



GFWC MISSOURI CLUBWOMAN NEWSLETTER



MEMBER GENERAL FEDERATION OF WOMEN'S CLUBS

October 2022

Volume 80, Number 12

COMING EVENTS

Missouri Girls Town	1 st and 2 nd District	Lathrop	October 22
Open House	4 th District	Montgomery City	October 15
October	9 th District	Ste. Genevieve	October 8

GFWC MO Spring Convention
 Drury Plaza Convention Center
 Cape Girardeau
 April 20-23, 2023

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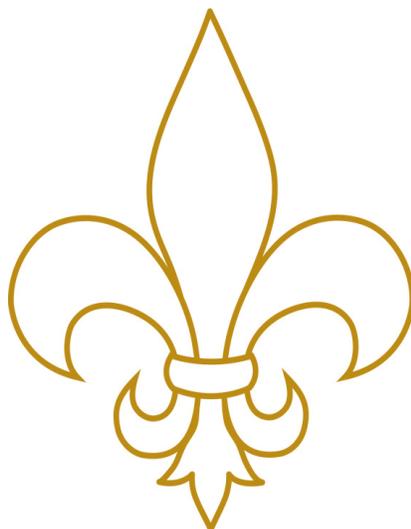
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Greetings from your GFWC Missouri President:



Autumn is my favorite season. The trees began to change to the beautiful colors of red and gold. Combines and cotton pickers are in the fields gathering the year's harvest. Grain trucks and module trucks are going to the elevators and the gins. As the summer days turn into the golden colors of fall, GFWC MO ladies across the state are participating in a wide variety of activities focusing on their communities.

GFWC President Deb Strahanoski along with the communications/public relations, membership, and leadership have developed a great event that all of our clubs can participate. She wants us to do a "Friendsgiving" event where we join with others to celebrate our communities. Look further into the newsletter to gain more information.

The last two months have been extremely busy for me. First, I attended the Board of Directors meeting in Washington, DC in August. Presidents from across the United States met together to discuss our plans for the next two years. Each president told what their service project was. Members toured the Turning Point Suffrage Memorial. Reports were given from committee chairman as well as GFWC officers.

During September, I visited with the GFWC Mina Sauk Club and GFWC Monday Club of Farmington. The MVR Conference was held in Bismarck, ND on September 16-18. GFWC ladies obtained a wealth of information about Deb Strahanoski's administration. Once I returned home, I have visited with 5th, 6th, and 7th District Conventions. Be sure and look at pictures from each of these events in this newsletter. I am looking forward to visiting the other districts during October.

Membership should be a major focus to help us rebuild the members we have lost in the last few years. Remember to think outside of the box. There are many ladies who are looking for an organization that does community service. That is GFWC!!!!

Please be sure to send me information on projects that your clubs are doing for our many worthy causes. I want to make sure these activities are in our newsletter. They can also be sent to our Facebook page. When we post on Facebook or other media networks, our clubs gain recognition for their work.

Keep up your great work for our organization.

Amy Boone
GFWC MO State President

“SPARKLE AND SHINE”

Hello ladies! I learned something new recently as I was looking at the GFWC Portal and I thought I would share it with you. Did you know that GFWC members have access to exclusive discounts with different companies? I know I will find these discounts useful, and I hope you will as well.

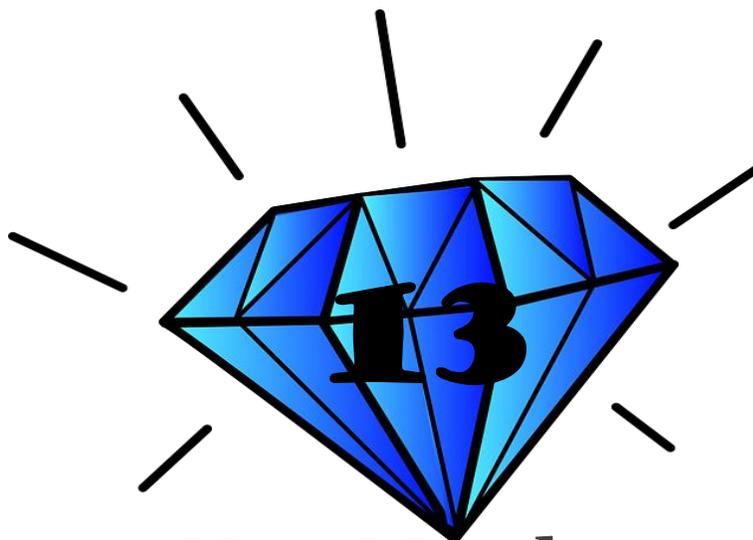
GFWC Members have access to travel savings for car rentals, hotels, condos, villas, guided tours, and even group travel packages. You can actually save up to 65% on lodging, which is definitely savings everyone can use at any time.

To get these savings, go to the GFWC Portal and find the membership tab. Once you are in the membership tab you will see a tab that says, “Membership Discounts”. If you click on this, you will see the different companies that give GFWC members discounts. You will just follow the prompts to see what your savings are.

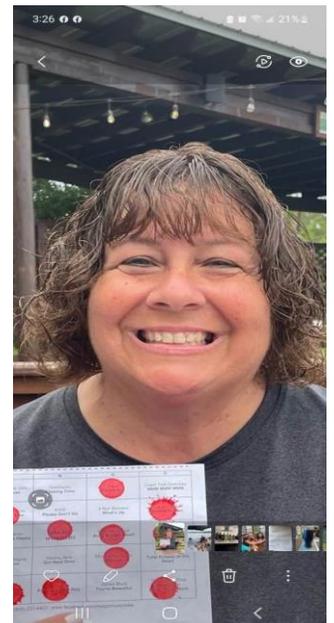
I think every member should check this out and while you are on the portal check out what other informative information there is. It seems like every time I look at the portal, I find something different and useful.

Until the next newsletter, remember that bringing in new members and retaining members are our key goals. GFWC can only thrive through each and every one of you and the new members that we receive. Start recruiting ladies and start “Building Dreams that Sparkle with Hope.”

Sandie Neal
GFWC MO President
Elect
Membership
Chairman



New Members



Engage Beyond the Page: Meet the Author/Book Review



Have you ever wanted to meet an author to discuss a book? Understand where the characters came from? Or know what the inspiration was for the content? GFWC is proud to announce our first Engage Beyond the Page: Meet the Author/Book Review with Robin Yocum. The event will take place on [Zoom](#) at 7:00 p.m. ET on November 16.

2022-2024 GFWC Education and Libraries Honorary Chairman Robin Yocum is the Edgar-nominated author known for his fiction set in the Ohio River Valley. He is the author of six works of fiction including *The Essay*, our choice for the Meet the Author/Book Review, a novel about a young boy who grew up in a rural town in Appalachian Ohio with little hope for success. It's a story of finding the path that leads outside of one's current situation and the opinions of others. For our members who are educators, it will be a walk down memory lane as you remember students who surprised themselves and the adults who believed in them.

Discussing a book with the author is a rare experience to gain more insight about the book, to learn about various inspirations, and to hear about what the author may be working on next.

The Essay by Robin Yocum can be purchased on many online sites. You are encouraged to complete the reading prior to the book review.

[Register](#) today to join GFWC and Robin Yocum for this exciting opportunity. A brief questionnaire will be sent to those registered approximately one week prior to the book review.

Together in Federation,
Sandy Hauenstein
GFWC Education & Libraries Chairman 2022-2024
GFWC Pennsylvania Past President gfwc.org
gfwcpennsylvania.org

EXECUTIVE COMMITTEE SPOTLIGHT

My name is Tami White and I am the GFWC MO Vice President for the 22-24 Administration. I joined the GFWC Mina Sauk Club in Ironton, Missouri in 2008 and still remain a member. I am currently the Club President.

I live in Farmington, MO and have been married to Rich White for 12 years in October. We have 3 kids between us, Nick, Emily and Bekah and a 5-year-old granddaughter named Lily. We also have a German Shepard named Mina.

I served in the Army for 7 years as a personnel clerk then a military police person. I was stationed at Ft Carson, Colorado then Nellingen, Germany. I got out, finished college then joined the Army Reserve. I finished my 20 years as a Military Police person at Jefferson Barracks, MO. I also worked for Missouri Department of Corrections for 26 years, retiring in 2019. I then began working for Ashland University in the same correctional institution, helping incarcerated men get their college degrees.

I love to travel, go to National Parks, read and garden. I am currently planning my retirement trip to Greece.



GFWC MO PRESIDENT'S PROJECT SUPPORTING ST. JUDE CHILDREN'S HOSPITAL

GFWC MO Wagon of Hope Campaign is moving forward rapidly. We have raised our goal to \$5,000. At the present time, we have had donations in the amount of \$2,238. I want to thank clubs or members who have donated. Our donations help families through this difficult time. To reach this page, follow the following directions.

LITTLE RED WAGONS OF HOPE

1. Load: <http://events.stjude.org/WagonsofHope>
2. Select: Donation Amount
3. Select: Form of Payment: Choices will be credit card or paypal
4. Fill-in Appropriate Information
5. Select: Donation

If you prefer to pay by check, make checks PAYABLE to St. Jude and mail to Amy Boone; Box 85 Braggadocio, MO 63826. If you have questions, please contact me.



THIRD THURSDAY BRIEFINGS

Your state leaders are ready to present a new communication tool for our members – Third Thursday Briefings. This will be a monthly communication through Zoom to provide a variety of information to you, including Communication/PR, Leadership, and Membership ideas, along with an update from your state president, Amy Boone, and information and ideas from one of our state chairmen.

The first Third Thursday Briefing will be on October 20, 2022, at 7:00 pm and will continue each month on the third Thursday. Sessions will last 30-40 minutes. The Zoom link will be sent to state officers, district presidents, club presidents, and state chairmen. Other members are certainly welcome to join.

The Zoom link with the agenda will be sent a week before the meeting. A meeting summary will be written and sent out afterward to those who cannot attend.

Here is the agenda for the first session:

Greetings from your State President, Amy Boone

Leadership: Sharing Leadership Responsibilities within Your Club, Susan Gettys, GFWC

Leadership Chairman

Membership: Membership Ideas – Sandie Neal

Communications/PR: Communication Ideas – Barb Phillips & Marilyn Stone, GFWC MO

Communication/PR Chairmen

New National Event: GFWC Friendsgiving – Susan Gettys

We hope you will join us on October 20. Please let us know if there are specific topics or information that would be helpful to you. We plan to discuss Narrative Writing for your Award Entries (formerly known as Reports) on November 17 and How to Fill out the Statistical Form on December 15.

General Federation of Women's Clubs, Inc. National Event



Why *GFWC Friendsgiving?*

Friendsgiving is the blend of the words *Friends* and *Thanksgiving*, and it refers to a large meal shared with friends either near or on Thanksgiving. But why should we make this concept of a meal with friends just for Thanksgiving time?

The **GFWC National Event: *GFWC Friendsgiving*** will help build the GFWC brand in your community: gather and thank leaders, individuals, and businesses who have participated in some way in club projects by their donations of items, time, gift cards, and/or sponsorship; and enlighten potential members to the vast reach of club philanthropy and grassroots volunteer dedication.

Reach out to organizations that have benefited from your hands-on community service and/or In-kind donations and invite them. Think of your local organization contacts your club works with, such as the humane society, domestic violence shelters, after-school programs, food kitchens and pantries, and the list goes on.

Who else to invite? Town/city leaders, local business owners, past club members, co-workers, friends, members from other social groups you belong to, ladies who have attended club events or meetings but never joined, and even the micro-volunteers who assisted your club over the past few years. Pretty much, *EVERYONE* your club members are in contact with could be invited.

The goal is to get together for fun and fellowship. It can be scheduled around any holiday, such as:

- *GFWC Friendsgiving* – Ringing in the New Year with Friends (New Year's)
- *GFWC Friendsgiving* – Show the Love (Valentine's Day)
- *GFWC Friendsgiving* – Join us for a "Hoppy" Celebration (Easter)
- *GFWC Friendsgiving* – It's A Federation Day Friendsgiving
- *GFWC Friendsgiving* – Let the Summer Warm Your Heart (summer months)

The possibilities are endless. GFWC clubs are creative – we encourage you to create your own ***GFWC Friendsgiving*** event.

All the facets needed to plan a successful event are located in the
GFWC Friendsgiving ~ Box of Gems
located in the F Resources Folder in the Member Portal

GFWC Friendsgiving ~ a wonderful opportunity to be *Thankful* for the community's support and to BRAG about the good GFWC grassroots volunteering your members participate in while gaining a few new members in the process!

GFWC

Member Portal

Are you in



- Go to gfwc.org website
- Member Login – (red box on upper right corner)
- Enter your information and click “join”
- You will receive a verification email
- Login with your newly created password
- Save password so you will be automatically logged in for future visits on site
- Once you are set up and logged in, input your profile information
- Click on the circle icon button at the top right-hand corner on the blue bar and a drop-down menu will appear. Click on **My Digital Library**
- Click on the **Resources Folder**, click on **Index** and print this out. This document will make it easier to find what you are looking for!

Documents and forms are in each folder. They are indexed alphabetically. Go to the letter in the name field (in blue) the documents are in. For example, click C, you will find the **GFWC Club Manual** or F for the **Friendsgiving Box of Gems**.

*Have questions about accessing the Member Portal
or about GFWC Friendsgiving??*

Contact:

GFWC Leadership Chairman: Susan Gettys susan.gettys@att.net
GFWC Membership Committee Member: Judy Gustafson jdycgust@aol.com

MGT

Trauma Informed Care- A Day in the Life of a MGT Youth

At Missouri Girls Town (MGT) we have been focusing on Trauma Informed Care (TIC). The five principles of TIC that we have learned are choice, safety, trust, empowerment, and collaboration. MGT has been working very hard to implement trauma informed care in our daily lives. To inform you how we implemented trauma informed care, I will tell you what happens in a day.

Every day we wake up an head to dining hall where we are greeted by two wonderful ladies. We are given a choice of toast or regular breakfast. Next, we clean rooms, then we collaborate on house group. Later, several of the girls play basketball outside where we trust our teammates to make good plays. After that we go eat lunch where the girls empower each other to eat healthy. When we get back home, we have a choice to listen to music. After second shift comes, we play a game at the Rec. When that is finished, we start cooking dinner. We are safe by washing hands and being careful with hot pots and pans. Some of the choices we get to make are small but are still ours to make. We have the choice of playing kickball or basketball. On Fridays, we have a group called Improve Campus Environment (ICE). That's where we talk about our choices but also all of TIC.

In my opinion one of the most important aspects of TIC is safety. Staff try very hard to make us feel safe on campus. We are both physically and emotionally safe. When we feel unsafe, we are able to talk to a therapist. They do the best they can to make us feel safe again. For example, when we move to the newly remodeled houses, there where no curtains! Not having curtains made me feel unsafe and exposed, so I told my therapist and now curtains are being installed. Trust is what the world runs on. So of course, it is a part of TIC. At MGT, some of the girls are trusted to walk around campus. Some girls have so much trust they can go off campus for school and work. Trust is very easy to lost but hard to gain. Empowerment is one of the easiest principles. The girls empower me everyday by teasing and joking around. The grounds keeper maintenance man empowers me to smile, and the therapists empower me to stick to my values. The final part of TIC is collaboration. On campus we are constantly collaborating on what to have for dinner to planning campus parties. I collaborate with my roommate about who is cleaning what. My friends and I collaborate on what we are going to wear some days. To end this, I'll say that TIC has really improved this campus it has made the girls think about others. Thank you for reading this. Bye!

Deanna Barger
Development Director





**PLEASE REMEMBER
TO BRING YOUR OLD AND BROKEN JEWELRY TO YOUR
DISTRICT MEETINGS. WE WILL BE COLLECTING FOR
MONARCH JEWELRY DURING THE NEXT TWO YEARS.**

**REMEMBER TO MAIL CLUB DUES
BY DECEMBER 31
TO GFWC OF MISSOURI TREASURER
DONNA CALVIN**

~ ~ ~ ~ ~

**IMPORTANT TO MEET JANUARY
GFWC NATIONAL DUES DEADLINE**

REMEMBER THE DATES

**GFWC MISSOURI STATE CONVENTION
APRIL 20-23
DRURY PLAZA CONVENTION CENTER
CAPE GIRARDEAU**

ROOMS ARE AVAILABLE TO BOOK IN THE BLOCK NOW. ROOM RATES ARE \$114.00 PLUS TAX.

CALL: 1-800-325-0720

GROUP NUMBER: 2452363

WE HAVE 30 ROOMS EACH NIGHT IN OUR BLOCK. THE OHIO VALLEY CONFERENCE HAS A GOLF TOURNEY THE SAME WEEKEND AS WE ARE THERE. PLEASE DON'T WAIT UNTIL THE LAST MINUTE. PLEASE CONTACT AMY IF YOU HAVE ANY ISSUES.

**GFWC MISSISSIPPI VALLEY REGION
FALL CONFERENCE
SEPTEMBER 14-17, 2023
STONE CASTLE INN
BRANSON, MO**

2022 MVR CONFERENCE BISMARCK, NORTH DAKOTA



The 2023 MVR Convention was attended by 61 members across the seven-state region. We heard from GFWC President Deb Strahanoski as well as a variety of chairman. State presidents presented reports were given. Members were able to tour museums and help in a food kitchen.





ENJOY AN ENVIRONMENTALLY FRIENDLY AUTUMN

Across Missouri, there are so many ways to enjoy the cooler temperatures and enjoy the wonders of the fall colors.

- Go for a hike at a Missouri State Park. If hiking is not for you, take a stroll in the park, just sit a while, and take in all that nature has to offer. Here is a link to the [Best 10 Trails and Hikes in Missouri](#).
- Plan a club trip to visit a pumpkin patch, then have a pumpkin decorating contest!
- Create feeding stations to feed birds during the winter months. Avoid trimming, flower, and seed-bearing plants until the early spring. These plants provide an excellent food source for migrants to refuel on their way south and help sustain the species who stick around for the winter.
- Prepare community gardens for the upcoming winter months.

Remember to share pictures of your outings and events. Your ideas can be an inspiration to other clubs.

Rosemary Douglas
GFWC Missouri Environment Chairperson

ADVOCATES FOR CHILDREN

Now that all GFWC of Missouri are back in session, I am hoping each of you have given some thought on ways to become advocates for children.

A great way to become a child advocate is by participating in the Samaritan's Purse Operation Christmas Child. You can help raise support and awareness for this project by collecting items, planning a packing party, and shipping them to children in need. Also, monetary gift -in-kind donations can be made to support this wonderful project.

You may wish to join others in your local community that have a plan in place, or be the first to kick-off this special event. This years' National Collection Week has been set for November 14-21, 2022.

Bring a smile to some Childs face during this upcoming holiday season.

For The Love of Children

Pam Carr
GFWC Missouri Advocates for Children Chairperson



**CONGRATULATIONS
 TO THE
 GFWC WOMAN'S CLUB OF STE. GENEVIEVE
 FOR
 RECEIVING THE
 BETTY BRADLEY AWARD
 FOR THE
 GREATEST INCREASE IN MEMBERSHIP**



GFWC MO CLUBS

REMEMBER HONOR ROLL, STATISTICAL REPORTS, AND NARRATIVES

DUE: JANUARY 20, 2023

PROJECTS CAN ONLY BE SUBMITTED IN ONE CONTEST AREA

IF YOU HAVE QUESTIONS, PLEASE CONTACT A STATE OFFICER.

LINDENWOOD ART SCHOLARSHIP

My name is Meredith Rodgers, this fall will be my second year at Lindenwood University where I am studying Art and Design with an emphasis in Graphic Design. I'm also planning on minoring in Painting, Digital Art, and Entrepreneurial Studies. I try to be pretty involved there, being a member of the Lion Pride Color Guard takes up a lot of my time but I still make room for other things like the Art and Design Association, the Creative Writing Club, and being a student worker at the campus Makerspace and Print lab. I have wanted to pursue art as a career since I was a little kid, and this last year I finally made the jump to start pushing myself to put my art out there. With various gallery exhibitions, studio classes, and even LU sponsored events like the Augusta Plein Air Art Festival, I have found a place that supports me and my dreams, that helps me get opportunities like this scholarship to help make my plans and future goals happen.

Once again, thank you so much and I hope you have a great day,
Meredith



PARLIAMENTARY POINTERS

SUSAN GETTYS, GFWC MO PARLIAMENTARY ADVISOR

Last month, questions regarding motions and amendments were presented. This month, the questions will focus on meeting quorums.

1. A quorum:

- A. Must be stated in the bylaws.
- B. Is always a majority of the membership.
- C. Is the maximum number of members allowed to vote on any one motion.
- D. Should be stated as a number of members, rather than a percentage, to avoid confusion.

2. Ascertaining that a quorum is present is the duty of the:

- a. Secretary.
- b. Parliamentarian.
- c. Presiding officer.
- d. Credentials chairman.

3. The quorum of a committee of the whole is:

- A. A majority of the members present.
- B. The entire membership.
- C. The same as that of the assembly.
- D. Two-thirds of the members present.

4. The continued presence of a quorum in a meeting is presumed until:

- A. The absence is noticed by a member who raises a point of order.
- B. All business is completed.
- C. It is waived by unanimous consent.
- D. Notices are given.

5. Which of the following statements is incorrect?

- A. A quorum is the minimum number of members who must be present at meetings for business to be legally transacted.
- B. The requirement of a quorum is the protection against unrepresentative action in the name of the body by a small number of members.
- C. If a provision for a quorum for an organization with a fixed membership is not in the bylaws, the quorum is a majority of the members present.
- D. The number of members that shall constitute a quorum should approximate the largest number that can be depended on to attend any meeting except in extremely unfavorable conditions

Answers:

1. D; 2. C; 3. C; 4. A; 5. C

DISTRICT MEETINGS FALL 2022



5th District Cole Camp 2022



SECOND DISTRICT HIGHLIGHT
DEANNA FRITSCHÉ
GFWC WOMAN'S CLUB OF LEXINGTON



The 2nd District member spotlight is DeAnna Fritsche from the GFWC Woman's Club of Lexington! DeAnna was born in Nevada, raised in southern California, and then moved to her husband's home state of Missouri (yay for us!!). She has been blissfully married for 30 years (in November, but close enough!), and has two kids, two grandkids, a pet snake, and a cat. She is a small business owner in Lexington of Dee Va Spa & Salon, where she is an esthetician and cosmetologist. She also owns a bed and breakfast called Sweet Dreams.

DeAnna is currently her Club President, 2nd District President-Elect, and State Photography Chair. When asked why she supports GFWC, she said her grandfather instilled the importance of giving back to the community and helping others when you can. GFWC is a perfect mechanism with their far-reaching influence and support, to give back to the community, state, country, and international. Her wish is to inspire others to do the same.

As if that wasn't enough to keep her busy, she also has held, or holds, positions in P.E.O. (a philanthropic organization where women celebrate/educate/motivate women), Lexington Community Betterment Association, VFW Auxiliary, Rails to Trails Board, and The Lexington Civic Auditorium Board. DeAnna also is a multiple grant recipient for her Skin Cancer Prevention Project, in which sunscreen dispensers provide free sunscreen to citizens at the pool, ballfields, and more.

If that wasn't enough to keep her busy, DeAnna also has hobbies. She loves to travel...her goal is to see all 50 states before she is 50, but the pandemic slowed that effort a bit...she has 5 states left to visit in about a year (I have faith!). DeAnna also loves art, photography, and skin art (aka tattoos....she has a few!

She will pretty much try anything in life once (within limits!)...better to try, than to be left with regrets! We are honored that she gave GFWC a try, and has stuck with us now for 5 years. Keep up the great service, DeAnna!

LET'S GET 'IN THE LOOP' ON LEGISLATION ACTION

Here we are, well into the fall of the year, crisp evenings, football games and sweater-weather! But we have a job to keep working at - looking out for our communities, our children, disadvantaged women. We, as GFWC, have been advocates for years for those who need someone to speak for them. If you haven't done so yet, I encourage you to go to www.gfwc.org/what-we-do/public-policy/ and scroll down to the highlighted link in the first sentence. There it is. Your chance to add your name to the list to keep you in the loop, combining your voice with that of thousands of other women across the nation to effect change - change that matters!

Because the Legislative Action Center recently switched platforms, it's possible that you may need to sign up again (as I had to) to get back on the list. Don't let that deter you!

An alert came out Sept. 12 from the GFWC Legislative Action Center (LAC). The email came from Darrell Jones (GFWC Programs Manager) with the subject line "Stop Online Child Sexual Exploitation". (If the email is not in your inbox, be sure to check in your promotions or junk mailbox). If you didn't get it, you can still go to the LAC page and find the link to take action on this issue. Then be sure to get on the list for all alerts from here on out!

While you're on the GFWC website, log in to the Member Portal and get the info on the Legislative Scavenger Hunt! Have a little fun while being something of a heroine (in my book, at least!) for helping your community!! You simply go the new club manual section (look under 'C' for Club Manual). There are sample documents also under 'L' for the Legislation tool kit in the Digital Library.

If you need help, let me know. I'm willing to help you maneuver through the steps you need to get the information you need to help your community and have a bit of fun while doing it!

Cindy McEvoy
GFWC MO Legislative Chairman

GFWC Mo Lake Ozark members celebrated 7 years with a lovely dinner out attended by all - and then got right back to work preparing for their annual garage sale, a major fundraising effort. It turned out an absolute success!!



Margaret Downey-Richardson shared today: So glad to be a part of a great organization like GFWC. Our Sorosis Club of Springfield adopted Bowerman Elementary School as they do not have a PTA so today it was my privilege to encourage and show appreciation to the teachers and staff by treating them with Bagels.



The GFWC Lorna Kemper Club of Clinton held their first meeting of the year September 19 and are clearly off to a great start! Members received the new yearbooks. Roll call was the reporting of volunteer hours, of which there were many!



YEARBOOK CORRECTIONS

District 2

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District 4

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Donna Henderson khenders@marktwain.net
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