

# PENNSYLVANIA CLUBWOMAN

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## PRESIDENT'S MESSAGE

Greetings to all . It is hard to believe we are in the holiday season and soon 2020 will be history. It has been an interesting year with the pandemic and all of the challenges we have faced personally, and with Federation. I am amazed at the initiative clubs have taken to meet and continue the good works they do in their communities. Kudos to all.

The Fall District Meetings were Zoom meetings and were well attended by the members, many as their first time. The Zoom meeting gave several Community Service Program Chairman and Advancement Area Chairmen the opportunity to attend and report on their area. Club Presidents reported on their club activities. Several districts had a speaker for the Vision Impairment Awareness project. The District Directors did an excellent job conducting business with confidence and enthusiasm.

Is your club collecting eyeglasses, collecting money for Fill a Glass with Hope and making hats and blankets for March of Dimes? These are easy projects we can all do that will make an impact in our world. There are lots of ideas for projects on the [gfwcpennsylvania.org](http://gfwcpennsylvania.org) website and from the chairmen.

Several items have been added to our fundraising including an apron, a bamboo cutting board, and a pizza cutter. The pin and decal are also available. A description of the items and an order form is available on the website. Please consider a bulk order for your club to save on postage.

By now clubs should have sent dues and the updated member roster to headquarters. If not, please do this as soon as possible. It is important that we have correct information to ensure each member receives the Clubwoman newsletter and GFWC has your information as well.

January is reporting month and time to *Shine On* about your club's projects. Even though we have adjusted projects and programs due to the pandemic, there are surely good things to report and be recognized for at the convention in the Spring. Don't miss the deadline of February 1, 2021. Report forms are on the website and guidance is available from Second Vice President Donna Malone at [donnaGFWCPA@gmail.com](mailto:donnaGFWCPA@gmail.com).

The officers are available to attend your meetings via Zoom or in person with safety precautions, so please contact us. We are hopeful that we will be able to meet in person for the Spring District Meetings and convention. Please note the dates in the directory and on the website.

During the holidays let us be thankful for our families and friends. Let us be grateful for good health. To each of you I wish a very Merry Christmas and Happy New Year!



Together in Federation,  
Sandy Hauenstein  
GFWC Pennsylvania President



GENERAL FEDERATION  
of WOMEN'S CLUBS



# ***NEWS from our DISTRICT DIRECTORS***

## **NORTHEASTERN**

**Karen French**

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The women of the Northeastern District have embraced the changes of 2020. Our clubs are holding Zoom and driveway meetings, sending emails and when possible getting together with social distancing. "TALK TO ME TUESDAY" has members calling the next person on the membership list in their club.

Our members have sewn masks, donated to Food Banks, and will be giving gifts to single moms over the holidays. We are working at local libraries and decorating for the Parade of Trees. We have hosted a sold-out drive through Pasta Dinner. We have collected over 365 pairs of glasses for the 2020 collection. Hats and blankets are being made, apples collected, and milk jars filled. 2020 has not stopped the remarkable work of our members. In, 2021 who knows what we can accomplish?

## **NORTH CENTRAL**

**Cindy Troutman-Myers**

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The North Central District Zoom meeting was held on October 10. Bev Staman, GFWC PA NC President's Project chairman, introduced Brian Patchett, CEO of North Central Sights Services. He explained the services they provide to the vision impaired community.

The GFWC Hollidaysburg Area Woman's Club and GFWC Curwensville Woman's Club were welcomed to the North Central District. Unfortunately we lost three (3) other clubs this past year. Our clubwomen are looking forward to getting together again and beginning their fundraising efforts, socializing, and serving their communities. The GFWC Warrior Run Woman's Club was able to hold a Basket Raffle at Turbotville's Festival in August— a two-day event. They stuffed 15 baskets with a variety of goodies and raised \$935! We have found ways to "get together" thanks to Zoom, cell phones, email, and yes even snail mail! But nothing beats an in-person. Dragonflies like to swarm!

## **NORTHWESTERN**

**Marianne Heck**

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The Northwest District is alive and well. Our clubs are finding ways to meet and do what they can during this time of Covid-19. Grove City is meeting at different locations and carrying on their business with masks a must. Presque Isle is keeping in touch by phone. They have decided to wait until the new year to have the entire membership meet, as their meeting place has limited them. But their book club has continued to meet during the pandemic. Meadville is meeting as a board. They too are limited with a meeting place. The Erie club is using a hybrid system to meet. The board met through phone meetings and have now set up Zoom for the members to meet. Each member can choose how they will join the meeting, either in person, via Zoom or by phone.

It is noted that the Woman's Club of Erie's mansion was lit in gold and yellow for the women's right to vote for the week of the anniversary. The picture made a national news article showing how people were celebrating. They are again going to light the mansion from October 26<sup>th</sup> to November 4<sup>th</sup>. This is to remind everyone that voting is important.

## **SOUTHEASTERN**

**Barbara Hartenbauer**

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The clubs of the Southeastern PA District are opening their season using alternate procedures. Due to the restrictions dictated by the pandemic, new meeting places had to be found. In the fall, outdoor meetings and conference calls became the norm, with facial masks and social distancing. Refreshments are abandoned for the present time.

Many of our clubs are focusing on their annual projects in financial support of various charities within their communities such as food pantries, VFW Posts, firehouses, reading programs for middle school children, and high school scholarships. Week-long summer camps provided for children affected by HIV and/or AIDS is another venture. In addition, special projects such as "Operation Warm," which provides coats for children in need, are made possible. Other needs within the community have been medical equipment such as a breast imaging machine.

Our clubs are rising to the needs of many, with full support of the new GFWC projects. This year, to date, we have collected eye glasses, and donations for milk and dairy products. And collections of hats, gloves, mittens, and afghans are in full force. Our women are most strong in their determination to be a part in solving current needs. The season is now opening for further action, and **we will be there!**

# NEWS from our DISTRICT DIRECTORS

## SOUTH CENTRAL

**Sara Ruppel**

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The clubs of the South-Central District have been busy serving their communities and “Shining On.” Members have found creative ways to help others safely during the pandemic with all clubs holding regular meetings, either via Zoom or socially distanced in person at a variety of locations. The GFWC PA Women’s Club of Spring Grove celebrated their 80<sup>th</sup> anniversary, with an outside event. This district director had the pleasure of attending. Fundraising goals are being met in a variety of ways, with several clubs taking part in the Boscov’s “Friends Helping Friends” fundraiser. Other successful ideas include: a bake-less bake sale, umbrella sale, selling handcrafted items at a holiday market, in person bake sale, a whoopie pie sale, and nut sale.

We are supporting area food banks with donations, volunteer hours and, participating in community events with other organizations to assist food banks and raise awareness of the need in our communities. We are also embracing the State Presidents Project- holding eyeglass collections, education, and awareness of Vision Impairment to both members and the community, donating to local charities, and planning to invite speakers to meetings to share their experiences. As we head into winter, several clubs are focused on Health and Wellness, encouraging members to get flu shots, wash hands often, correctly wear masks, and support the “Fill a Glass with Hope” project. New members are being recruited, and we are sharing club projects on social media and participating in Photo Friday.

A virtual district meeting was held with 27 attendees. Members heard from our State president, First and Second Vice president, and several state and district chairmen. Timely information about updating club bylaws to accommodate virtual meetings and conducting club business was shared, and members had several opportunities for questions and discussion. Members enjoyed learning what other clubs in the district have been working on and many project ideas were shared from fellow district members.

The clubs of the South Central District plan on remaining active over the winter season, and this district director thanks each of them for their enthusiasm and dedication to serving the world around them.

## SOUTHWESTERN



**Hollie Stevenson**

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The COVID-19 pandemic has not slowed down the women of the Southwestern District! Meetings have taken place in parking lots, park shelters, large rooms that would accommodate social distancing, and over the ever-popular Zoom! One positive outcome has been that our clubwomen have become more computer savvy. We are thinking “outside of the box” on ways to volunteer, raise money to support local families and community projects, and our charities are in full swing. If you are on Facebook, please join the GFWC PA Southwestern District closed group. You are also encouraged to search out other GFWC Clubs, whether it be in Pennsylvania or over the world. Just type GFWC in the search bar and you will find some great clubs to follow!

### Some Highlights from the Southwestern District:

**The Women’s Club of Baden** is working on installing two additional Free Little Library boxes in their community. **The New Brighton Civic Women’s Club** had a Wine and Cheese Party at a local park and installed six new members! **The Saxonburg District Women’s Club** has collected 137 hats, scarves, and mittens, some of which were hand knitted or crocheted. All items will be donated to a local food bank. Additionally, the club is waiting to find out where the bench they donated to the local Rails to Trails will be placed, and they have had some wonderful online raffles, via Facebook, throughout the Fall, including a YETI basket and a purse raffle. **The Jr. Women’s Club of Butler** was excited to have the Mayor of Butler proclaim the week of October 25-31, 2020 “The GFWC Advocates for Children’s Week”. They then used Facebook to recognize different organizations in Butler County, that they have partnered with to help the physical and emotional well-being of local children. **The Intermediate Club of Butler** has given out 499 masks and 84 shields to local elementary and middle schools for children in need - the masks were delivered to the schools, with the club identified as the group making the donation. The Arts committee made hand decorated greeting cards and sold them to raise funds for the Stick Your Neck Out Project with the Exceptional Citizens Committee. The two committees then purchased art supplies and made craft kits that were delivered to young people at the Community Care Connections group homes. The idea is for the residents to be able to make a fall craft, under the guidance of the staff at the group home, with the supply kits & directions provided.



### Save the Turtles & Use Less Plastic! Here is a tip:

Check out **Stasher Bags**. They are reusable, non-toxic silicone storage bags that have exploded into a global mission that’s preventing over a billion single-use plastic bags from entering our oceans and landfills. You can find them online at [www.stasherbag.com](http://www.stasherbag.com) or at Target.

**FUNDRAISING**

**JoAnn Propcheck, Chairman**  
 1012 Penn View Lane Duncansville 16635-7716  
 814-693-9474 [aj123check@aol.com](mailto:aj123check@aol.com)

Hello fellow clubwomen!

We have some fundraising to accomplish and some really nice items to purchase! Let's start with the "Shine On-Volunteer" pin, the GFWC PA car decal, and let's add the "Shine On" trio of an Apron, Pizza Cutter and Cutting Board!

It may be easier for your members to order as a group at one of your meetings to save on postage. If you have any questions, please do not hesitate to text, call or email me.

The order form is shown below. Please refer to the [gfwcpennsylvania.org](http://gfwcpennsylvania.org) website for this form. Thanks and have a lovely fall!



<b>GENERAL FEDERATION OF WOMEN'S CLUBS PENNSYLVANIA</b> <b>Sandy Hauenstein, President</b>				
Fundraising				
Due to the COVID-19 pandemic and not being able to meet we are offering the following items through mail order or social distancing if available.				
<b>SEND ORDERS TO:</b> <b>JoAnn Propcheck, 1012 Penn View Lane, Duncansville PA 16635-7716</b> or <b>Sandy Hauenstein, 376 Stonehedge Lane, Mechanicsburg PA 17055-7012</b>				
<b>Make checks payable to: GFWC PA Fundraising</b>				
Item	Cost per Item	Shipping for 1 item	Quantity	Total
Shine On Pin	\$5.00	\$3.80		
Car Decal	\$3.00	Include self addressed envelope (10 or less); no charge if shipped with other items		
Apron	\$18.00	\$4.60		
Cutting Board	\$10.00	\$5.30		
Pizza Cutter	\$4.00	\$3.80		
<b>NOTE: If multiple items ordered shipping will be determined</b>				
TOTAL ENCLOSED			\$	

## GFWC JUNIORS' SPECIAL PROGRAM: ADVOCATES FOR CHILDREN

**Yolanda Cypher, Chairman**

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As we journey into 2021 with limited ability for social interaction, let's think about the promise of spring and the possibility of building on our history of advocating for children. Consider partnering with another organization (library, activity center, Big Brothers/Big Sisters, 4-H) to facilitate a project for "Youth Art Month" in March. "Ecotherapy" – using natural materials such as stones, flowers, or grasses to create art projects or 3D boxes - is *healing for technology overload due to virtual learning*.

Sponsor an animal therapy program for children with disabilities or a "read to dogs" program through a local humane society or library.

It is not too early to plan a project for April: Child Abuse Awareness Month.

- Partner with a local business to sponsor a family day or night at an outdoor sporting or art event.
- Plant a pinwheel garden in your community to promote, PINWHEELS FOR PREVENTION, the national campaign of Prevent Child Abuse America.
- Contact a local child welfare organization to customize duffle bags to carry clothes and belongings or overnight kits with hygiene and comfort items for children who are removed from their homes to safe environments.

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## MEMBERSHIP

**Mary Fenstermacher, Chairman**

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*"It's been a long day without you my friend, and I'll tell you all about it when I see you again." – Phil J.*

I feel that this song depicts how we, as GFWC PA members, feel. Some clubs are meeting; some clubs are virtual; and some clubs are not meeting due to COVID.

The goal I set for this committee was to increase our membership by 69 by January 2021. I am so happy to report that the Boyertown Junior Woman's Club and the Century Club of Wilkins Township have each increased their membership by 1. GFWC The New Century Club of West Chester gained 16 new members. This is just outstanding!

GFWC President-elect, Deb Strahanoski, during the Middle Atlantic Regional Conference, mentioned three P's. One "P" was for PRIDE. She states, "As individuals and members of our GFWC clubs, PRIDE fuels us to do better than ever before." "PRIDE invites us to look back over our achievements and traditions of yesterday, while encouraging us to push into the future creating new ways to communicate and engage our membership."

Be PROUD to be a member of your club! PRIDE, when expressed in our communities and with our friends and colleagues, will give us the necessary incentive to increase our membership. I leave you with this thought:

*"Only a life lived for others is worth living." – Albert Einstein*

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## LEGISLATION / PUBLIC POLICY

**Carolyn Smith , Co-Chairman**

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**Dottie Sawyer, Co-Chairman**

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Online Sexual Exploitation of Children Senate Bill **S3398.Earn It Act of 2020.**

Perpetrators use virtual means to initiate conversations and in-person contacts with their victims, especially minors. Social networks like Facebook, Instagram, and Snapchat; and dating sites like Tinder increase online presence. These platforms can allow social connections. Unfortunately some children look for friendship on these platforms without knowing whom they will really be meeting or befriending. Cell phones are also used to record acts of sexual violence which can allow information to be shared with a large audience on other social platforms. Videos shared on social networking sites can be difficult to remove.

**S 3398 must be passed by both the House and Senate in identical forms and then signed by the President to become law.** Track information by signing up @ [www.govtrack.us](http://www.govtrack.us) GovTrack collects legislative information from a variety of governmental and non-governmental sources.



## **CIVIC ENGAGEMENT and OUTREACH**

**Karen Stauffer, Chairman**  
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Remember to attend the **December 19, 2020, National Wreaths Across America Day** celebration at a local Military Cemetery. The nearest cemetery celebration can be located on the website [www.wreathscrossamerica.org](http://www.wreathscrossamerica.org). You will find the time spent most rewarding and educational for children.

Preparing an Emergency Plan and Emergency To Go Kit is a daunting task and, unfortunately, gets placed on the back burner of the “to do list.” We are expected to sustain our family for at least three (3) days, before help might arrive! [www.Ready.PA.gov](http://www.Ready.PA.gov) is an excellent site to help in preparation for any one of 10 possible emergencies including flooding, winter storms, fires, tropical storms, tornadoes and thunderstorms, flu pandemics, hazardous material incidents, earthquakes, nuclear threat, dam failure, and terrorism.

At a club meeting, members could be introduced to the materials placed into a “to go kit,” along with local emergency numbers to be installed in all phones. Publications in the form of booklets and trifolds can be ordered to instruct what preparations need to be made. Extra copies could be distributed to the public at club events.

The American Red Cross can provide first aid and CPR instruction at a meeting or a club sponsored event.

I encourage each member to visit the website and to commence your emergency preparedness, one task at a time, and I hope you never have to use it.

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## **ARTS and CULTURE**

**Kathy Cassel, Chairman**  
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Isn't this Fall a beautiful work of nature!!! Doesn't it make you want to become creative whether it is writing a poem, taking a photograph or sitting around a table (social distancing) and creating a craft? Come on ladies... Let's get busy doing something creative!! Even it is in small groups! We can do anything!

I hope you were able to attend your District Zoom meetings and have received all the exciting information concerning ARTS and CULTURE. It promises to be a fun-filled time at your local, county, district, and state levels.

Please reach out to your local, county, or district chairman with any questions you may have. And, remember, I am always available for all of you.

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## **ENVIRONMENT**

**Mary Seyfert, Chairman**  
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Did you know that 2020 marks the 50<sup>th</sup> anniversary of U. S. air quality standards? It is true! Congress passed an amendment to the Clean Air Act in 1970. Now, 50 years later, the American Lung Association reports that 45.8% of all Americans are living with unhealthy air. While we can thank the period of COVID-19 pandemic lockdown with reducing the smog levels in many metropolitan areas, these reductions are expected to disappear as restrictions are eased and eventually eliminated.

Air pollution affects everyone – especially sensitive groups include the elderly, children, people with pre-existing heart or lung disease, asthmatics, and asthmatic children. Here are some wintertime tips from the Pennsylvania Department of Environmental Protection to prevent air pollution:

- Use wood stoves and fireplaces wisely and sparingly. A well-maintained stove or fireplace is safer and produces less particle pollution.
- Refrain from burning trash or yard waste. Burning your garbage outdoors can release toxic particles into the air harming the health of your family and neighbors.
- Conserve energy at home by setting your thermostat lower. If we use less energy, power plants will not need to burn as much coal or oil. Weather stripping, fluorescent lights, and programmable thermostats help to conserve energy and save you money.
- Get regular engine tune-ups and car maintenance checks.

Consider how your actions have an impact on air pollution. If we can make wise choices to conserve one of our most important natural resources, we can reduce the percentage of Americans living with unhealthy air!

## HEALTH and WELLNESS

**Mary Braun, Chairman**  
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Hoping this issue finds all club members healthy and well! To stay that way, we need to eat nutritiously, try to prevent disease, and keep our physical and emotional mindsets as positive as possible.

Our state challenge, **Fill a Glass with Hope**, can help the needy, and you, consume healthy dairy products and help the Food Banks across Pennsylvania be able to purchase milk and dairy products. The challenge for GFWC PA Districts is to raise \$252.50 (equals 2020 servings) during the 2020-2021 year at the Fall District Meetings and the Spring District Meetings. Clubs are being asked to be creative in their fundraising efforts. The District Directors will collect the money and your plans, share them with the state director and send the money to State Headquarters. Checks should be made out to GFWC PA and earmarked "Fill a Glass with Hope." **January** is a great month to hold your challenge as this program was started at the State Farm Show in January five (5) years ago.

Celebrate National Nutrition Month in March with a healthy potluck dinner at a monthly meeting if possible. Or organize a community event such as a "Recipe Makeover Contest" where contestants transform a favorite dish by cutting calories and increasing nutritional value.

Hold a "Healthy Food Drive" requesting nutritious foods. See Feeding America's Healthy Food Donation List ([www.hungerandhealth.feedingamerica.org/wp-content/uploads/legacy/np/files/tool\\_and\\_resources/giles/healthy-food-donation-list.pdf](http://www.hungerandhealth.feedingamerica.org/wp-content/uploads/legacy/np/files/tool_and_resources/giles/healthy-food-donation-list.pdf)). Donate to local food banks, Cocoa Packs, and college campus food banks.

Preventing disease starts with ourselves. We need to remember to wear a mask, practice social distancing, and wash our hands often. Do not be afraid to visit your doctors or dentist. Their offices are safer than a grocery store. Remember to keep you and your family's immunizations up to date including the flu shot.

Celebrate American Heart Month in February by wearing red on Friday, February 5, 2021.

Provide care items for cancer patients such as warm blankets, socks, moisturizers, and lip balm. Support your local Penn State Cancer Institute Genetics Program by donating \$50 for a woman to get tested.

But before you can help others you need to be emotionally and physically ready yourself. Fresh air helps to clear your mind and makes you feel more positive. Perhaps you can start an exercise and/or a walking program with your family, friends, or club members. Use an app such as "Charity Miles" ([www.charitymiles.org](http://www.charitymiles.org)) to track your team's progress while also donating to a charitable cause.

Learn and share the risk factors and symptoms of someone in danger of suicide. Consider holding a club or community program on the five (5) action steps to help someone in emotional pain. See the National Institute of Mental Health ([www.nimh.nih.gov](http://www.nimh.nih.gov)). Distribute the number for the National Suicide Prevention Lifeline (1-800-273-8255).

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## COMMUNICATION

**Sue Hardenbrook, Chairman**  
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Communication is even more important in these uncertain times. Keeping members up to date on club happenings by newsletter is the most efficient way to contact all members. Whether you send the newsletter by email or snail mail, contacting every member keeps them engaged in the club.

A club website is another effective tool. It can show what you do for your community. It can let members know of upcoming events for your club, district, and state in between newsletters. It is a good reference for prospective members to get information about your club. Be sure your website includes the GFWC logo, contact information for your club, meeting dates and topics, and upcoming events, and community service projects your club is taking part in. One of these projects may catch the interest of someone viewing the website and result in a helper for your event or a new member for your club. The website should be updated once or twice a month.

Social media, using Facebook for example, is immediate exposure for your club events and service projects as well as a tool for fund raising. Pictures capture attention. Make sure you offer contact information for your club. Facebook entries should be updated once or twice a week.

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**Happy Holidays!!**

**gfwcpennsylvania.org**  
**Member Portal password : ShineOn2020**



## EDUCATION and LIBRARIES

**Judy Schwambach, Chairman**

1618 Bennett Street, Laureldale, PA 19605

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CTC's, "Career and Technology Centers," provide outstanding career and technical education programming to tenth, eleventh, and twelfth grade students. Students are engaged in hands-on learning activities using state-of-the-art tools and equipment, and modern facilities. During half-day programs, students gain critical technical skills that make them competitive in some of today's fastest growing careers.

CTC programs provide students with the opportunity to earn industry certifications that are recognized by area businesses. Additionally, CTCs maintain articulation and dual enrollment partnership agreements with post-secondary schools. These partnerships give students the ability to earn college credits while in high school, easing the transition to post-secondary education and reducing the cost of the college credits.

Your recognition of CTC student achievements can serve as an excellent motivation for these young people!

Consider the possibilities in any of these Six Major career areas – according to the Reading/Muhlenberg CTC.

- Graphic Design and IT Systems
- Health Sciences
- Construction
- Personal Services
- Transportation
- Manufacturing

(reprinted from *A Guide to RMCTC*)

The students who attend Career Technology Centers need financial assistance just as much, if not more, than students who attend four-year colleges. Contact your local CTC to find ways to help these young people reach their career goals.

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## LEADERSHIP

**Lois A. Richards, Chairman**

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The GFWC Leadership Committee has worked hard to prepare the updated Leadership section of the GFWC Club Manual, available in the Resources section of the Member portal on the GFWC website. Additionally, the committee has worked hard on the brand new Leadership Toolkit that will also appear in the Resources section. Be sure to check out these two resources.

Leadership is influence. We all have influence – it's not about a title! Are you a parent? You have influence! Do you have friends? You have influence. *You're breathing, so you have influence!*

How do we use the influence we all have? Regardless of your role in your club or district or state, you can help set the tone and create a healthy club culture. You have the power to help create a club where members love to be. Have you had a good experience? Pay it forward. Have you had a bad experience? Be part of the solution and make it better.

The chance to learn leadership skills in a supportive environment is a huge benefit of GFWC membership. It's not tied to your job, and you can stretch and grow and try new things within your club work that can serve you well. To be mentored and mentor others as you build relationships and serve in your community is a priceless opportunity. Some people may think that leadership is telling others what to do. We know that leadership is really a collection of traits and skills: integrity, empathy, praising your team, casting a vision, self-awareness, listening first, and speaking last. These traits and skills apply to every area of our lives – and you can learn them in GFWC!

## 1895 Society Contributors

**Dawn Himler**

**Sue O'Day**

**Carolyn Smith**

**GFWC Camp Hill Junior Civic Club**

**GFWC Woman's Club of Erie**

# HUGH O'BRIAN YOUTH (HOBY) LEADERSHIP SEMINAR

## CENTRAL PA

**Carol Foley**  
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## EASTERN PA

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## WESTERN PA

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Thanks for your support of HOBY in the past, and please try to keep a donation to HOBY in your club's budget for this year. Remember any amount is greatly appreciated and helps to provide a leadership development experience for about 250 students.

### Central PA

The schools have received the registration materials for the 2021 seminar. Please contact the guidance counselor and encourage them to select a student.

For the 2021 seminar the Leadership Seminar Planning Committee is looking for a different location (previously Shippensburg University). They are also considering moving the seminar date to June (previously May). This should offer them more choices for a location and lower costs for the college fees.

One goal for the 2021 seminar is to offer more scholarships for students in low income school districts which don't have the funds to send a student to the seminar. These scholarships will help to give the HOBY experience to those who would not have had the opportunity in previous years. The committee is also hoping to have a more diverse population at the seminar.

### Eastern PA

As you can see from the contact information, Dr. Lois Robison, Ed.D. is the new chairman for the Eastern PA Seminar. Lois has spent 38 years in public education in Pennsylvania working as an elementary teacher, high school counselor, school psychologist and central office administrator. She retired in 2018 from the Montgomery County Intermediate Unit. Lois is eager to take on the new position as chairman for HOBY PA-E and is a member of the Community Club of Collegetown.

The seminar planning committee is waiting on confirmation on dates for mid-June from their seminar site – Albright College. The fee for a student to attend the seminar is \$225 for the primary student and \$395 for additional students. They are planning an in-person seminar but will pivot to virtual if needed due to the virus situation.

**Pat Cummings has stepped down from this chairmanship after many years working with the HOBY Youth Leadership Seminar. Thanks to Pat for sharing her time supporting HOBY, and best wishes for the future.**

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## REPORTING

**Donna Malone, Second Vice President, Dean of Chairmen**  
500 Belair Road, Hollidaysburg, PA 16648  
814-502-6125 [donna.malone1623@gmail.com](mailto:donna.malone1623@gmail.com)

### **GFWC has updated the forms and guidelines we will be using when we submit our reports this year!**

There will be several virtual REPORTING workshops that should be attended by club presidents, state chairmen, and members who may be writing and submitting reports for the 2020 club year. After signing up for the workshop that best fits your schedule, you will receive a **Time to Sign-up** email and then the link to the appropriate zoom meeting/workshop.

VIRTUAL REPORTING WORKSHOP SCHEDULE	
<i>Dates for club Presidents/Reporting Chairmen</i>	<i>Dates for our State Chairmen</i>
Wednesday, January 5th @ 7PM	Wednesday, February 3rd @ 7PM
Thursday, January 6th @ 7PM	Thursday, February 4th @ 7PM
Saturday, January 9th @ 10AM	Saturday, February 7th @ 10AM

**Club Reports** must be compiled, printed, and **postmarked by February 1, 2021**, and mailed via (snail mail) to this officer.

**State Chairmen Reports** must be compiled, **postmarked by March 1, 2021**, and sent via email to this officer. *State Chairman will forward approved reports to their GFWC counterparts via email by March 15, 2021.*

# GFWC PA Annual Publishing Statement to USPS

**UNITED STATES POSTAL SERVICE® (All Periodicals Publications Except Requester Publications)**

**Statement of Ownership, Management, and Circulation**

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 Full Name: Complete Mailing Address:  
 12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates) (Check one)  
 Has Not Changed During Preceding 12 Months  
 Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement)  
 PS Form 3526, July 2014 (Page 1 of 4) (See instructions page 4) PSN: 7530-01-000-9011 PRIVACY NOTICE: See our privacy policy on www.usps.com

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 14. Issue Date for Circulation Data Below: 06/11/2020

15. Extent and Nature of Circulation		Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
<b>a. Total Number of Copies (Net press run)</b>			
(1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)		2097	2011
(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)		133	180
(3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS®		0	0
(4) Paid Distribution by Other Classes of Mail Through the USPS (e.g., First-Class Mail®)		0	0
<b>c. Total Paid Distribution (Sum of 13a(1), (2), (3), and (4))</b>		2230	2171
<b>d. Free or Nominal Rate Distribution (Sum of 13b(1), (2), (3), and (4))</b>			
(1) Free or Nominal Rate Outside-County Copies Included on PS Form 3541		0	0
(2) Free or Nominal Rate In-County Copies Included on PS Form 3541		0	0
(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g., First-Class Mail)		0	0
(4) Free or Nominal Rate Distribution Outside the Mail (Carriers or other means)		0	0
<b>e. Total Free or Nominal Rate Distribution (Sum of 13d(1), (2), (3), and (4))</b>		0	0
<b>f. Total Distribution (Sum of 13c and 13e)</b>		2230	2171
<b>g. Copies not Distributed (See Instructions to Publishers #4 (page K3))</b>		0	0
<b>h. Total (Sum of 13f and g)</b>		2230	2171
<b>i. Percent Paid (13c divided by 13h times 100)</b>		100%	100%

\*If you are claiming electronic copies, go to line 16 on page 3. If you are not claiming electronic copies, skip to line 17 on page 3.

PS Form 3526, July 2014 (Page 2 of 4)

**UNITED STATES POSTAL SERVICE® (All Periodicals Publications Except Requester Publications)**

**Statement of Ownership, Management, and Circulation**

16. Electronic Copy Circulation

	Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Paid Electronic Copies	0	0
b. Total Paid Print Copies (Line 13c) + Paid Electronic Copies (Line 16a)	2230	2171
c. Total Print Distribution (Line 13c) + Paid Electronic Copies (Line 16a)	2230	2171
d. Percent Paid (Both Print & Electronic Copies) (16b divided by 16c × 100)	100%	100%

I certify that 50% of all my distributed copies (electronic and print) are paid above a nominal price.

17. Publication of Statement of Ownership  
 The publication is a general publication; publication of this statement is required. Will be printed in the 06/14/2020 issue of this publication.  Publication not required.

18. Signature and Title of Editor, Publisher, Business Manager, or Owner  
 Vicky Ann Trimmer, Business Manager  
 Date: 06/14/2020

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

PS Form 3526, July 2014 (Page 3 of 4) PRIVACY NOTICE: See our privacy policy on www.usps.com

## "The 1895 Society"

### Preserving Our Past & Ensuring Our Future

The 1895 Society was formed in 2015 to raise funds for GFWC Pennsylvania administrative costs and to avoid raising the annual dues.

The purpose of the 1895 Society is to help fund the expenses associated with maintaining the existence of GFWC Pennsylvania.

#### Membership Levels:

- \$18.95 Certificate of Appreciation
- \$189.50 GFWC Pennsylvania 1895 Society Pin & Certificate
- \$1,895.00 GFWC Pennsylvania 1895 Society Pin, Pen & Lifetime Membership Certificate

Members will be recognized by District each year in the Program Booklet at the GFWC Pennsylvania Annual Business Meeting and Convention, and periodically in the Clubwoman Newsletter. The Deadline for recognition in the Convention Program is March 31 each year. Annual memberships expire on June 30.

*Now is the time to make an investment in our organization!  
 Your support is greatly appreciated.*

**Contributors to Pennies for the Arts  
 REACH for the STARS through the ARTS!  
 2020-2022 Administration  
 (Arts Sponsors as of 10/24/20)**

**Carol Bogar  
 Carol Foley  
 Carolyn Smith  
 Woman's Club of Erie**



# CLUB NEWS

Pictured to the right, our **GFWC Pennsylvania - Bangor** club installs their incoming slate of officers for 2020-2022.

Left to Right – Joyce Barilla, Secretary; June Hess, Assistant Secretary; Judy Shaw, Treasurer; Robin Young, Assistant Treasurer; and Heidi Bates, President

Seated Diane Lovelace, 2nd Vice President

Missing June Jones, 1st Vice President.



The **Community Club of Collegetown** installed their new slate of officers for 2020-2022 at their September 8th meeting. The officers were installed by Barbara Hartenbauer.

Pictured to the left (left to right) are: Mary Hundertmark, Vice President, Judy Bordeleau, Corresponding Secretary, JoAnne O'Donnell, President; and Barbara Hartenbauer, Southeastern District Director.

The club recently donated over 200 food items and \$255 in grocery store gift cards to the Collegetown Police Department Thanksgiving food drive to benefit Montgomery County Children and Youth Services.

Pictured left to right are Police Officer Andrew Sohl, JoAnne O'Donnell club president, and Deb Scholl and Karen McCaslin club members.



**GFWC The Woman's Club of Erie, Inc's** President Judy Husted and members Laine Addressi, Mary Jane Blair, and Patty Raydo felt that their club needed to do something special to commemorate the 100<sup>th</sup> Anniversary of the 19<sup>th</sup> Amendment and women's constitutional right to vote.

Due to the pandemic, it was not possible to gather to have a big celebration, so they chose to join the Women's Vote Centennial Campaign, ([www.womensvote100.org/forwardintolight](http://www.womensvote100.org/forwardintolight)) to light buildings and landmarks across the country in purple and gold. These are the colors of the American women's suffrage movement.

A large banner stating "100 Years of Vote, Your Vote Counts" was hung on the fence in front of the club's historic clubhouse and the building was awash with purple and gold lights. This was in conjunction with the Women's Suffrage Centennial Commission's nationwide "Forward Into Light" Campaign. This campaign was named in honor of the historic suffrage slogan "Forward through the Darkness, Forward in Light".



You are able to see a picture of the mansion in purple and gold and the banner, by going to the Woman's Club of Erie web page or you can see the mansion plus over 130 buildings, memorials, private homes, and monuments, throughout the nation, that celebrated this monumental event, by going to the [womensvote100.org](http://womensvote100.org) web site. The Woman's Club of Erie is located at 259 West 6<sup>th</sup> St., Erie, PA.

# CLUB NEWS



These photos show the recent installation of new officers for 2020-2022 for the **GFWC Meadville Woman's Club**. The event was held as an Ice Cream Social at Roche Park, in Meadville, PA

Picture above from left to right: Paulette Widmann, President; Carol Caler, First Vice President; Lee Petersen, Second Vice President; Madalyn Davis, Recording Secretary; Chris Partin, Corresponding Secretary; and Marlene Miller, Treasurer. Mary Jo Smock, Assistant Treasurer was not present).

Pictured to the right: Paulette Widmann, President cuts the cake!



The **GFWC PA Women's Club of Spring Grove** is celebrating 80 years of community service and still going strong. While the past eight months have been clouded by the COVID-19 pandemic causing them to delay their 80-year anniversary celebration, it is with faith and hope that they move forward and pray for a healthier future.

Pictured above, first row, left to right: Janice Hoke, President; and Rhonda Harrison, Joyce Stambaugh, Pat Callahan, and Sara Ruppel, GFWC-PA-South Central District Director.

Middle row, left to right: Sandy Hauenstein, GFWC PA President; and Pat Reichley, Connie Clancy, Molly Morris, Virginia Schucht, Kathy Leese, Barbara Gault, Deanna Kern, and Sandra Decker.

Top Row, left to right: Grace Montagna, Sally Kern, Sarah McCloskey, Elizabeth Myers, Betty Sterenberg, Susan Erlemeier, Alice Bortner, and Jean Reeve.

Members not pictured: Ruth Hartman, Sharon Myers, Carol Wiens, and Pearl Wintode

For more information about this club check out their web page @ <https://sites.google.com/site/springgrovewomensclub/>; look for them on Facebook; or email them [springgrovewomensclub@gmail.com](mailto:springgrovewomensclub@gmail.com).

# CLUB NEWS



On Thursday August 20, several members from the **GFWC Pocono Mountain Women's Club** met for a socially distance lunch at a local restaurant in the Poconos. Members enjoyed good food, conversation, friendship, and fidelity while listening to Club President Diane Lake talk about the 100th Anniversary of the 19th Amendment - Women's Right to Vote, and the part that the General Federation of Women's Clubs played in helping the movement.

Find out about upcoming Events, connect with members and see photos of club activities.

Find the **GFWC Pocono Mountain Women's Club** on Facebook @ [www.facebook.com/PoconoMtWomensClub](https://www.facebook.com/PoconoMtWomensClub) or follow us on Twitter @[gfwcpmwc](https://twitter.com/gfwcpmwc).

Members dressed in patriotic colors or white for suffrage, wore homemade "Votes for Women" sashes and used fans from the National Women's History Alliance to cool off!

The **GFWC PA Women's Civic Club of Schwenksville** used the pavilion at Coble Park, Lower Frederick Township, for its September meeting.

Club members were very happy to see one another, even masked and distanced. Since we did not meet in the Spring, we recognized years of service and membership to our club. Each former officer was presented with a Certificate of Appreciation and the new state federation pin. Our first vice president, Linda Moore, presented Robin Hightower with a President's Pin engraved with the dates of her four years of service, a Certificate of Appreciation, a federation scarf, and a flower. Robin then presented each club member in attendance with the new state federation pin and thanked them for their commitment.

It was an especially significant occasion as we presented Jane Markley with her 65 year membership pin! Jane was a former club president and holder of many positions in the club.

In the photo to the right are Elizabeth Holm, DrPH, RDN, Jane's daughter; Jane; and Robin Hightower, who is Jane's niece.

Jane celebrated her 90th birthday in August.



# CLUB NEWS

**GFWC The Junior Woman's Club of Boyertown** and the Boyertown Historical Society invited members of the community to celebrate the 100th Anniversary of the 19th Amendment.

Those who attended the event enjoyed some "equali-TEA" and cookies while hearing from Luann Zambanini of the Historical Society, who spoke about women's suffrage and the 70-year struggle surrounding the passing of the 19th Amendment.

In the top photo, several young ladies listen intently to speaker Luann Zambanini

Pictured in the bottom photo, left to right, are members Judy Wetzel, Jane Prutzman, and Anita Zuber.



With the cancellation of Dillsburg's annual Farmer's Fair, the **GFWC Dillsburg Woman's Club** had to find a new venue for their locally famous Whoopie Pie fundraiser, and the local Tractor Supply store was more than happy to allow the club to have the sale outside of their Dillsburg location!

Pictured on the left, left to right are club members, Peggy Schweitzer, Janine Guinter, Sharon Stephens, and Faye Meyers.

## PRESIDENT'S PROJECT - NORTH CENTRAL DISTRICT

**Bev Staman**

10 Quarry Drive, Watsonstown, PA 17777  
570-538-3942 [bevandave@windstream.net](mailto:bevandave@windstream.net)

Probably all of our club members have heard of physical therapy, speech therapy, and occupational therapy, but I doubt if as many have heard of **vision therapy**. Until my woman's club had an optometrist speak to us a few years ago, I had never even heard that term. Dr. Marcus Myers, of Muncy, educated our members about a subject that I had also never heard of called **convergence insufficiency (CI)**. A person with CI may test for 20/20 vision at a normal screening; however, their eyes don't focus together, or converge, on close up work such as reading, which is quite different than looking at a distant eye chart. The person who has convergence insufficiency may have great difficulty following text and may use their finger to help them stay on the same line. They also may have double vision, intermittent blurry vision, see words "floating," skip words, or lose their place often in text. In addition, their handwriting may be disjointed and very difficult to read.

It is believed that up to 80% of school learning involves the sense of vision, so of course children who have this problem find homework extremely difficult, often taking hours to complete even short assignments. Add to that headaches, eyestrain, fatigue, and frustration, and schoolwork becomes not just a burden, but a road to failure. According to the Vision Council of America, "It is estimated that 80% of children with a learning disability have an undiagnosed vision problem."

Since Attention Deficit Hyperactive Disorder (ADHD) has overlapping symptoms, a child may be put on medication for attention disorders, which unfortunately will not solve the problem. Vision therapy, through learning to track correctly along with specific exercises for the eye muscles, can do so, even for an adult who has suffered from the problem for their entire lives. Dr. Myers's grandfather had always disliked reading because he unknowingly had CI. He participated in a vision therapy program, usually consisting of 20-30 one-hour sessions, and states, "I am 84 years old and for the first time in my life, I enjoy reading." Can you imagine how much easier his life would have been if he had been diagnosed and had the appropriate therapy as a child? Vision therapy can even be used for a person who began having vision problems due to a concussion or other brain injury.

For more information, a CI vision survey, newsletters, success stories, and a video, go to [pavisionlearningcenter.com](http://pavisionlearningcenter.com). Dr. Myers is even willing to participate in a Zoom program for a club meeting on this subject. Contact him at [myersml@mac.com](mailto:myersml@mac.com) for a fascinating program on a subject few people are aware of and perhaps might make a significant difference in someone's life.



## 2020—2022 Clubwoman Staff

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## PRESIDENT'S PROJECT

**Carol Foley, Chairman**  
21 Wagner St. East, Hummelstown, PA 17036  
717-566-0637 [cfoley@aol.com](mailto:cfoley@aol.com)

We have been hindered in our ability to have club projects due to the COVID-19 restrictions. Hopefully, in the New Year, we will be able to resume somewhat normal activities. With that thought in mind, here are some ideas for the 2021 club year:

- Invite the local agency for the blind to send a speaker to one of your meetings to talk about ways to volunteer; ask a member with a personal story about living with vision impairment to speak; engage an eye doctor or a low vision specialist to speak at a meeting.
- Plan a fundraising event to benefit the needs of the local agency; specific client(s) at the local agency or in your community; or camps for children with vision impairment (through the local agency or Lions Club).
- Volunteer at a local agency: help with mailings; eye exams, parties for children; or read material to be broadcast to clients. Individual members, if volunteering at the local agency for the blind is an interest area for you, consider contacting the local agency to volunteer on your own. **Individual volunteer hours may be reported with club hours for the GFWC Pennsylvania President's Project.**
- Sponsor an eyeglass collection. Collect from members, family, and friends. Contact the Lions Club to donate the glasses and have a presentation with newspaper coverage. **Be sure to record on the report form the number of glasses collected.** Our GOAL is to collect 2020 PAIRS OF EYEGASSES BY MAY, 2022. **REMINDER: The report form for the President's Project is available on the GFWC Pennsylvania website ([gfwcpennsylvania.org](http://gfwcpennsylvania.org)) or from the district or state chairman. It is to be submitted with the other reports to the state.**

As part of the educational aspect of the project, here are two (2) fairly new eye exams that may be of interest:

An **OPTOMAP RETINAL EXAM** provides a panoramic view of the back of a person's eye. The examiner takes a picture while the patient looks into the machine. There is no dilation needed and no discomfort. Results are available immediately. Almost everyone is a candidate for this comprehensive exam.

A **DARK ADAPTATION TEST (AdaptDX)** measures the time it takes for your vision to adjust to the dark. The test takes less than 10 minutes to administer. The patient looks into the device and presses a button every time they see a flashing light. This test helps to diagnose macular degeneration in its early stages and monitors progression.

VISION  N  
IMPAIRMENT  
AWARENESS