

North Carolina Clubwoman

Summer 2019



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The Official Magazine of The General Federation of Women's Clubs of North Carolina



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Celebrate Women

Ann Landis, GFWC-NC President



A year ago, we kicked off the GFWC-NC 2018-2020 administration with a mission to “Celebrate Women.” And look at what we have accomplished in our first year.



Our weekly Federation Friday reminders keep us focused and on track. We are getting stronger and healthier, eating better, drinking more water, learning Yoga and Pilates, getting our mammograms and health screenings, and we are walking! Can you believe that we have made it half way to the moon already?

At our State Convention we were provided information on a variety of topics that can be used in our own communities, and in achieving the GFWC Seven Grand Initiatives.

Our inspirational speakers taught us that it is up to us to be our own best allies and champions. We learned the importance of social media in growing our membership, and we shared ideas and expertise at the Community Service Project (CSP) roundtables.

At the State Arts Festival and the State Convention, we learned from the Passport to Learning program how to operate without “catching our hair on fire!” Remember that the “diva is in the details” and that “making your agenda sing” will help us to be our BEST MERMAIDS. Stay tuned for the Fall Conference Passport to Learning program details. You will not want to miss these workshops.

A very special thank you to Kathy Parker and the NC Sorosis Woman’s Club for the work they did to get the GFWC-NC Proclamation issued by the city of Wilmington. That was a very special convention event.

We are grateful for Sheila Tyler, GFWC-NC Conservation Community Service Program Chairman, and Lois Nixon, GFWC-NC District 6 Conservation Community Service Program Chairman, for organizing the Pender County Tree Planting. This project will take us on our way in helping to reach one of the GFWC 7 Grand Initiatives. We celebrated

FEDERATION DAY in a GRAND way!

Fundraising at the Corporate Champions for Women and Children (CCWC), the Summer Meeting, Southeastern Region Conference and the GFWC-NC State Convention has been outstanding. We continue to build our Legacy Fund and strengthen our financial health.



We are so very thankful for your continued support. We appreciate all of the Clubwomen who have made these events successful, including the GFWC-NC aides to the President—GFWC North Wilkesboro Woman’s Club and GFWC of Holden Beach. They seem to anticipate my needs before I do!

Our hope is that the many NC accomplishments and successes, the variety of workshops, the women’s pins, mermaid bracelets, and the “Girls With Pearls” will generate the interest we need to continue to re-brand and grow our Federation.

There is no area where you can feel the heartbeat of GFWC greater than in our Disaster Relief efforts. Last September, we suffered a major setback, an unprecedented hurricane in our state. We set up a Disaster Relief Fund and the generosity of Clubwomen throughout the United States resulted in \$12,581.82 in donations.

GFWC-NC has partnered with two 501c3 organizations in the areas where the hurricane had its greatest impact: Brunswick Family Assistance (BFA), serving Brunswick County, and Wilmington Area Rebuilding Ministries (WARM), serving New Hanover and Pender Counties. We have donated half of the Relief Fund to each of these organizations, and we encourage all GFWC-NC Clubwomen and women who are in need and qualify to reach out to these organizations for support.

It has been my pleasure to preside over this Administration. Thank you to the GFWC-NC Executive Committee, Junior Officers, Committee Chairmen and members, and all GFWC-NC Clubwomen for coming together to share our love of volunteering and to Celebrate Women.

Infinite Horizons

LeAndra “Nikki” Ratliff , GFWC-NC Director of Junior Clubs & Third Vice-President



Happy summer GFWC-NC Clubwomen! I know many of you will be planning vacations and spending time with your families and friends, but let's not forget our communities and those who struggle this time of the year. Here are a few ways to help make a difference across our state this summer:

June:

World Blood Donor Day- help raise awareness about the need for regular blood donors to ensure that all individuals and communities have access to timely supplies of safe and quality assured blood products.

National Safety Month: visit healthfinder.gov to explore the June toolkit for ideas on how to spread the word on reducing the risk of injuries.



July:

Juvenile Arthritis Awareness Month- help increase awareness about the early signs and symptoms of juvenile arthritis.

August:

National Immunization Awareness Month- Communities across the country use the month each year to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases across the lifespan.



Other fun summer project ideas:

- Plan a neighborhood kickball game with another club (Junior or General)
- Partner with another organization and host a monthly

read and feed at a local community center.
- Volunteer with your local Smart Start agency.

ACES

During this year's convention, the speaker at our Friday night banquet shared information about this life-changing study and the effects it has on our communities. Take time to dive deeper into this subject and help start more trauma informed care and conversations in your community. Here are some helpful links to get you started:

<https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html>

<https://centerforyouthwellness.org/the-science/>

Have a safe and happy summer.

In Federation Spirit,

LeAndra N. Ratliff
GFWC-NC Director of Junior Clubs and 3rd Vice President

Thriving Juniors

Jenn James, Junior Editor



One of the most important volunteer services I have performed as a GFWC-NC Junior has been as a Page. Being a Page allowed me to make lifelong friends and learn what goes on behind the scenes at Arts Festival and annual Conventions. By working as a Page, I have also met clubwomen all over the state and have been able to gain great ideas to take back to my club. I really feel being a Page has made me a better clubwoman and I encourage other Juniors to volunteer at our next annual Convention and Arts Festival.

At the 2019 Convention, Ellen Creasman served as our Chief Page. Ellen has seven years of experience as a Page, and it really showed as she kept everything running smoothly during Convention. In the paragraph that follows, Ellen describes her feelings as being named Chief Page.

Being a clubwoman has been a part of my life as long as I can remember! Growing up I remember my mother, Diane Creasman, being involved in club work and supporting various projects like 5k walks to buying geraniums! Seeing her volunteer spirit instilled in me a passion to volunteer in my community! Plus, I am a 4th generation club woman so I say it's in our blood! I currently live in Winston Salem and am a member of the Winston Salem Junior Woman's Club. I have been the president and am currently the club secretary. I love being able to support various community efforts to make Winston Salem a better place for women and children. Some of the organizations we support are the State Employees Family House, HOPE (helping our people eat), Dress for Success, Forsyth Family Services and many others! I am very honored to be Chief page at this year's GFWC NC annual Convention at the beach! What a fun time we will have serving and learning!

Thank you to all Pages that represented their Junior clubs. They were as follows:

- Jean Woodley**, Clayton Junior Woman's Club
10 years of service
- Pamela Mediano**, GFWC-NC Burlington Junior Woman's Club 10 years of service
- Rebecca Dufy**, GFWC Fuquay-Varina Junior Woman's Club 4 years of service
- Jennifer Nelson**, GFWC-NC Junior Woman's Club of Charlotte 2 years of service
- Brandy Selos**, Clayton Junior Woman's Club
2 years of service
- Elizabeth Edwards**, GFWC Fuquay-Varina Junior Woman's Club 2 years of service
- Mary Frances Gourley**, GFWC-NC Junior Woman's Club of Charlotte 2 years of service
- Kimberly Hatch**, GFWC Fuquay-Varina Junior Woman's Club 1 year of service
- Kathleen Honeycutt**, GFWC Fuquay-Varina Junior Woman's Club 1 year of service



Keeping Districts Healthy... We all need Vitamin Sea!

Jennifer Richards, GFWC-NC 2nd Vice-President & Jill Sutphin, GFWC-NC Junior Secretary



Outstanding is how you always come through.

Loyal, sincere and full of good cheer,
Untiring in your efforts throughout the year...

Notable are the contributions you make.

Trustworthy in every project you take.

Eager to reach your every goal.

Effective in the way you fulfill your role.

Ready with a smile like a shining star,

Special and wonderful – that’s what you are.”

Author Unknown

Clubs and districts across the state work tirelessly to promote healthy communities for women and children. All Clubs and all Districts are unique and special and deserve accolades for all that they have accomplished. In this administration, as a State Federation we have donated over 1.4 million dollars of support to communities across North Carolina.

Your District Presidents and Junior Directors have represented you well this year. Please let them know how much you appreciate all their hard work and effort. They do it for the LOVE of this Federation.

At this year’s Convention, Jill and I were honored to recognize the following Districts and Clubwomen.

The **District President Award**, the “Ann D. Vipperman ‘Hands’ Bowl” was presented to District 9 President **Mary Pendill**

The **District Junior Director’s Award**, the “Lori D. Seiler ‘Hands’ Bowl” was presented to District 2 Junior Director **Mary Elizabeth Cardwell**.

The **District President and District Junior Director Who Promote as a Team the Best Interest of GFWC-NC** and winner of the Peggy Moffett District President’s Tray and the Peggy Moffett District Junior Director’s Tray is District 4. President **Eva Jackson** and Junior Director **Ellen Creasman**.

Winner of the **District 1902 Society Greatest Contribution Award** is District 3: President **Ellen Patterson** and Junior Director **Sara Herbet**

The **Honor Club Award** presented to the District with the greatest percentage of honor clubs was presented to District 7: President **Penny Tysinger** and Junior Director **Karmen Smith**.

Winner of the **State Legacy Fund Award** for Districts was presented to District 6: President **Ashley Rain**.

The **Membership and Cooperation Involvement Award** was present to District 7 for the best overall work of its member clubs in participation of District, State and GFWC goals: President **Penny Tysinger** and Junior Director **Karmen Smith**.

District Presidents & Junior Directors, now is the time to start writing your reports for next year’s District President and District Junior Director’s awards. These awards are given based on the reports we receive and we would like to have all Districts sending reports. As always, if you need Jennifer or I please do not hesitate to reach out to us!

The second year of this Administration is already upon us, please plan to attend your District’s Summer and Fall Meetings. Jill and I hope everyone has a happy and HEALTHY summer.



GFWC-NC Junior Special Project: Thriving Children

Bridgett Paschall, Chairman



- This year only 5 Junior Clubs entered awards.

- The clubs that entered award or report entries were:

Winston Salem Junior Womans Club
GFWC-NC Fuquay- Varina Junior Womans Club
Henderson Junior Womans Club
GFWC Junior Womans Club of Charlotte
Junior Womans Club of Raleigh

- There were 90 members with 846.5 hours

- \$2,248.69 monies donated

- \$4,788.94 in kind donations

- 16 projects

Some of the projects included:

- Volunteering in schools and donating to many different school projects

- Packing lunches for children

- Supporting mothers of preschoolers

- Local shoe closets

- Reading to Children

- Helping to Promote National Bullying Prevention Month

- Donating to Local Food Pantries

- Donating to The Ronald McDonald Houses of Durham and Wake Counties

- Providing to Hurricane Victims in need

- Sponsor Foster Children

- Donating to Local Health Department

Many clubs also spent countless hours posting on the social media challenge- Thriving Children...this was created to help bring awareness to our local Junior Clubs and what they are doing *to help children thrive!*





Helen Richie, GFWC-NC First Vice President & Hope Hockaday, GFWC-NC Dean of Junior CSP

Coming together is a beginning. Keeping together is progress. Working together is success.
 - Henry Ford

Congratulations to every club for all their successful projects! 2018 was a great year for our clubs. Excluding Fundraising, our clubs reported volunteer hours of **159,973**; Donations of **\$882,303** and in kind donations of **\$497,092!!!! Who Is Better Than US?? We are GFWC-NC!**

At the GFWC-NC Convention a “Doable Project Workshop” was held. 24 “doable” projects were presented to all the attendees. The handout is avail-

able on the www.gfwcnc.org website under News & Events, Publications. Please feel free to download it and hopefully you will find at least 3 projects that you haven’t done and can do in your club.

The 2018 Top Projects has also been posted on the Website for downloading and sharing with your club members. The projects in this document were the projects submitted as our North Carolina award entries to GFWC. The GFWC awards will be announced in Austin, June 27-July 2nd.

To recap our 117th Convention, here are the statistics reported by clubs as well as the award winners.

COMMUNITY SERVICE PROGRAMS (General Clubs listed first and then the Junior Clubs):

CSP	Hours	Money Donated	In-Kind	Creative Winner	Overall Winner
Arts	15,929	\$52,054	\$27,194	North Wilkesboro Woman’s Club	North Wilkesboro Woman’s Club
				Junior Woman's Club of Raleigh	GFWC Fuquay-Varina Junior Woman’s Club
Conservation	10,251	\$47,738	\$13,657	Woman's Club of Clayton	Fuquay-Varina Woman's Club
				GFWC Fuquay-Varina Junior Woman’s Club	Junior Woman's Club of Raleigh
Education	26,580	\$207,505	\$43,500	GFWC South Brunswick Islands	Fuquay-Varina Woman's Club
				GFWC Fuquay-Varina Junior Woman’s Club	GFWC Fuquay-Varina Junior Woman’s Club
Home Life	24,803	\$169,383	\$84,042	North Wilkesboro Woman’s Club	GFWC Statesville Woman's Club
				GFWC Fuquay-Varina Junior Woman’s Club	GFWC Clayton Junior Woman’s Club
International Outreach	7,361	\$55,500	\$24,117	Charlotte Woman's Club	GFWC South Brunswick Islands
				GFWC Fuquay-Varina Junior Woman’s Club	Junior Woman's Club of Raleigh
Public Issues	11,297	\$63,192	\$110,869	North Carolina Sorosis	Henderson Junior Woman’s Club
				Fuquay-Varina Woman's Club	Junior Woman's Club of Raleigh



GFWC PROGRAMS & ADVANCEMENT AREAS (There is only one Creative Winner and one Overall Winner. Can be either General or Junior.):

Area	Hours	Money Donated	In-Kind	Creative Winner	Overall Winner
GFWC Domestic Violence	7,060	48,747	133,234	Outer Banks Woman's Club	GFWC of Holden Beach
GFWC Advocates for Children	4,722	118,332	57,328	Women's Club of Mount Airy	Henderson Junior Woman's Club
Women's History & Resource Center	454	\$3,350	\$3,150	The Woman's Club of Clayton	GFWC South Brunswick Islands
GFWC-NC President's Special Project	1,128	\$700	\$867	Greensboro Woman's Club	GFWC of Holden Beach
GFWC-NC Director of Juniors Special Project	568	\$2,925	\$6,340	GFWC Junior Woman's Club of Charlotte	Junior Woman's Club of Raleigh

Area	Hours	Money Spent	Money Raised	Creative Winner	Overall Winner
Communications & Public Relations	8,623	\$29,147		Outer Banks Woman's Club	Junior Woman's Club of Raleigh
Fundraising	15,020		\$267,645	GFWC Edenton Woman's Club	GFWC South Brunswick Islands
Leadership	35,528	\$74,110		Junior Woman's Club of Raleigh	GFWC South Brunswick Islands
Legislation & Public Policy	455	\$3,000		GFWC of Holden Beach	GFWC of Holden Beach
Membership	6,912	\$10245		GFWC of Holden Beach	GFWC of Holden Beach

These numbers were taken from the Club Participation and Statistical Reports submitted. Sixty percent of our clubs submitted reports for 2018. Wouldn't it be fantastic if we could have a Hundred Percent of our clubs report what they have done? We plan to do a workshop at Fall Conference to help with reporting dos and don'ts. And answer questions that clubs had during this past year. Stay tune for more information!

Never be limited by other people's limited imaginations. - Dr. Mae Jemison, American astronaut and physician



All Aboard the MemberShip



Crystal O'Neal, GFWC-NC President-elect & Angela Moss, GFWC-NC Director-elect of Junior Clubs

It's almost Summer, ladies! What does that mean for GFWC clubs? Often it signifies a break from traditional volunteer work and meetings. The GFWC Recruitment Campaign for Summer (June – August) is RETENTION. If your club takes a break from regular meetings, focus on retention to ensure that your members return once meetings resume. There are a few things you clubs should do to make sure you can survive the Summer break and come back ready for a busy volunteer Fall.

PLAN – Take this time to rest, re-energize, and dream. If you end the club year with some planning for the upcoming year, your club members have lots to look forward to when meetings reconvene. Purpose and direction are important motivators and can affect membership retention.

COMMUNICATE – Maintain club communication throughout the time that your club is not meeting regularly. Staying in touch helps people feel like part of the group even when they do not see each other. Share trip photos, life milestones, and good news just as you would any other time of year to keep your members focused on Federation.

GATHER – You can still get together with your club members even if you are not having formal meetings. Summer is a great time for committee meetings, socials, and joint gatherings with other local clubs. You can even add a quick and easy hands-on project to your informal events.

SHARE – We often meet new folks and connect with old friends in our Summer adventures. Talking about your club's work and accomplishments in a positive light may encourage your new and long-time friends to ask about how to get involved. If your friends do not live near you, contact a member of the MemberShip Crew so we can help them locate or start a club in their community!

District Beacon: Districts 8 & 9

Jessica Rigouard, District 8 Vice President

“Belonging has always been a fundamental driver of humankind.” -Brian Chesky (CEO Airbnb)

What does it mean to be a member? Dictionaries say that a member belongs to or is part of something. We refer to individuals as being members of clubs, clubs as member clubs of GFWC-NC, and GFWC-NC as a member state federation of GFWC.

The circulatory system is part of the human body. The heart is the essential part of the circulatory system that keeps things going. What if we think about GFWC this way—it is the body, state federations are the circulatory system, and clubs are the heart of those federations. But there is one more very important part: the blood. Without blood, it doesn't matter how great the heart is, how strong the blood vessels are, or how otherwise healthy the body is.

Individual club members are the life blood of GFWC. Without dedicated members, clubs cannot exist. Without clubs, there would be no state federation. And without state federations, there can be no GFWC. Members are vital.

We can moan and groan about declining membership, or we can do something about it. Many years ago, a current clubwoman was invited by a friend to join the local Junior Woman's Club. The friend did not just explain when and where the meeting was to be held; she insisted that the potential new member ride with her. Furthermore, she gave the new member a ride to every meeting for a year! How could anyone doubt the sincerity of this Junior's invitation?

Times have changed. Technology was supposed to give us more free time, but it has actually made us even busier. Is your club doing anything to make participation easier for busy members? When it comes to recruiting members, how sincere are your efforts? It does not take much to discourage someone from joining a club. Likewise, members who no longer

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Juniorette Jammer

Jenn James, State Juniorette Advisor



It has been an honor to serve as the State Juniorette Chairman this year. This has been a difficult year, with very low participation and no applications for the Juniorette Advisory Committee or for the Essie Newsome Scholarship. I believe all of our Juniorette clubs are doing wonderful volunteer activities in their communities, but we are not seeing these activities reported.

On the bright side, I am excited to announce that GFWC-NC Maiden High School Juniorettes was chartered at the 2019 GFWC-NC Convention. GFWC NC Kings Mountain Juniorettes have had their first meeting and are excited to send in charter information. I hope this a sign of wonderful things to come. This year, the North Carolina Juniorettes numbered 15 Juniorette clubs with 271 members.

The GFWC-NC Juniorettes will celebrate their 56th Annual GFWC-NC Juniorette Jamboree and State Meeting on June 1, at Jackson Park Elementary school in Kannapolis, NC. At this meeting, we will have a speaker from the Cabarrus Cooperative Extension office to discuss the importance of healthy eating. This will support

our GFWC-NC President's theme of Healthy Women. We will also have a hands-on project to support our GFWC-NC Junior Directors theme of Thriving Children.

As previously stated there were no applications for State Board offices. Therefore, an extended application deadline will be allowed. We still have all positions to fill, so clubs please support your Juniorette clubs in this endeavor. Please remember Juniorettes are our future Junior and General Clubwomen. If you would like more information about sponsoring and starting a Juniorette club please see me. North Carolina is the second largest membership of Juniorettes but we need more. Please consider this wonderful opportunity to share your love of our Federation with the next generation of volunteers.

Now on to the Club Awards for the GFWC-NC Juniorettes. The A.L. Brown Juniorette Club was recognized as an Honor Club and received honors for the following awards:

Best Juniorette Newsletter	
Best Juniorette Work with the State President & Director of Junior Clubs' Special Project:	GFWC-NC President's Special Project Award
Juniorette Best Overall Work in Arts	Sue Griffin Lemmon Award
Juniorette Best Overall Work in Community Service Programs	Frances Freeman Hunter Award
Juniorette Best Overall Work in Conservation	Essie Harris Newson Award
Juniorette Best Overall Work in Education	Ann Lewis Arbes Award
Juniorette Best Overall Work in Home Life	Madeline Anderson Jones Award
Juniorette Best Overall Work in International Outreach	Daphne Lee Smith Award
Juniorette Best Overall Work in Public Issues	Thelma Barnes Award
Best Juniorette Work with GFWC Emphasis: Signature Project: Domestic Violence & Awareness & Prevention	GFWC Emphasis Award
Best Juniorette Work with GFWC Junior Special Project: Advocates for Children	GFWC Junior Special Project Award

The winner of the Best Overall Work with Sponsoring Club, the Barbara S. Lloyd Award, was Henderson Juniorette Club. The winner of the Juniorette Membership Award, the Georgann Athanaelos Sapp Award, was St. Stephen's Juniorettes. The winner of the General Club working with a Juniorette Club, the Juniorette Revere Bowl, was Wake Forest Woman's Club.

The winner of the Junior Club working with a Juniorette club, the Margaret Moore Bonner Tray, was Fuquay-Varina JWC. Thank you to all Juniorette clubs that turned in reporting forms this year. I hope ALL clubs will report next year, so clubwomen can applaud all of the wonderful work our Juniorettes are doing in their communities.

Our Districts truly captured our Unity in Diversity theme during our State Convention with their Inspirational Women. They represented women who have inspired us in philanthropy and healthcare, women who accomplished firsts, women who represent freedom, Carolina women who enjoy fun and tradition, and women who represent GFWC!

Together We're Strong



GFWC women are known especially for taking care of what is needed. We are the moms who care for children and the daughters who look after aging parents.

We are the managers in charge of important departments and businesses, the teachers responsible for shaping the next generation and the doctors and nurses standing by to work when others are sick. We celebrate them all.

One of my favorite quotes is from Maya Angelou. She said,

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

We hope that you feel inspired to take care of yourself and your health, while you are taking care of others.

Our mission to thrive will build an even better, stronger GFWC of North Carolina. By doing so, we celebrate ourselves, the inspirational women who came before us and those yet to be!

And to accomplish this goal,
Who’s better than US?

MemberSHIP, Continued

feel comfortable may drop out of a club without any hesitation. We need to retain our members.

People often talk about the benefits of membership. There is value in being a member or being part of something. This is because feelings matter and belonging boils down to how you feel. You know you belong if you feel at home. From the Collect, “Let us forget not, to be kind.” Kindness goes a long way toward making someone feel at home. Let us always be kind to our fellow members, our life blood, be they long-time or new members, so they will always feel that they belong.

Donna Harrell, District 9 Vice President

District 9 Clubs have been busy little bees since our last news update. Lots of projects have been going on with all the different clubs in the district. Listed are some of the things the clubs have been doing. Outer Banks Woman’s Club has been helping with schools in their area by reading to the children and hosting the Annual Student Art Awards Ceremony at the Dare County Arts Center in Manteo.

Camden Woman’s Club hosted the District 9 Fall Meeting in South Mills, NC. They participated in several Roadside Clean-up Sweeps collecting no less than 12 bags at each sweep, sponsoring children for the Needy Children at Christmas program, donating picnic tables to Grandy Primary School, donating supplies like Kleenex, cough drops, ginger ale, and crackers to the school nurse to be used for students.

Roanoke Island Woman’s Club sponsored a

Thanksgiving dinner for the needy in their community and participated with helping children to read.

Edenton Woman’s Club put on the Edenton Pilgrimage. The public was able to learn the history of Edenton, take tours of the historical homes, and watch a re-enactment of the Edenton Tea Party.

Ahoskie Woman’s Club has been busy visiting the Accordius Creekside Nursing Home and working with the residents there.

Ahoskie Junior Woman’s Club, Camden Woman’s Club and Roanoke Island Woman’s Club are just a few of the clubs in the District that are collecting mascara wands to donate to the Appalachian Wildlife Refuge. These wands will assist the employees in cleaning the wildlife of things like lice, mites, fly larvae and even to clean oil off of the animals.

Perquimans Junior Woman’s Club sponsored the Sallie Southhall Cotton Scholarship State winner Lauren Winslow.

Elizabeth City Junior Woman’s Club sponsored a free Easter Egg Hunt for the children in their community.

Members of each club in District 9 have attend the state and district summer and fall meetings. Members from District 9 attended the 117th State Convention in Wilmington, NC.

Corporate Champions for Women & Children

Bev Lassiter, Chairman



It is with much excitement that I report to the GFWC-NC membership about the 3rd Annual Corporate Champions for Women & Children's Awards Banquet. This year's event will be held Thursday, October 17, 2019, at The Hilton Center City Charlotte.

Nomination forms were sent out last fall to all past attendees, honorees and clubwomen in the hopes that businesses from across NC would be potential honorees.

The committee is thrilled to announce this year's Corporate Champion Honorees.

- Novant Health

A hospital system of 15 medical centers and more than 1,500 physicians in over 500 locations, as well as numerous outpatient surgery centers, medical plazas, rehabilitation programs, diagnostic imaging centers and community health outreach programs. Statewide there are over 27,000 employees working to better the lives of women and children.

Novant understands the unique needs of women. Specialists use their expertise to create an environment of focused care helping women live longer, healthier lives at each and every stage of their life. Services span from teen girls, maternity care and senior women. **Hemby Children's Hospital** offers patients remarkable medical care, while offering parents peace of mind. From neonatal and pediatric intensive care to a wide variety of pediatric specialties Hemby is small enough to give patients individualized attention, yet large enough to attract some of the most skilled experts in the region. The **Novant Health Gynology Program** was introduced in Spanish in 2018 to focus on young girls ages 8-12 and is provided at no cost thanks to funding by the Novant Health Foundation. The course explains reproductive health to young women and is the only medically approved course in the country addressing this topic in Spanish. **Baby Cafes** are a free resource for pregnant and breastfeeding mothers to get support from an International Board Certified Lactation Consultant to answer any and all questions. **March of Dimes** has long been a partner of Novant Health; **Baby Bundles Program** where children born from tragedy, brings comfort and often needed supplies to families in need. **Novant's** presence in communities from Charlotte, Salisbury, Matthews, Huntersville, Mint Hill, Winston-Salem, Kernersville, Thomasville, Clemmons and Bolivia – Brunswick County provides amazing opportunities for women and children in the areas of health and education.

- Charlotte Motor Speedway

Known for being "fans first," Charlotte Motor Speedway was "community first" during its Service Days which saw speedway employees spend the day volunteering their time by doing everything from painting and pressure washing to cooking meals, installing light fixtures, spreading mulch, trimming hedges and reading to children at five area nonprofit organizations.

Speedway employees donned red Pit Crew shirts and spent the morning volunteering at The Salvation Army; Coltrane LIFE Center; Opportunity House; Piedmont Residential Development Center and the Church of God Children's Home of North Carolina.

Located in Cabarrus County, Greg Walter, Charlotte Motor Speedway's executive vice president says: "We're all about serving others. It's what we do at every speedway event. Seeing the smiles on the faces of those we've helped is certainly the most special aspect of our Service Day."

Speedway Children's Charities has had a huge impact by raising hundreds of thousands of dollars. They dedicate their efforts to funding a wide range of charities - because communities have a wide range of charitable interest and needs. Their goal is to reach as many children as possible by supporting those agencies that are the unsung heroes in many communities.

- Joe Lamb, Jr. & Associates

Since 1968 Joe Lamb Jr. & Associates has been a pillar in the Outer Banks community. Their small staff offers genuine and individual attention to homeowners and guests alike. A company that began on the basis of family values continues to flourish because they honor those principles of trust, loyalty, & tradition. They take great pride in the influence they have in their community and strive to uphold it with the highest respect.

Named **ESBY's** Small Business of the Year in 2016, Joe Lamb, Jr. & Associates have many keys to success. Having a positive mind set even when life throws you a curve ball is a very important component of their business strategy. Believing that playing an active role in their community is vital to their accomplishments, they consider our community to be an extension of their family and as family often does we rely on one another to grow and succeed. Community Involvement, Loyalty, and Confidence meld together to create a potent cocktail for success and their family secret ingredient for success includes that of dedication to the community.

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Giving back to their community through **sponsorships, volunteerism, local charity involvements and fundraising** efforts they have adopted a visible role in our Outer Banks Community. Currently, we have affiliations with numerous non-profit organizations such as **N.E.S.T** and are sponsors of the **First Flight Baseball** team amongst other contributions given to the Dare County school system for educational purposes. Among these affiliation's is **Outer Banks sporting Events** which 100% of the proceeds go to help the **Outer Banks Relief Foundation**. They are currently a boardwalk sponsor for **Jockey's Ridge State Park** and donate annually to protect this national treasure. Each year they sponsor and have members of our staff participate in the **Relay for Life Foundation**. They are participants and members of the **OBX Angel Tree Foundation**, which provides the Christmas experience for those who are unable to experience it without additional help. They support the **Dare County Arts Council** and have been a sponsor of the **Lost Colony** production, taking place in Roanoke Island for many years. Mrs. Ann Lamb is a founding member of the **Outer Banks Woman's Club** that has been participating in philanthropies all across the Outer Banks since 1971.

Joe Lamb Jr. & Associates value education and understand how important scholarships are to the youth

in our community. Joe and Ann Lamb have established the **Ann R. and Joseph T. Lamb Cornerstone Scholarship** at UNC Chapel Hill, which favors Dare County graduates and can be awarded up to 8 candidates each year. They have also established a self-supporting scholarship through the **Dare County COA**, which is awarded annually. Joe Lamb Jr. & Associates continuously makes every effort to be active members of the Outer Banks community and will continue to do so for years to come.

Our 2019 Corporate Champion Honorees are as diverse as GFWC of North Carolina clubwomen and you can see why we are most enthusiastic to present these three businesses in North Carolina this fall on October 17. Partnerships as well as individual tickets are already coming in and it is this committee's hope that you and your club members will make every effort to attend this year. Wouldn't it be wonderful to have members from across the state in attendance to support these amazing businesses that give so much talent, time and dollars to benefit women and children?

GFWC of North Carolina on Amazon Smile

What is AmazonSmile?



AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from over one million organizations to support... GFWC of North Carolina.

How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

GFWC-NC FUNdraising

Cindy Hewett, GFWC-NC Fundraising Chairman



Hello My Fabulous Fundraising Federation Friends! What an honor it is to serve our federation as our state fundraising chairman. It has been fun, interesting, and quite the learning experience! What a perfect opportunity to provide you with a fundraising update as we have just come from our 2019 State Convention – and- WOW! Did we ever have a Fabulous Fundraising Celebration in Wilmington with our Federation Friends.

We presented awards, learned which district received bragging rights as we named our **“Most Inspirational Woman”**, held a fundraising workshop, and we raised money, lots of money! We continued with the sale of our women’s pins, mermaid bracelets, starfish pins and our 1902 Society.

We held a **“Basket Raffle”** where members of our executive committee, along with, our very own GFWC Secretary Wendy Carriker, all provided wonderful items that many of us were hoping to take home with us! Some proved to be luckier than others as their names were called to claim their prizes.

One lucky lady was the winner of an **African Safari**. (Yes, I said Africa!) And, yet another lucky lady was the winner of a **“Week at the Beach”** (Holden Beach, that is!). I would like to extend a very special thank you to GFWC-Holden Beach club member, Carol Gardner, for her generous support. It is Carol’s beach house that our lucky winner from Clayton will be enjoying for one week this fall.

As many of you recall, our **GFWC-NC Legacy Fund** was birthed in our previous administration and for this administration we wanted to continue to focus on and place emphasis on the importance of sustaining our GFWC-NC Legacy. To do so, and to align with our theme of “Celebrating Women” our **“Girls with Pearls Society”** came to be. Our goal is to raise **\$10,000** specifically for our **Legacy Fund** and to help us do just that we are looking for 100 GFWC-NC clubwomen to each donate \$100 and become a member of our **Girls with Pearls Society**.

I am excited to let you know that, at the close of our 2019 Convention, we have **52** members in our **“Girls with Pearls Society”**. We are well on our way to achieving our \$10,000 goal. And, with your support, we can do just that! With a \$100 donation, each **“GWPS”** (as it has affectionately become

known) member will receive a commemorative lapel pin, that was made especially for our GFWC-NC Girls with Pearls Society, and a special place card for you to proudly display on your table during our state meetings. For those of you who are interested in joining **“GWPS”**, and have not yet had the opportunity to do so, we will soon be offering this on-line. Information on how to do so will be coming your way soon!

Saturday at Convention was a **“BIG”** day for fundraising! As I mentioned earlier, we started by announcing our **Most Inspirational Woman Contest** winner, followed by a fundraising workshop, and culminating with the presentation of our fundraising awards.

Our contestants danced into the meeting hall to the tune of “She’s a Lady” by recording artist Tom Jones. GFWC-NC President, Ann Landis, along with, guest speaker Nancy Witter assisted with presenting “mer-mazing” prizes (mermaids) to each of our contestants. **Our runner-up was District 5’s Rosie the Riverter! And, our winner, recipient of the “Annie Award” (and bragging rights!) was District 7’s Lady Liberty!**

A huge **“THANK YOU”** to all of our **“Most Inspirational Woman”** contestants (Jane, Courtney, Ellen, Ann, Georgann, Gay, Kelly, Kristan, Nicole, Juanita, Tammy, Brandy, and Donna)- you are ALL **“RockStars”!!** You did an amazing job raising funds both during and before Convention! For the first time, this year, we made online voting available for folks who wanted to make a donation and may not have been able to attend Convention. Donations that came in prior to the start of our Convention were just over \$3,000. And, the total amount raised through our **“Most Inspirational Woman”** Contest was just over **\$ 13,000. Thank you, thank you!!** (Can’t wait to see what we have in store for next year!)

Our Fundraising workshop was an interactive session held on Saturday, April 27th with focus placed on providing attendees with three doable projects that they could take back to their clubs and hopefully, achieve similar results as their sister clubs had experi-

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GFWC-NC FUNdraising, continued

enced. It was helpful having members of our audience from some of these clubs as they were able to provide clarity and priceless tips on their respective projects. I'm sure these clubs will be happy to share more information with you on their successful fundraising efforts. The (3) projects presented were:

(1) Condo Stay Raffle: The Zebulon Woman's Club- Contact: Sherri Barham, sherritantbarham@gmail.com, (14 members, 30 hours, \$5,535 raised);

(2) Charity Ball: Fuquay-Varina Junior Woman's Club – Contact: Kathleen Honeycutt, kathleen@tygof.com (20 members, 202 hours, \$15,550 raised); and

(3) Box Lunch: Fuquay- Varina Woman's Club – Contact: Julia Yeargan, juliayeargan@embarq-mail.com (57 members, 567 hours, \$5291 raised, \$483 in-kind).

Fundraising awards were presented at our Sat-

urday evening banquet! For our 2018 club year, we had 7 clubs submit Fundraising Award Entries representing 31 projects requiring 1,952 Volunteer hours resulting in \$74,815 in monies raised with the majority of these funds supporting efforts in their local communities. The Fundraising Creative Winner and recipient of the **Pierced Revere Bowl** for their **Upscale Flea Market and Garden Pleasures Sale**, was **GFWC- Edenton Woman's Club**. And, our Fundraising Overall Winner and recipient of the **Margaret Lovell Gibson Oval Punch Bowl** was **GFWC-South Brunswick Islands**.

Many thanks to everyone who assisted, participated and helped us achieve what I believe may have been a record setting, fund-raising weekend. Not completely sure about that- it certainly felt like it- nonetheless, it truly was FABULOUS Fundraising with Federation Friends. We raised over **\$20,000!** We could not have done this without each of you!! And to, you, the ladies of GFWC-NC, thank you for your generosity and continued support of our Federation. ***You are the most inspirational of all!***

Federation Friday Karen Throckomorton, GFWC-NC Corresponding Secretary



We hope you are enjoying Federation Friday! We will complete Volume One in June and begin work on Volume Two in July. It is hard to believe it has been a whole year already! We have covered a wide variety of topics throughout the year, from walking to healthy eating, to nutrition and recipes, to Women's Equity Day, to domestic violence, to Federation Day and much, much more. We hope that you find the issues fun and informative.

I would like to take a moment to recognize the Federation Friday Committee for their input and articles: Crystal O'Neal - Membership, LeAndra Ratliff - Thriving Children, Linda Browne - Wellness, Holly Coleman - Healthy Living, Tammy Kesky - Women's History, Cindy Hewitt - Fundraising, Pauletta Parker - Chaplain's Corner, and Donna Harrell – Membership. We have enjoyed articles from special guests throughout the year: Dottie Jennings – Scholarship, Helen Richie – Reporting, Judi Stankowich - Legislative and

Public Policy, Noreen Welch - Mental Health, Pat Davis – Women in the Military and Julie Wolfe - Spoofing. I can't thank them enough for taking the time to share their knowledge with us.

This final quarter, April-June, is filled with health awareness days and weeks, so we called on the President's Special Project Committee members to share their experience and expertise: Jane Carver, Mary Pendill, Lori Pappert, Mary Abernathy, Misty Deyo, and Sherry Thompson. They stepped up in a big way, so when you see them thank them for sharing their talents with us too!

It has been a joy to be the Chairman of this Committee and this very fun and special publication. We are ready for the next chapter! New ideas, and articles, are always welcome, so please send them along to: Karent@atmc.net.

Advocates fo Children

Pam Mediano, GFWC-NC Junior Special Project

Chairman

The number of projects, volunteer hours, and dollars donated to advocate for children across North Carolina were amazing! We had a total of 10 clubs that completed 48 projects with 203 members for 1,884 volunteer hours and collected 103,634 dollars in donations. Some of these projects included buddy benches, foster children Christmas adoption, angel tree, and playground revitalization to name a few.

Thank you ladies for all of your support of our children. Keep advocating for our children! Congratulations to the Women's Club of Mount Airy for their buddy bench project - winner of the Creative Project award and to The Henderson Junior Woman's Club as the overall Advocates for Children winner!



Community Improvement Program Award

Helen Richie , Chairman

While completing the Award Entry and Reporting Forms for your club, please be mindful of the following for the Community Improvement Program Award (CIPA): You will submit this information only in the even year. The Community Improvement Program Award provides clubs with the recognition for projects that meet the varying needs of their communities. Every two (2) years, a GFWC-NC award goes to the club (General, Junior and Juniorette) that is judged to have done the best project in making their community a better place to live.

By February 1st, 2020, you will send your award entry to the GFWC-NC Community Improvement Award Chairman: Helen Richie, 12446 Woodbend Drive, Matthews, NC 28105, 704-577-2763, helenrichie@gmail.com

During the even years, state winners are selected for the best work on a project over a two-year period (March 1 to April 30 two years later). A first, second,

and third place winner is chosen and they will receive cash awards.

The first place winner's award entry is sent to GFWC to compete in the GFWC Community Improvement Program Award. Clubs can work together on projects (as many as six).

The GFWC Community Improvement Program Award Entry Form must be submitted accompanied by a narrative and supporting materials. Entry cannot weigh more than seven pounds nor measure more than 15" x 20" in size. For the submission of this award entry, GFWC guidelines and deadlines will apply. See the Community Improvement Program section in the GFWC Club Manual for more information.

<https://www.gfwc.org/wp-content/uploads/2018/06/2018-20-Community-Improvement-Project.pdf>



Art Community Service Project

Sandy Cyphers, GFWC-NC Art Chairman & Jean Woodley, GFWC-NC Art Junior Chairman



GFWC-NC enjoys recognizing its clubs and members for the efforts and commitment they make in sharing and being involved in the Arts in their respective communities. Art projects make a difference in the lives of our members and those in the communities they serve.

Jean and I would like to congratulate GFWC-North Wilkesboro Woman's Club for receiving the General Creativity Project Art Award and also for winning the Overall General Project Award. And for the Junior Clubs, congratulations to Junior Woman's Club of Raleigh for winning the Junior Creative Project award; and to the GFWC- Fuquay-Varina Junior Woman's Club for the Junior Overall Award.

We also would like to "Thank" the twenty other GFWC-NC clubs which submitted great project award entries for judging. Keep up the fantastic work you are doing in your clubs and communities to promote the arts.

Did you know?

1. Working in the arts helps learners to develop creative problem-solving skills.
2. Teaching through the arts can present difficult concepts visually, making them easier to understand.
3. Art instruction helps children with the development of motor skills, language skills, social skills, decision-making, risk-taking, and inventiveness.

4. Visual arts teach learners about color, layout, perspective, and balance: all techniques that are necessary in presentations (visual, digital) of academic work.
5. Integrating art with other disciplines reaches students who might not otherwise be engaged in classwork.
6. Arts experiences boost critical thinking, teaching students to take the time to be more careful and thorough in how they observe the world.
7. The arts provide challenges for learners at all levels.
8. Art education connects students with their own culture as well as with the wider world.
9. A report by Americans for the Arts states that young people who participate regularly in the arts (three hours a day on three days each week through one full year) are four times more likely to be recognized for academic achievement, to participate in a math and science fair, or to win an award for writing an essay or poem than children who do not participate.
10. A study in public schools found that greater arts education led to fewer disciplinary infractions and higher attendance, graduation rates, and test scores.

Begin preparations for the Arts in your club for 2019-2020. Make a difference in the lives of your members, the youth and others in your respective community thru projects involving the ARTS!

Taking Care of Ourselves So We Can Take Care of Others

Linda Browne, GFWC-NC President Special Project Chairman



GFWC-NC's "Mission to the Moon"

The 50th anniversary of the Apollo 11 Mission is being commemorated this year. Apollo 11 was the historic spaceflight that landed the first people on the Moon. On July 20, 1969, some of you (like me) may have actually watched the live TV broadcast of Neil Armstrong's first steps on the Moon's surface. He described the experience as "one small step for man, one giant leap for mankind."



After fifty years, isn't it awesome that GFWC-NC has its own "Mission to the Moon"?! As you know, our HEALTHY WOMEN project walking goal is to make it **OVER THE MOON!** The Moon is 250,000 miles away – so this is obviously an ambitious journey we are making.

THANK YOU to all clubs that reported "HEALTHY WOMEN" project statistics on their annual club reports and to all clubs that submitted award entry reports. Your reports help us measure our progress. We are very gratified that clubs and members are so engaged in our 2018-2020 GFWC-NC President's Special Project.

And guess what! **Clubs reported that our members walked nearly 189,000 miles in 2018!** CONGRATULATIONS TO ALL OF OUR GFWC-NC WALKERS! Thank you for your amazing efforts.

According to the GFWC-NC "Walk to the Moon" milestones, we are almost three-quarters of the way to the Moon. If we continue to maintain this pace until the end of the project in April 2020, GFWC-NC will not only make it over the Moon ... we will also make the full return trip back to Earth!

But let's not congratulate ourselves too early – please keep walking and keep tracking.

SPECIAL NOTE: Thank you also to those of you who are using the Charity Miles app on your smartphone while you walk. As of April 30, we have 62 members on our GFWC-NC team and together we have logged nearly 5,900 miles using the Charity Miles app. It is estimated that each mile logged earns 25-cents, so we have earned nearly \$1,500 for charitable nonprofits. Team members are encouraged (but not required) to select Shot@Life as their designated charity. (If you

have any questions or problems using this app, please feel free to contact me for help.)

In addition to the outstanding "total miles walked" statistic, GFWC-NC clubs reported the following 2018 "HEALTHY WOMEN" project statistics:

- 55 TOTAL CLUB PROJECTS
- 1,128 VOLUNTEER HOURS
- \$700 DONATED
- \$867 IN-KIND DONATIONS

Members also reported impressive WELLNESS and HEALTHY EATING statistics:

- 375 annual physicals or wellness exams
- 881 monthly breast self-exams or mammograms
- 292 annual gynecological exams
- 441 dental check-ups and cleanings
- 33,062 days that members "ate a rainbow"
- 40,555 days that members drank at least four 8-oz. glasses of water

Tracking and Reporting

Tracking and reporting "HEALTHY WOMEN" project activities can be challenging. I have designed a couple of simple tracking forms to help us with our reporting. They seem to be working well for those members who are willing to do the tracking. If you would like copies of these tracking forms or have questions, please contact me.

Here are a few personal tips about how I report that might be helpful:

I only use the Charity Miles app when I take walks with my dog because I don't like carrying my cellphone with me all the time. We walk together 3 times a day, so I manage to log 3-5 miles on Charity Miles each day. I also use a Fitbit to track all of my walking activity. (I really like using this fitness tracker and find that it's very motivating.) I use my Fitbit's calculated total steps for my "Healthy Women" club reporting because it is a more complete and accurate snapshot of the walking I do. (I divide my total steps by 2,000 to come up with the number of miles I walk each day.)

With regard to HEALTHY EATING goals, I know that I drink at least 32 oz. of water a day, so I just check that item off each day. I admit that I don't track details with regard to the amount of fruits and veggies

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Clubwoman of the Year

Karen Throckmorton, the recipient of this year's Clubwoman of the Year Award is a charter member of the GFWC of Holden Beach Woman's Club and has served her club as Secretary, Treasurer, Vice-President and President. She is active in her District and has held multiple positions of State Leadership and through her efforts has earned recognitions for GFWC-NC. Karen is described as being cheerful, competent, organized, one who achieves what she sets out to do and follows through with what needs to be done. She is a true leader and encourages others to assume leadership roles and guides them as they develop their person-

al skills in leading others. Alongside GFWC-NC, Karen leads within her community. She works a full time job, is the Chairman of the Brunswick County Association of Realtors Affiliate Committee and a member of two Chambers of Commerce. Karen is married and has one daughter.



Outstanding Junior Clubwoman

Mary Elizabeth Caldwell, the recipient of this year's Linda G. White Outstanding Junior Clubwoman Award is a member of the Hickory Junior

Woman's Club where she is currently the Club President and the Junior Director of GFWC-NC District 2.

She is passionate about her club and promotes membership. She is a member of the Board of Directors at the Historic Shuford House in Hickory. She is a volunteer for many civic organizations in the Hickory area. Mary is an art teacher, a volleyball coach, volunteers at her church and teaches summer art camps at the Hickory Museum of Art. Mary and her husband Chris are parents to 4 children.

Junior "Magic" Clubwoman

The Junior Magic Clubwoman award is given annually to a Junior clubwoman who by her efforts provides the "magic" for her club. It is not to be given on the basis of community or club involvement, but rather awarded to that person who best exemplifies the words of the collect for clubwomen.

This club woman joined her club in 2014 as a way to give back to her community and meet other like-minded women. From the moment she joined her club, it was obvious she was a special asset. She sought out a variety of volunteer opportunities, so that she could learn the many different aspects of club work and the Federation. She doesn't get wrapped up in the "politics" of the club, instead always concentrating on our purpose to improve the community through voluntary service. This club woman believes in her club's mission and encourages her friends, neighbors, and colleagues to join. She is inclusive and welcoming of new members; always offering a smile or kind word to make them feel valued.

She attends nearly all club activities and is always one of the first to say, "how can I help?" She arrives early and stays late to help her clubwomen

as needed. She has a way that is always calm even in some of the most stressful situations. She is not afraid to gently say what is difficult to say, and her club members respect her for it. This clubwoman believes in the goodness of people. She lives her club's mission and the collect. Her smile lights up the room and her enthusiasm during the meetings is contagious. She is gracious, inclusive and most of all kind.

The winner of the Kim Pfeil Pearce Oak Leaf Bowl is **Sharon Day of the Junior Woman's Club of Raleigh.**



Juanita Bryant Citizenship

The winner of the 2018 Juanita Bryant Outstanding Citizenship and Patriotism Award is **Beverly Lassiter of the Charlotte Woman's Club**.

Bev serves in leadership positions in a wide range of diverse organizations. She leads by example and does not hesitate to be personally involved. She is engaged in her community through leadership positions in large organizations as well as by participating personally in hands-on projects.

She is chairman of the board for a youth-led venture that aims to change the lives of at-risk girls and youth through programs including financial wellness, leadership, digital literacy and health and well-being. She is also on the board of a women's organization representing different cultures, and ethnic and religious backgrounds committed to financially disadvantaged individuals. In 2018, she chaired their annual luncheon, attended by over 1800 women. It raised over \$600,000 for the working poor.

Bev also supports her community through hands-on service. She volunteers at the local rescue mission residential facility by serving breakfast. She donates food and gifts during the holidays to the homeless. She participates in the American Heart Association's signature initiative to end heart disease and stroke in women.

She is an active participant in organizations that support arts education. She assists in fundraising and hosts benefits for a program that reaches over 12,000 students promoting music education and performance opportunities. She co-chairs a museum's annual gala which, in 2018, raised over \$500,000 for the education of children in the arts. She was honorary chairman



many, many new members. This member leads by example in many ways – including having perfect attendance at her club's regular meetings. She uses her outstanding planning and organizational skills to make the most of club events. Knowing that new members have unique needs, she spearheaded a mentoring program to train, advise, and encourage each

for the 25th Anniversary Gala for a non-profit performing arts organization that sponsors numerous community outreach programs.

In addition, Bev continues to make significant contributions to her local GFWC club, her district, GFWC-NC, GFWC Southeastern Region and GFWC. She is an active member at her club, serves on numerous committees, is loved and respected and always makes the members laugh. She is Chaplain for her district. She serves as Parliamentarian for GFWC-NC and is a member of its Board of Trustees and its Bylaws Committee. She serves as Secretary of the GFWC Southeastern Region, is a member of the GFWC Elections Committee and of Ditto's Roses, a group of past state presidents who served under GFWC Past President Rose Ditto.

Perhaps her most notable recent achievement has been to spearhead and chair the GFWC of North Carolina's signature fundraising event, Corporate Champions for Women and Children. Through her initiative, dedication and leadership, this event has raised awareness of the mission of GFWC of North Carolina across the state while recognizing companies that distinguish themselves through their support of women and children. In its inaugural year, it raised \$70,000 for our federation's programs.



Clubwoman with Heart

new member.

In her five years of membership, she has taken on multiple responsibilities and has excelled at each of them. She even wrote and received THREE GFWC membership grants! To quote her nominators, "A strong no-nonsense person who always does just the right thing for the club, she is always eager to share information. She has a gift. She can see the big picture, but she doesn't lose sight of individuals. She epitomizes the Collect and is all that a clubwoman should be. Please help me congratulate our winner, **Dr. Pauline Kathleen "Kathy" Godfrey**, on being named the 2019 Julene Barlow McPhaul Clubwoman with Heart Award.

Healthy Women, continued

that I eat so I estimate by week. I make an effort to eat healthy and simply estimate the number of days in the month that I “eat a rainbow” (usually about 15 of 30 days).

2018 President’s Special Project Award Winners

For those of you who were unable to attend the recent state convention in Wilmington, we want to share the winning award entries and provide you with some other interesting project ideas:

Creative Award: Greensboro Woman’s Club’s creative project focused on making walking and healthy habits more interesting and fun for its members. The club borrowed an idea from our “Walk to the Moon” goal. This club tracks the total miles members walk and pins that distance on a map that is displayed at each club meeting. The club is taking a journey based on the total miles members walk. Each month they travel to different places in North America ... and follow their progress on their “pin map”. (That sounds like fun to me ... your club might want to try it!)

Overall Award: GFWC of Holden Beach enthusiastically embraced the project goals:

- Members tracked and reported their healthy habits.
- Members formed walking groups.
- Meeting hostesses provided healthy refreshments.
- Their October club meeting focused on “Healthy Women” and breast cancer awareness. That month’s club e-newsletter was pink in color and all members wore pink to the meeting.
- “Becoming Healthy Women” was a featured column in the club’s e-newsletter
- Three club members are also members of the President’s Special Project Committee. They devoted many hours to promoting the “Healthy Women” project statewide and preparing or editing articles for the FEDERATION FRIDAY e-newsletter.

Other “HEALTHY WOMEN” projects reported or that clubs have planned include:

- The **Woman’s Club of Clayton** planted a bed of spinach and kale in the local community garden.
- Mary Stewart Woman’s Club** did a service project with the Chrysalis Club at the NC correctional institute for women. They presented a program on “mindfulness” which included a yoga and meditation exercise and healthy snacks.
- Several clubs reported that “Healthy Women” columns are featured in their monthly club newsletters.
- Many clubs had meeting programs focused on women’s health issues.

•Healthy meals or refreshments were served at club events.

•A few clubs will be participating at local health fairs being held in their communities.

THANK YOU FOR YOUR ENTHUSIASM FOR THE “HEALTHY WOMEN” PROJECT! Please continue to promote it at your **club** and **district** meetings ... **and in your communities.**

THINK HEALTHY – MAKE HEALTHY CHOICES – AND HAVE SOME FUN TOO! ... What you do today can improve all of your tomorrows!

If you have any questions about the “HEALTHY WOMEN” project or the Charity Miles app, please feel free to contact me or your district chairman.

PRESIDENT’S SPECIAL PROJECT COMMITTEE MEMBERS:

GFWC-NC President: Ann Hutchens Landis (GFWC of Holden Beach); alandis@ec.rr.com

Project Chairman: Linda Browne (GFWC Warrenton WC); LindaBrowneNC@gmail.com

GFWC-NC Corresponding Secretary: Karen Throckmorton (GFWC of Holden Beach); karent@atmc.net

District 1: Jane Carver (Konnaheeta Woman’s Club); jmc46@frontier.com

District 2: Joanna Gaither (GFWC-NC Statesville Woman’s Club); jogaither@bellsouth.net

District 3: Dr. Lori Pappert (Charlotte Woman’s Club); Mywhitepoodles@yahoo.com

District 4: Mary Jo Abernethy (Burlington Woman’s Club); LL1MJ@aol.com

District 5: Sherry Thompson (GFWC Warrenton WC); thompsonshouse@hotmail.com

District 6: Misty Deyo (Junior Woman’s Club of Raleigh); mistydeyo@gmail.com

District 7: Holly Coleman (GFWC of Holden Beach); hollyc311@gmail.com

District 8: Brandy Selos (Clayton Junior Woman’s Club); brandyselos@me.com

District 9: Mary Pendill (Roanoke Island Woman’s Club); obxmamap@hotmail.com

Honorarium & Memorials

Presidents Special Project

- In Honor of Ann Landis by GFWC-NC Mocksville Womans Club
- In Memory of Judy Brock by GFWC-NC Mocksville Womans Club

If you or your club are interested in donating an Honorarium or Memorial, please contact Frances Lewis, GFWC-NC Financial Associate at bookkeeper@gfwcnc.org

Other

Bennie Berton
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Jane Carver
Mary Derrick
Anne Gamble
Donna Geise
Faye Hoffman
Ann Lamb
Pauletta Parker
Sandie Werderman

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Upcoming Meetings

June 26- July 2, 2019

GFWC Annual Convention

Austin, TX

STAFF Executive Administrative Assistant - Jill Dedene Financial and Administrative Associate - Frances Lewis
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919.790.8684 www.gfwcnc.org e-mail - hq@gfwcnc.org
Headquarters Office Hours: M, W, F - 9:00 am - 4:00 pm Other hours by appointment