working together against food insecurity and hunger! Call your GFWC friends in other clubs and make sure they are registered to help us reach our goal!

**** New Registrations as of noon Thursday, September 19, 2024***

STATE FEDERATIONS

GFWC Connecticut
GFWC New Hampshire
GFWC New Jersey
GFWC Utah

REGION

Mississippi Valley Region with GFWC Iowa Hosting

DISTRICT

GFWC Alabama - AFWC Central District

NATIONAL CLUB

GFWC Trisha's Trailblazers

CITY COUNTY FEDERATION

MISSISSIPPI

GFWC Decatur Woman's Progressive Club
GFWC-MFWC Raleigh Woman's Club

MISSOURI

GFWC The Platte City Study Club

MONTANA

GFWC Deer Lodge Woman's Club
GFWC Big Timber Woman's Club

NEBRASKA

GFWC/NFWC Caring Women Jr. Woman's Club

NEW HAMPSHIRE

GFWC Candia Community Woman's Club

NEW JERSEY

GFWC Woman's Club of Penns Grove-Carneys Point, Inc.

GFWC Syracuse Federation of Women's Clubs

ALABAMA

GFWC Modern Culture Club
GFWC North Alabama Women's Club (NAWC)
GFWC Woman's Club of Saraland

ARIZONA

GFWC Benson Woman's Club

CALIFORNIA

GFWC Canoga Park Woman's Club
GFWC Chatsworth Women's Club
GFWC Coronado Junior Woman's Club
GFWC Covina Woman's Club
GFWC Ontario Woman's Club
GFWC Sherman Oaks Woman's Club
GFWC South Bay Junior Woman's Club
GFWC Woman's Club of Rialto

COLORADO

GFWC Sorosis
Sorosis of Lamar

FLORIDA

GFWC Chattahoochee Woman's Club
GFWC Gulf Coast Woman's Club, Inc.
GFWC Sisters of Service Woman's Club, Inc.
GFWC Woman's Club of Ocala

ILLINOIS

GFWC Antioch Junior Woman's Club
GFWC Beverly Hills Junior Woman's Club
GFWC Geneseo Women's Club
GFWC Hampton Rapids Junior Woman's Club
GFWC IL East Alton Woman's Club
GFWC Junrio Woman's Encore Club
GFWC Lemont Junior Woman's Club
GFWC Wauconda Woman's Club

INDIANA

GFWC IFC Lowell Woman's Club

IOWA

GFWC/R.A.R.E.

KENTUCKY

GFWC Hazel Woman's Club
GFWC Lexington Woman's Club
GFWC Somerset Junior Woman's Club

MAINE

GFWC Skowhegan Woman's Club

MARYLAND

GFWC Junior Woman's Civic Club of Cumberland
GFWC Junior Women's Civic Club of Garrett County

NEW YORK

GFWC Jr. League of the Women's Club of Farmingdale
GFWC Treadwell Community Improvement Club
GFWC Syracuse Federation Formers

NORTH DAKOTA

Enderlin GFWC Clio
GFWC Minnewaukan Timely Topics
GFWC Prairie Rose

OHIO

GFWC Women's Club of Bowling Green

OKLAHOMA

GFWC The Fortnightly Club of Durant, OK
GFWC Tishomingo's Daughters

PENNSYLVANIA

GFWC Meadville Woman's Club
GFWC Mountaintop
GFWC Woman's Club of Milton

SOUTH CAROLINA

GFWC Charleston Junior Women's Club
GFWC Golden Strip
GFWC SC Past Presidents Club

TENNESSEE

GFWC Ossoli Circle

TEXAS

GFWC Clover Club of Kaufman
GFWC Phebe K. Warner
GFWC Wednesday Review Club
GFWC The Woman's Club of Cleveland

VIRGINIA

GFWC Junior Woman's Club of Hopewell
GFWC New Kent Junior Women's Club
GFWC Pennington Gap Woman's Club
GFWC Regency Woman's Club
GFWC South Boston-Halifax Junior Woman's Club
GFWC Staunton Augusta Junior Woman's Club
GFWC The Woman's Club of Farmville
Waynesboro/Augusta Woman's Club GFWC

WASHINGTON

GFWC Woman's Club of Olympia

WEST VIRGINIA

GFWC Fayetteville Woman's Club
GFWC Mountaineer Woman's Club
GFWC Oceana Woman's Club
GFWC Point Pleasant Junior Woman's Club
GFWC Shady Spring District Woman's Club
GFWC Tu Endie Wei

MASSACHUSETTS
GFWC Dedham Junior Women's Club
GFWC Northboro Junior Woman's Club

MISSOURI
GFWC The Platte City Study Club

MICHIGAN
GFWC Teonsha Research Club

MINNESOTA
Edina Federated Women's Club GFWC
GFWC Gradatim
GFWC Potpourri
GFWC Qui Vive Club
GFWC Sauk Center

GFWC Tuesday Arts Club of Moundsville
GFWC Woman's Club of Bridgeport
GFWC Woman's Club of Montgomery
GFWC Woman's Club of Omar
GFWC Woman's Club of Point Pleasant

WISCONSIN
GFWC Dodgeville Federated Woman's Club
GFWC Oconto Woman's Club
GFWC Woman's Club of East Troy



Suzanne Fox, Co-Founder & Director of Global Initiatives and Yellow Tulip
Project Youth Ambassadors

Smash the Stigma

By: Suzanne Fox, Co-Founder & Director of Global Initiatives, Yellow Tulip
Project

On September 10 we recognized World Suicide Prevention Day. Every year, it is a day to shine a light on mental health and the importance of building community, spreading hope, and smashing the stigma associated with mental illness. It is a day to remind people that it is ok to not be ok, that asking for help is a sign of strength, that hope is out there, and that suicide should never be an

option. I write this from my personal experience as a mother who had no idea that her daughter was struggling with depression and self-harm and as someone who has been impacted by suicide loss.

In 2016, I founded [The Yellow Tulip Project](#) with my daughter to remind young people that their voices matter and that each of us makes a difference in this important space. What started with one Hope Garden filled with yellow tulips in Portland, Maine, has become a national and international momentum with community groups from Maine to California to Edinburgh, Scotland, getting involved, getting their hands dirty, and planting gardens of Hope. As a 2024-2026 GFWC Honorary Chairman in the Health & Wellness CSP area, I am honored to work with GFWC's incredible community network of volunteers to spread awareness and hope around such an important topic.

Please join me next month on the GFWC Learning Gateway Series to kick off Mental Health Awareness Week on October 1, 2024, for a 7 p.m. ET webinar to learn more about [The Yellow Tulip Project](#) and how you can bring our message to your community. <https://bit.ly/gfwcgateway1>



The GFWC 2024- 2026 MEMBERSHIP “EDUCATE, ENGAGE, & EMPOWER” RECRUITMENT CAMPAIGN

by Karyn M. Charvat, GFWC Membership Chairman

In addition to submitting the number of NEW members joining your club quarterly, the Membership Committee is asking you to concentrate on the following **internal** focus areas designed to help your club strengthen membership **retention** while also attracting NEW members to your club!

July, August, September: *Focus on Clear Communication*

Concentrate on regularly providing your members with updates through email, newsletters, social media, and your club website. Be sure to note a way for them to contact leadership with feedback or any concerns. **Report Due: October 1**

October, November, December: Focus on Member Value and Benefits of Belonging

Clearly educate and communicate the value of being a member of your club and GFWC. Review membership benefits regularly based on member feedback and adjust accordingly. Report Due: **January 2**

January, February, March: Focus on Diverse and Inclusive Programming

Be sure you consider all members' needs when organizing your calendar of events and activities. Ensure club programs are accessible and open to a diverse membership base. Report Due: **April 1**

April, May, June: Focus on Professional Development

Offer leadership workshops, seminars or training that could contribute to your members' personal growth. Provide access to tools and resources that can help them advance their careers, such as project management and public speaking.

Report Due: **July 1**

The reporting form is in the GFWC Member Portal; simply log in, click "Digital Library" and search for "2024-2026 Membership Recruitment Form." Happy Recruiting AND Retention!



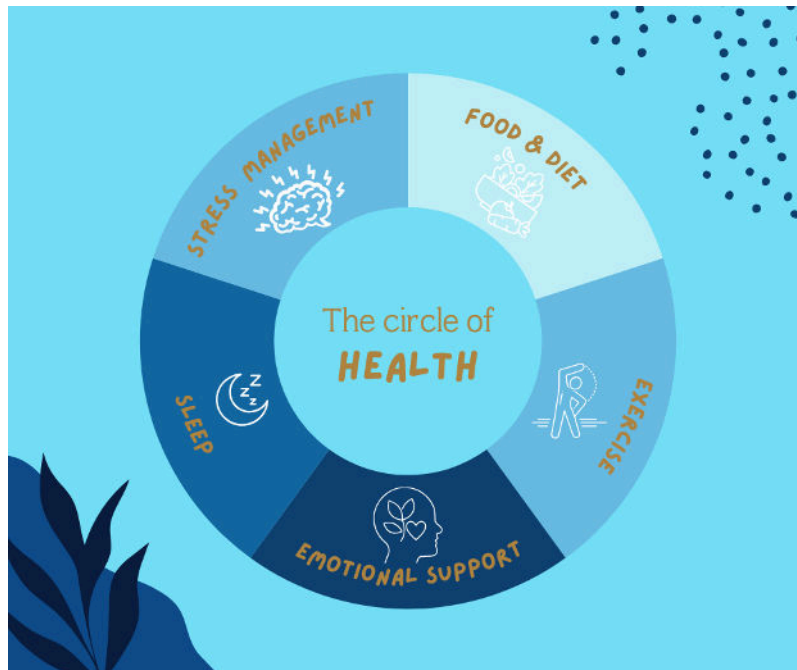
[View More](#)

New to Marketplace!
**2024-2026 ESO
Certificates**
\$2.00 each

Celebrate your ESO chapter's reading accomplishments with updated ESO membership and achievement certificates now available in the GFWC Marketplace!

Check them out along with other GFWC items in the [GFWC Marketplace](#).

The Circle of Health



Good health first and foremost is nutrition; everyone should strive to eat a nutritionally balanced diet. Our National Day of Service focus on food insecurity highlights that some may be starving and welcome anything to eat while some overconsume and likely, do not have a balanced diet. Both cases may contribute to poor health. As we move clockwise, physical exercise improves health and lowers the risk of heart disease and diabetes. Next, support from family and friends (including pets) is imperative to emotional well-being. Sleep is key to physical and mental health. Lack of food, physical exercise, emotional support, and sleep make it difficult to manage stress. On the other hand, some who do well in diet and physical activity may still have difficulty sleeping. To sum it up **balance** is the key to Health & Wellness.

The 2024-2026 Health & Wellness Community Impact Initiative is the "Caregivers Circle." Like the circle in the diagram, those who are taking care of a family member or friend require support and may be hesitant to reach out.

There are many ways that we, as GFWC members, can establish "Caregiver Circles" in our communities. We are the connectors bringing together resources to provide emotional support and friendship.

Upcoming Disease Awareness Months:

September: Adolescent Mental Health, Childhood Cancer, Leukemia & Lymphoma, Ovarian-Prostate-Thyroid Cancers.

October: Breast & Liver Cancer, Minority Mental Health, Sudden Cardiac Arrest.

JOIN OUR CAUSE THIS SEPTEMBER



St. Jude Children's
Research Hospital

Donate Now
stjude.org

Hello Friends!

As you know, September is Childhood Cancer Awareness Month and throughout the country, our supporters are walking to help cure childhood cancer. Many of you are walking and I am so grateful, while others may want to volunteer! If this interests you, click here [St. Jude Walk/Run - St. Jude Children's Research Hospital \(stjude.org\)](https://stjude.org) and find your local event!

Beth Perkins

St. Jude Principal Advisor, Partnership Development & Stewardship

Exclusive GFWC Member Deal

Join Club for
\$15!*

sam's club

**OTHER MEMBERSHIP
FEES GOING UP?**

JOIN US FOR LESS.*

[Join Now](#)

*\$15 Club membership offer ends Sept. 27.
Regular \$50 price resumes Sept. 28. Terms apply.

[View Deal](#)

Volunteers in Action: GFWC Village Improvement Association of Rehoboth Beach (DE)



The Village Improvement Association (VIA) of Rehoboth Beach, DE recently delivered gift bags to 58 new teachers in the Cape Henlopen School district. Now in its third year, Project GREAT! (Gratefully Recognizing Enthusiastic Awe-inspiring Teachers) committee members assembled gift bags that included gift cards and teacher supplies. They provide encouragement and support to the teachers new to the district. Fifty-eight members donated items for the bags with a gift-in-kind value of approximately \$1,100.

We want to feature YOUR club! Send us a short story and 1-2 photos of your club in action for an opportunity to be featured in News & Notes.

Please send your full club name, State Federation, and 100 words on your project to PR@GFWC.org



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