



GFWC of MN

December 2022

President Linda Blue Bi-Monthly Newsletter

Important Dates

April 23-29 – Volunteers in Action Week

April 24th – GFWC Federation Day

May 5-7 – GFWC MN Convention
Alexandria, MN

June 10-12 – GFWC International Convention

July 22nd – Fall Workshop St.
Johns, MN

If you want something said, ask a man;
if you want something done, ask a woman.
Margaret Thatcher

MN Cabin at Headquarters!



Find Us Online!

www.gfwc.org

www.gfwcofmn.org

Facebook: @gfwcmn

Dues Reminder

Dues are due **December 15th!**

They are \$20 per member, and should be sent to:

Samantha Johnson-Purdie,
GFWC of MN Treasurer
PO Box 254
Silver Lake, MN 55381

Greetings from Linda Blue

Hello ladies! I hope everyone had a good Thanksgiving and are deep into planning your Christmas celebrations. There are just a few things to cover this month.

First, don't forget that your state dues are due into Samantha Johnson-Purdie no later than December 15th. If you have any questions, please contact her at sam.johnson.purdie@gmail.com. Her address is: P O Box 254, Silver Lake, MN 55381

Next, don't forget your annual reports. They are due to Barb Dietl no later than January 5th. Reporting forms were passed out at Fall Workshop to all program chairmen and district presidents. Hopefully you got copies from them, but if you didn't, they are available in the GFWC Member Portal, under the Club Manual tab. If you have any questions, please feel free to contact Barb. Her contact info for reporting is MAIL: 1100 1st Ave, South, Apt 126, Sleepy Eye, MN 56085 or email at BarbaraJeanne24@gmail.com.

I want to let everyone know that you have a lot of fantastic GFWC members that are working behind the scenes to make our next state convention really great. We will have fun as well as learn new things. I don't want to get specific because we don't have all the details finalized yet, but we are trying to do a Mini Leads program for the state of MN. That should be Friday Morning, so it won't mean any additional housing expenses. We would like to see a member from every club attend.

We are trying to arrange a tour, and we will have (hopefully) a speaker from one of our GFWC Affiliate Organizations. We are planning a service project. Our International Officer to attend is Suellen Brazil, our GFWC International President-Elect. We will get the official 'Call' out with our February Newsletter. That should give everyone time to get excited about it and plan on attending. Bring a carload or rent a bus to get everyone from your club to come with you. You can get together with old friends as well as meet new ones.

We discussed at Fall Workshop to try a new fundraiser this year. If anyone has formal or semi-formal clothes they don't want or need, if they are in good shape and clean, put a price on them and bring them with you. Some of us would like 'something new' for some



of our functions. We will also have other items and Laura will ask for what she needs in the "Call". Districts, just a reminder don't forget your baskets.

I want to apologize to you for not having any zoom meetings so far. There is construction going on in my neighborhood and it has eliminated any access to wi-fi. Hopefully I will get it back soon, and we can resume some zoom meetings if we need to. But if you need me for anything, my land line still works, and if I am not at home my cell number works, my email works because that is not on wi-fi. Feel free to contact me if you have any questions or need anything. I don't have all the answers, but I will find someone that will.

Thanks for all you do!

Linda

GFWC Reporting

By Barb Dietl

I mailed a packet to each club president with info for compiling your club's statistics for 2022.

The statistical form is copied from the Club Manual and we ask club presidents to compile their projects per category and mail to Minnesota's Barbara Dietl by January 5, 2023. She will collect all the reports and that's how the state comes up with our state reports and in turn sends to International GFWC. 3 labels were included that are to be filled out and attached to each of the statistical forms. **New this year:** a form to compile data for the Affiliates (8). Include this in your reporting please.

Narratives are very much appreciated. It is the mini-story behind the activity!

I look forward to hearing from all of you! Merry Christmas and hope for a safe and happy New Year!!!

Barbara Dietl, 1st Vice President GFWC of MN

1100 1st. Ave S, Apt. 126

Sleepy Eye, MN 56085

barbarajeanne24@gmail.com



Madison Study Club

By Deb Ulstad & Denise Anderson Co-Presidents

The Madison Study Club has provided supplies such as disinfectant wipes and tissue for our local school along with caps and gloves for the students who need.

We also wrote personal thank you letters to several different organizations in our community expressing our appreciation for what they contribute (teachers, bus drivers, the fire department, city workers, ambulance crew, and the postal service).

We also sent out Christmas greetings and appreciation cards to military staff. We also provided a free coffee or soda to our area veterans at our local restaurants for Veteran's Day. We look forward to hearing about projects that other clubs are doing.



Sauk Centre Gradatim GFWC

Club made October favors for our Assisted Living and Nursing Home Residents. Twenty-five members created about 200 witches brooms from pretzels, a pencil, and ribbon. In the past we have done this favor project at Christmas. Since Christmas is a time that many gifts are given, we decided to give October gifts. The residents enjoyed getting something in the fall.

The Sauk Centre Gradatim GFWC Club struggled with a project idea to Honor our Heroes. We couldn't decide how to choose our community heroes without leaving someone out. After much discussion, we decided to have each member choose the hero they wanted to honor. Many club members go together and sewed small gift card holders. Those who didn't machine sew ironed, pinned, sewed on the velcro, and stuffed the finished products with a \$10.00 gift card. Each member will write a personal note for the person they choose as their hero and put it in the holder. At a future meeting we will share who we chose and why that person is our hero.

LEADS Minnesota

By Kathy Carney



As a member of a GFWC club there are many opportunities for leadership – an officer, project leader, fundraiser, community liaison, the list goes on and on! Many of us have considered stepping into a leadership role but were unsure whether to pursue it or not. Many times, we push it out of our minds because we may lack confidence, believe we don't know enough about GFWC, or we don't understand what is expected. I know I have had all those thoughts. Why would you want to be a leader?

Leadership is a call to serve others. It is a call to know yourself, stretch yourself, improve yourself, and give of yourself and leadership allows you to share your goals and talents within your club and at the state level, as well as in other aspects of your life.

Coming soon to a State Convention near you! **Leads Minnesota**, a leadership program that will offer our members exciting leadership development opportunities right here in Minnesota! The program components will be designed by you, our members and graduates of LEADs, and offered in coordination with other state events to make it easy and affordable for members to attend. We will launch **Leads Minnesota** the morning before the opening of our state convention in Alexandria next May. We are currently in the development phase and will host our first planning meeting in the next weeks. If you are interested in sharing your ideas and talents, please contact Kathy Carney jandkcarney@paulbunyan.net or 218-252-6654.

East Central District Report

By Karen Kaler Bruce

GFWC Bloomington Federated Woman's Club celebrated their 60th Club Anniversary on Wednesday, November 16th, at the Minnesota Valley Country Club. 56 members attended the luncheon, along with 2 guest speakers. Lona Dallessandro, a member of the Bloomington City Council, gave greetings and spoke about upcoming events and current issues in Bloomington. Nancy Nowell, co-president of the club gave a brief history of the how GFWC was started and our accomplishments over the years. This was followed by a delicious lunch and speaker David Jones, who presented a historical account of the assassination of President Lincoln. I was honored to be asked to attend this luncheon and truly enjoyed my time with the clubwomen.



Environmental Community Service Project

By Beth Cornish

I am honored to be serving as the head of the Environment Community Service Program this year.

Hopefully all your clubs have had a chance to decide on a project to help our big, beautiful world stay beautiful. My hope is that each of our Minnesota Clubs can get something done, even if it a very small project.

Some thoughts:

1. My club worked with the Henderson Lions Club last year to collect plastic grocery sacks that were turned in to a special program so that 500 pounds of bags yielded a free bench. This program ran over six months and only took 1-2 hours per week. Maybe check with your local schools and see if you could partner with them on this type of project. Look for NextTrex online for information on how you can earn a bench for your community.
2. Talk to your schools or local governments about an Arbor Day, Earth Day or community clean up event.
3. Donate funds to humane societies or work with one of those groups to help prevent and learn how to report animal abuse.
4. Help your community to learn about the importance of pollinators – maybe help start a pollinator garden.
5. Check into adding birdhouses, bird feeders or bat homes in your community.
6. Try to educate your club and community about non-chemical weed treatments.
7. Share low-flow water devices to promote water conservation.
8. Research ways to improve air quality in your area.

I am especially interested in our clubs reaching out to other groups in our neighborhoods so that we can put our heads together and tackle something that might be beyond the scope of our own club.

Please feel free to reach out with questions or problems. I'm not always great about responding quickly, but I will try to do better. I work for a local newspaper, so my life is kind of crazy and I'm going a million miles an hour in many different directions on any given day.

Yours in environmental consciousness, Beth Cornish

Contact: email: bethc928@gmail.com

Phone: 507-560-0153 (please be sure to leave a message as I don't answer calls from numbers that I don't recognize) and I am thrilled to communicate via text messaging.



Have an idea for an article? Please send to Laura Bergman laura@lolobdesigns.com

Health and Wellness Report

By Deb Thompson

"A HEALTH AND WELLNESS ATTITUDE IS CONTAGIOUS BUT DON'T WAIT TO CATCH IT FROM OTHERS. BE A CARRIER." —Tom Stoppard

There are different categories to pick for projects related to HEALTH AND WELLNESS and they are the following: Disease Prevention, Nutrition, Physical and Emotional Care.

DISEASE PREVENTION: Disease awareness and prevention is the knowledge of the factors that cause a disease (including social determinants and health inequity), the symptoms and the ways to prevent it. This is to include screenings, vaccinations, and shared information.

NUTRITION: is the key element in the quest for good health. Wise food choices, proper usage of vitamins and supplements and food allergy awareness help maintain a healthy lifestyle free of weakened conditions and chronic illness.

PHYSICAL and EMOTIONAL CARE: encompasses behaviors to manage a healthy body, mind, and spirit throughout life. This includes physical, intellectual, emotional, spiritual, environmental, and social wellbeing.

I want to share a quote from Syndey Lappe MS RDN, "The primary difference between health and wellness is that health is the goal and wellness is the active process of achieving it. We cannot always choose the state of our health, but we do have the conscious choice to make active decisions towards wellness." Wellness has a direct influence on overall health, which is essential for living a healthy, happy, and fulfilled life.

This information I have gleaned from the club manual and wanted to share with you. I am hoping this is helpful and for you personally and that it can be shared with others. There is much to learn and think about when it comes to health and wellness.

HAVE A HEALTHY NEW YEAR!

BYLAWS

By Yvonne Schilplin

All clubs by now should have received the last email dated Nov 9th from me regarding bylaws ...whether directly forwarded by your district president or snail mailed. It was a directive from GFWC Headquarters to SEND BYLAWS. "Send a copy of the current bylaws and standing rules of each club and state federation to the GFWC Parliamentarian", Diane Addante, RP, and GFWC Headquarters.

daddante@GFWC.org

Or mail to GFWC Attn: Diane Addante, Parliamentarian.

As your GFWC MN Bylaws Chairman I requested you report to me that this was completed. I do NOT need your bylaws. I however can forward them to the GFWC Parliamentarian if you wish. A BIG thank you to the following clubs who have reported completing this task: GFWC West Suburban Women's Club, GFWC of Delano, GFWC Bloomington Federated Woman's Club, GFWC Golden Valley Federated Women's Club, Edina Federated Women's Club GFWC, GFWC Grand Rapids North Star Women's Club and GFWC of MN State bylaws. Please send your report to Yvonne_yschilplin@gmail.com

There will also be a GFWC Bylaws Newsletter forwarded to you soon from Laura, GFWC MN 2nd Vice President, with valuable information and questions to ask such as: When was the last time your club or Federation reviewed the bylaws? If it has not been done in the last three years, then now is the time. Does every member have a current copy? All members should have access to their Club and State Federation bylaws and standing rules. It is even a good idea to "study" the club bylaws at a meeting or over a series of meetings so that the members know what is included. Incorporate them as part of the club yearbook or directory and place them on the club website for easy access. Watch for the GFWC bylaws newsletter for more topics under ARE THESE IN THE BYLAWS?



Civic Engagement & Outreach

By Pam Mithun

GFWC Civic Engagement and Outreach used to be referred to as public issues. Most public issues remain the same, but an important section has been added. Our community service program now includes hungry, homeless & needy, a powerful area that requires all of us to engage and reach out to those who need us.

"Hunger deprives our kids of more than just food. It is a simple fact. A child's chance for a bright future starts with getting enough food to eat today."

-Feeding America



The GFWC Civic Engagement and Outreach community service program reminds GFWC members that each of us is a part of a larger society and is responsible for undertaking actions that will create a better quality of life and foster a sense of community, locally, regionally, nationally, and globally.

This community service program highlights and encourages citizenship, crime prevention, safety, disaster preparedness, the needy, hungry & homeless and our military personnel and veterans.

Such a broad range of ideas to be reported on! This is my favorite section with which to do programs and service. Happy reporting!!



Obituaries – Memorial Ceremony

By Kay James

This will be the procedure when a member of your club passes away between July 1, 2022 and April 1, 2023

Send the obituary to Kay James at 31321 Forest Trail, Park Rapids, MN 56470 or kaydon@paulbunyan.net before April 10, 2023.

The Memorial ceremony at the state convention will be the deceased member's history as a GFWC club member. Please include years as a member, any offices they held in the club, district, state, or higher plus major activities and chairmanships. Our state convention begins on May 5, 2023.