



### ★ Greetings from the GFWC MN President, Jean Walker

Time is flying by and our year is half over. By the time you read this newsletter, club reporting will be complete. I am looking forward to receiving the reports from Linda Blue to see what our clubs have been doing this year. It is very important to report all your hours and what you have done in your club year. Every hour, in-kind donation, or one dollar makes a huge difference. Even one legislative letter to a congressman is important to help GFWC advocate for Congress for our special projects and programs. Also, it would be fantastic for GFWC of MN to win one or two International Awards, so I hope you tooted your horn in your reports!

**I have an update on my "Eagle's Healing Nest" Project** – the Eagle's Healing Nest in Anoka has changed hands and is now called "Haven for Heroes". Don't forget to bring to the State Convention in Walker your donation items for the Eagle's Healing Nest in Sauk Center and for Havens for Heroes. You can find a list of needed items in this newsletter and the list will also be sent to the District Presidents to share with our clubs. My second project is the "Honor Flight" – My goal is to collect enough donations to send one or two Veterans on the next flight to Washington DC. We will have a representative at the state convention to talk about the Honor Flight. Veterans have a special place in my heart and giving back to them means a lot to me, I can't thank all of you enough for your generous support of my projects.

**Our 2019 State Convention will be here before we know it!** 'Save the Date' for May 3-5, 2019 in Walker, MN, we have some exciting things planned! I am looking forward to seeing everyone and I hope we have a super turnout this year to celebrate our 125 Years of Federation! Check out the convention summary on page 1 of this newsletter.

**Regarding the District Conventions**, I will be sending out an email to the District Presidents as to which State Officer will be at your convention. I would love to attend every district convention and I did my best to schedule as many as I could this year.

**Lastly, if you have any changes in your district or club officers, please let me know so the GFWC-MN Directory can be updated.** I will be printing new directory copies once all the updates are in. I have heard from one District already, so please, if possible let me know if you have any changes by February 15, 2019.

**I cannot say it enough how much you all are appreciated in this great organization.** I would like to personally say a big "Thank You" again to all our GFWC-MN Officers, Department Chairs and Appointed Personnel; the District Presidents; and the Club Presidents, for all you have done and all you continue to do promoting GFWC and giving back to our communities. You are an amazing group of women!!

Want to know absolutely everything about **GFWC**? Visit the Headquarter's website at: **www.gfwc.org** or connect to their other social media platforms:



### GOT FACEBOOK?

Be a friend on "GFWC of Minnesota"!!  
Post your comments, stories and photos!

### MARK YOUR CALENDAR!



**April 24th – FEDERATION DAY**  
Celebrate the founding of GFWC

**GFWC MVR CONFERENCES**  
September 19 – 22, 2019, Overland, KS  
September 17 – 20, 2020, S. Dakota

**GFWC-MN STATE CONVENTIONS**  
May 3 – 5, 2019 in Walker, MN  
May 1 – 3, 2020 in S.W. District

**GFWC ANNUAL CONVENTIONS**  
June 27 – July 1, 2019 in Austin, TX  
June 25 – 30, 2020 in Atlanta, GA

**GFWC-MN FALL COUNCIL**  
July 26 – 27, 2019 in Little Falls, MN

**2019 DISTRICT CONVENTIONS**  
Southeast – April 9th – Silver Lake  
Southwest – April 13th – Redwood Falls  
Central – April 8th – Belgrade  
West Central – April 13th – Morris  
Northeast – April 10th – Hibbing  
Northwest – April 6th – Crookston  
East Central – April 9th – Golden Valley



### Do you have club news you would like published in this newsletter?

Just paper mail or email your articles and photos to the Editor:

**Karla Mayhew, 5243 Minnetoga Terrace,  
Minnetonka, MN 55343 or  
karlamayhew@comcast.net**

The deadline for the next newsletter is

**April 22, 2019**

If you haven't yet subscribed to **"GFWC NEWS & NOTES"**, what are you waiting for? Signing up is easy and gives you access to timely news items from Headquarters, our partners, and our work on a national and local scale. Simply provide your name, mailing address, email, and club name to GFWC Membership Services Manager Kate Garlick at [kgarlick@gfwc.org](mailto:kgarlick@gfwc.org). If you would like to send a club article & photo to N&N, email them to: [pr@gfwc.org](mailto:pr@gfwc.org).



Come one, come all to the  
**RED WHITE & BLUE**  
**125th GFWC OF MINNESOTA**  
**STATE CONVENTION**

May 3, 4, & 5, 2019

at the

**Northern Lights Casino in Walker, MN**

(1-866-652-4683 Rooms: \$80.00)

**Hosted by the GFWC Central District**

(the clubs of Belgrade, Blackduck, Nevis,  
Royalton, & Sauk Centre)



**Linda Strong**  
**President**  
**Of GFWC-MN**  
**Central District**

*"The 2019 State Convention  
Will be a GFWC Fun Celebration  
"Mark you calendars" we must say!  
For the 3th, 4th and 5th of May.*

*To the 'Northwoods' we will go  
Hopefully, there'll be no snow!  
Central District sends you their invitation,  
The Casino in Walker is your final destination."*



**JOIN THE FUN CELEBRATING**  
**THE GFWC OF MINNESOTA'S**  
**★ 125TH ANNIVERSARY! ★**

**Convention Hi-Lights:**  
**FRIDAY NIGHT**

7:00PM Board Meeting (open to everyone)

Followed by a Pajama & Bingo Party

**SATURDAY**

The Convention is called to order at 9:00AM

Marine Corp Honor Guard

"Honor Flight" Speaker

"Women's Rights" Speaker, Mary Adams

Memorial Service

Arts & Crafts Contest

Club Awards

Buffet Lunch (\$15)

Lucky Bucks

Book Sale

Lots of Photo Opportunities

Creative Craft Activity (make a KY Derby Hat)

Watch the Kentucky Derby Race

**SATURDAY NIGHT**

6:00PM Social Hour – entertainment by Kirk Brock

7:00PM "Celebrating 125 Years" Banquet

Suggested Dress: period fashions from the last 125 years

Plated Dinner (choice of sirloin or walleye – \$25)

District Baskets Drawing & 50/50 Drawing

Empowering Women Recognition & Reception

**SUNDAY**

8:30AM Non-denominational Worship Service

Breakfast Buffet (\$12)

**DON'T FORGET TO BRING:**



Books for the Book Sale

Eagle's Nest Donations

Lucky Bucks Items

Your Arts & Crafts Entries

District Presidents Bring:

Your District Flag & White Gloves

Your District Gift Basket

**Meet our State Convention's GFWC International Guest!**  
**FIRST VICE PRESIDENT, DEBRA "DEB" STRAHANOSKI**



GFWC First Vice President Debra "Deb" Strahanoski has been a dedicated GFWC Illinois clubwoman for 28 years and is highly regarded as a mentor to many.

Deb's boundless energy has been apparent during her Federation journey; she has served her clubs and district in various roles. She served the GFWC Illinois Board of Directors as State Project Chairman, Director of Junior Clubs 2000-2002, President Elect/Dean of Chairmen and GFWC Illinois President 2008- 2010, and currently GFWC Illinois Protocol Chairman.

Her GFWC leadership positions have included Home Life Chairman, Membership Chairman, Community Improvement Program Award Chairman, Second Vice President, Treasurer, and Secretary. She also helped ignite "The Campaign for the Future" as chairman of the Capital Campaign Committee.

Deb is a highly respected volunteer and leader with GFWC and in her community. She has served Easterseals and Prevent Child Abuse Illinois on both regional and state levels, and has been honored with the coveted Friends of Children Award by PCA Illinois. Since 2005, Deb has been employed with Easterseals as Development Manager, managing annual fundraising activities and events for the Joliet Region. She credits much of her professional success to all she has garnered through Federation.

Deb assists her husband Bill in his public accounting office, which they have owned since 1984. They have two children and one grandchild. Her visionary leadership, extensive experience and infectious enthusiasm have inspired new and veteran members alike.



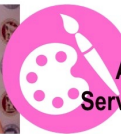
**SUGGESTED**  
**DONATION ITEMS**

Bath Towels  
Wash Cloths  
Toilet Paper  
Kleenex  
Garbage Bags  
Alarm Clocks  
Laundry Baskets

Staplers  
Brooms & Dustpans  
Permanent Markers  
Postage Stamps  
Copy Paper  
Bathroom Cleaners  
Toilet Bowl Cleaners  
Flashlights  
Scotch Tape  
Scotch Tape Dispensers  
Manila File Folders  
Batteries (all size)  
Irons  
Flash Drives  
Stainless steel bowls  
baking sheets

Stainless steel utensils  
Stainless steel strainer  
Stainless steel pots & pans  
Commercial kitchen knives  
plastic cutting boards  
Silverware  
Oven Mitts  
Dishtowels  
Dish Cloths  
Green Scratch Pads  
Dish Soap  
Spices  
Bleach  
Plastic Cups  
Food Storage Containers





**Barbara Dietl**  
Arts Community  
Service Program Chair

The GFWC Arts Community Service Program encourages members to promote and support arts activities in their clubs, schools, and communities. It is designed to inspire clubwomen and ignite within them a desire to make their world a more beautiful place. As Edgar Degas once said, *"Art is not what you see, but what you make others see."* The goal is to create programs and projects that

include music, literature, dance, drama, theatre, and other arts-related areas, both traditional and innovative, that cause the world around us to see and feel what they might have only once imagined. **To quote Barb, "Lets Get Artsy!"**

✓ I hope you are planning to enter your beautiful creations in both your District Convention's Arts & Crafts Contest and the GFWC-MN State Convention's Arts and Crafts Contest in Walker. The latest GFWC-MN Arts & Crafts Categories List, the GFWC Art Waiver, and the Entry Guidelines are available on the GFWC-MN website ([gfwcofminnesota.org](http://gfwcofminnesota.org)); from your District President, or **contact me at [barbarajeanne24@gmail.com](mailto:barbarajeanne24@gmail.com), 507-228-9802, 507-766-5872.**

✓ Don't forget to check out the other GFWC CONTESTS on the GFWC International Website:

"WRITING" (Short Story/Poetry) deadline April 1st, "NEWSLETTER" deadline March 15th, "WEBSITE" deadline March 15th



★ **A REMINDER from Lucy Larson to all Club and District Presidents.** . . Don't forget to 'paper mail' me your **CLUB OBITUARIES (with photo if possible)** to be used in our GFWC-MN Convention's memorial service. Please Include the name of your district/club/city; how many years she was in your club; all club, district & state offices she held; and any club interests she had.

Here is my **October thru March** address: Lucy Larson, 1764 Leisure World, Mesa, AZ 85206 (Phone: 480-969-1255 or 507-525-3510)

**Post Script:** Also, send a copy of your memorial announcement to:

Karla Mayhew, GFWC-MN Newsletter Editor ([karlamayhew@comcast.net](mailto:karlamayhew@comcast.net)).

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**GFWC-MN Historian, Karen Kaler has an IMPORTANT REQUEST to all District and Club Presidents.**

As the Historian for Jean Walker's 2018-2020 GFWC-MN Administration, I would like to ask all clubs for the next two years to send me your club's **newest Directory, Officer's photos, plus any news on your club projects.**

Also, all District Presidents, please send your **officer's photos, special news, and convention information.**

I want Jean's scrapbook to be full of all of your district's and club's important information and activities. Thank you!

My address is: **13036 Falcons Way, Savage, MN 55378**

or email me at: [karenkaler0505@gmail.com](mailto:karenkaler0505@gmail.com)

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There is no "I" in  
Teamwork but  
we sure are glad  
there is "U" in  
our volunteers!



#### The GFWC LEGISLATIVE ACTION CENTER

is a powerful tool for GFWC's public issues and advocacy efforts. Track bills, contact your local representative, and take action On issues germane to GFWC Resolutions. Go to the [gfwc.org](http://gfwc.org) website to visit the Legislative Action Center and enroll to receive updates today!

#### The "GFWC-MN 2019 EMPOWERING WOMAN" Program is the perfect way to say "Thank You" to an outstanding club member

Every odd year, GFWC of Minnesota gives your club the opportunity to recognize one clubwoman who goes above and beyond and demonstrates the unique quality of empowering other women and their club. This is your chance to honor her at the 2019 GFWC of Minnesota Convention in Walker. There will be an "Empowering Women Reception" after the Saturday Night Banquet. Also, you could recognize her at your District Convention and a Club Meeting (March is National Women's Month).

The following attributes best describe a GFWC Empowering Woman – ✓She demonstrates outstanding contributions to your club and its projects. ✓She exhibits significant leadership qualities and the ability to encourage others to develop their leadership skills. ✓She always portrays a positive attitude and a willingness to empower others.

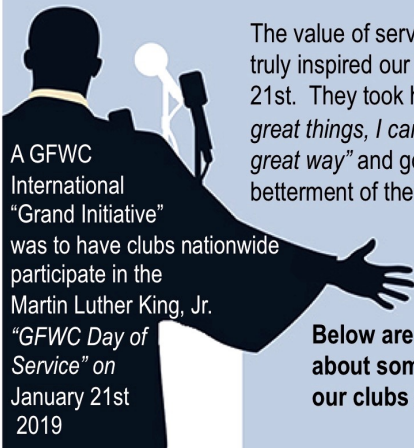
Please write a brief half-page description with a photo suitable for reproduction of your Empowering Woman's contributions to your club and how she has empowered others. Be sure to include her activities at the GFWC District, State or International levels. The information and photo you provide will be compiled into a commemorative booklet that will be available at the state convention's Empowering Women Reception.

Send your description and photo by **MARCH 1, 2019** to:



**Sherry Wellman, GFWC of MN Empowering Woman Program Chair (218-289-1275)**  
103 Garfield Avenue SW, Fertile, MN 56540  
or [sherrywellman56@gmail.com](mailto:sherrywellman56@gmail.com)





A GFWC International "Grand Initiative" was to have clubs nationwide participate in the Martin Luther King, Jr. "GFWC Day of Service" on January 21st 2019

The value of service in Dr. King's name truly inspired our GFWC Clubs on January 21st. They took his spirit of "If I cannot do great things, I can do small things in a great way" and got involved in the active betterment of their community.

Below are a few of the stories about some of the "great ways" our clubs got involved.

**GFWC-MN Leadership Chair, Yvonne Schilplin wants to send a warm 'Thank You' to the clubs that participated in a MLK Jr. Day of Service** and hats off to those who responded to her email requesting your January 21st activity:

GFWC Nevis Women's Club	GFWC Litchfield Women's Study Club
GFWC Winthrop Women's Club	GFWC Potpourri Glenwood
GFWC Starbuck Club	GFWC Grand Rapids North Star
Ladies Tourist Club GFWC Henderson	Women's Club
GFWC Belgrade Reader's Club	

Please continue to send me your club activities/projects for all the GFWC International Grand Initiatives. I love reading about the 'great ways' you are serving your community!

**Yvonne Schilplin at [yschilpin@gmail.com](mailto:yschilpin@gmail.com)**



**GFWC Grand Rapids North Star Women's Club** members spent the day at GRACE House Homeless Shelter, preparing and serving meals, cleaning and organizing, playing Bingo and visiting with the 8 adults and 7 children at the shelter that day. The first group of club ladies started at 5:45 a.m. with a big hearty breakfast of biscuits & gravy, scrambled eggs, waffles, pancakes, potatoes and muffins. After breakfast many of the residents left for school, went to work, or went to look for work. At 10:30 a.m. the second group prepared the noon lunch of Sloppy Joes, baked beans, coleslaw, and homemade cookies. After lunch, several members organized the quilt closet and did some minor maintenance projects. The evening shift of ladies started at 4:45 p.m. with a meal of a baked chicken dish, wild rice, broccoli salad, fresh vegetable tray, tacos, pie, and ice cream. The food and bingo prizes were furnished by club members.

**The GFWC Winthrop Women's Club collected items for the NUMAS Haus Homeless Shelter in New Ulm.** On January 21st, they filled a laundry basket with household items (paper towels, dish soap, laundry detergent, etc.) and delivered it to NUMAS for their "Move Out Basket" Program. This program helps families who are moving out of shelter to their own home. They delivered the basket and then the members got together for a Potluck Lunch. Club President, Barb Dietl comments, "We received so many items, we will be filling more baskets for NUMAS in the near future! Also, at one of our meetings, a member surprised us with a contribution of 60+ Dr. Seuss books for the club to donate to a worthy cause as part of GFWC International's Dr. Seuss Grand Initiative. The club truly is a grand bunch of gals!"



**The GFWC Nevis Women's Club members volunteered at CHI St. Joseph's Hospital** packing 400 booklets for patients, laminating and cutting information cards and packing patient sundry bags. Pictured L. to R. are Kathy Carney, Gail Hermann, Ginny Benson, Kay James, Sue Gray, Jody Pribyl and Lollie Hansen.



Pictured are members getting together for a little fun & games while planning their Day of Service. Everyone needs a little fun & games once in awhile.

**The GFWC Starbuck Club had a rewarding January 21st.** A number of members got together for a day of service by cleaning and organizing the cupboards at a local church. Members commented, "We had a great day and just took a break at noon for a casserole and salad. Many hands make light work."

**Ladies Tourist Club GFWC Henderson collected items for CADA House (Committee Against Domestic Abuse) in Mankato.** The club announced their project on Facebook and in an independent newspaper and got an awesome response! The club was given slippers, clogs and pantyhose from a shoe store that closed their business. A drugstore contributed items, cash and a check for \$45.00. Two other collection points gathered a big variety of items (hygiene products, pajamas, socks, underwear, Chap Sticks, body soap, journals, and so much more). On January 21st, members loaded their cars and delivered everything to CADA.

At their December Luncheon, members of the GFWC Golden Valley Federated Women's Club brought lots donations for US Marine Corps 'Toys for Tots' Campaign. Every year the club is proud to partner with the Citizens Independent Bank and as always this year was a huge success. Their toy drive collected over 400 toys with a total value of \$5,250.00!



Pictured (L. to R.) on TV Channel KARE 11's Toys for Tots news broadcast are (front row) Sandy Carr, Heidi Welbig, Club President Barb Demavivas, C.I. Bank Tammy Andrew & Joey Larson (back row) Donna Healy, Joyce Hertaus, Doree Adelman, Georgia Goodman, C.I. Bank Susan Nelson



In January, members of the GFWC Golden Valley Federated Women's Club reached out and volunteered at the Calvary Lutheran Church in Golden Valley packing meals for the church's "Feed My Starving Children" Campaign. FMSC is a Christian non-profit organization feeding God's starving children by providing nutritionally complete meals specifically formulated for malnourished children. (Pictured above L. to R.) Marjio Graversen, Helen Goike, Marcia Muhich, Vicki Eckas, Barb Demavivas, Betty Faacks



**A Message From the GFWC-MN International Outreach Co-Chairs Bobbie Mischel (top) & Gloria Thompson** – The GFWC International Outreach Program helps us reach around the world and reminds us that *"in the big things of life we are at one"*. If your club is looking for an Outreach Program or project, there are many great GFWC partnerships: Operation Smile, Shot@Life, UNICEF and Heifer International. We know you can find one that works for your club and get involved!

**MAKE YOUR CALENDAR!** Start today to plan an activity on March 8th to celebrate and honor women in your communities.



Lets *"put into action our better impulses, straightforward and unafraid"* to reach out and help others. We are all proud members of GFWC and we can make a difference in the world!



The GFWC Lac qui Parle Study Club provided new pajamas to "Safe Avenues" in Willmar, MN. Safe Avenues provides emergency housing for children and adults who are in danger of violence and need assistance. The pajamas were collected at the club's December Holiday Pot Luck along with a monetary contribution of \$200.00. For many years the Club has been proud to support Safe Avenues. Pictured (L. to R.) Chris Werpy, Ethel Shelstad, Norma Larsen, Mary Wodrich, Ethel Besonen, Maxine Tostenson, Rachel Harrison, Lorrie Ehrenberg, Judy Maasjo, Jeanene Munsterman, Virginia Nikolai, Jane Boraas, Julie Ludvigson, Deb Grong, Judie Rosendahl, Carolyn Witte, Marilyn Isfeld, Terri Leesberg, Ruth Glomstad, Ann Maguire.

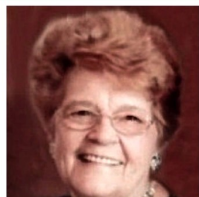


The GFWC Mawami Club in Warren, MN held their annual old fashion 'School Carnival' in November. It is the club's main fundraiser for the year and it brings the community's families together for lots of fun. Over 15 games were played by young and old with the Cake Walk and the Animal Walk being the crowd favorites. Items for the local food shelf were donated in exchange for free game tickets. Proceeds from the carnival are used for community projects and a club scholarship. The club has 18 active members, one being the GFWC-MN President Jean Walker. Side note: The red GFWC club tee shirts and sweatshirts are awesome!

★ GFWC-MN Website Chair, Linda Strong wants to remind everyone to checkout the GFWC-MN website, [gfwcofmn.org](http://gfwcofmn.org) for all the latest Minnesota news. It's awesome! Hopefully, navigation of the site has become easier for viewers, and there is even a link to GFWC-MN Facebook on the front page! Linda is always looking for photos and updates from your club/district/or state. Send them to: [stronglinda1@gmail.com](mailto:stronglinda1@gmail.com). Please note, when sending photos, specify the names and the GFWC positions of the people in your photos.



## IN REMEMBRANCE



**Lucille Winter  
1926 - 2018**

Lucille Winter, mother of Past GFWC-MN President, Yvonne Schilplin, passed away peacefully at the Mahanomen Health Center on December 4, 2018. She was born in Beaulieu, MN and in 1945, is where she married Milo, the love of her life for 73 years. They raised fourteen children on their dairy farm west of Waubun, MN where they lived for 51 years before retiring to Waubun. Lucille is survived by 13 children, 34 grandchildren, and 28 great-grandchildren. She was preceded in death by one child and her husband.

Lucille was a long time member of the GFWC Medallion Club and was honored as a club "Empowering Woman". She was most active when Yvonne was a GFWC State Officer and through her GFWC State Presidency. Lucille loved sewing and sewed loads of items for GFWC fundraising projects such as totes, purses, bags for walkers, and aprons. She also made the giant denim bag that holds the GFWC Emblem that is still being used for state meetings. She also sewed the denim bags that once held the GFWC state flag and flag stand.

When Lucille wasn't busy with GFWC, she worked as a hospice volunteer and a caregiver at an assisted living community. Milo and she received the 1981 "Valley Farmer and Homemaker Award". They also loved being an 'American mom and dad' to Manabu, a Japanese exchange student.

Lucille was a member of St. Ann's Catholic Church, serving as a Eucharistic Minister, Religious Ed. Teacher, and she held various offices in the Ladies Aid, Foresters, Catholic Daughters and Homemakers. Milo and she were honored as the 2017 "Northland Diocese Senior Couple" receiving the Bishop's Medal.

Lucille was a loving wife, mother, grandmother and great-grandmother. She was a caring and giving friend, and a pillar of strength and faith that carried her through the most difficult of times. She will be deeply missed by everyone that knew her.



**Check out the 'Winter 2018' issue of the GFWC WHRC Quarterly Newsletter!** The GFWC Potpourri Glenwood submitted a wonderful article regarding the club's volunteerism and fundraising for the last 12 years to help with

the maintenance and operations of the historic Ann Bickle Heritage House. To read the entire article about Ann Bickle, her importance to the club, and the loving relationship & Christmas traditions the club has with the Bickle House, go to the *GFWC website*, click on 'News & Publications', then click on 'WHRC Newsletter', then click on 'Winter 2018'. Pictured are the club ladies at the beautifully decorated ABHH enjoying their annual 'December Gathering'. They step back in time wearing a hat from the house's collection, have lunch, share their views with a 'Book Talk', and finish with club business.



### IMPORTANT ALERT!

#### "Spoofing" is happening to GFWC Members!

Unfortunately, an email like the sample shown below is finding its way into your inbox. Without closer inspection, it might be easy to mistake this as legitimate:

- ✓ A name you recognize appears as the sender.
- ✓ It addresses you by name.
- ✓ The content (giving to those in need) is relevant to GFWC.
- ✓ Spoofing is the practice of creating emails that aim to trick recipients into thinking it is from someone they know. It's a way for scammers to take advantage of you. If you receive an email requesting money or the purchase of items from what appears to be a fellow GFWC club member, ✓ check the email address. In the sample, the email says it is from Mary Ellen Brock. But when you look at the email address, it's generic and does not match her real email address. That's the number one sign of a fraudulent email; always carefully check the source of suspicious emails like this one.

#### EXAMPLE OF A SPOOF EMAIL



Good Morning (your name),  
Are you available? I need a personal favor from you. I'm giving out Amazon gift cards to patients in Hospice Care units across the community. The ones I have are not enough, so I need you to kindly make arrangements on how to get more gift cards at any store near you. You will be reimbursed.  
Thanks,

Mary Ellen Brock