

PENNSYLVANIA CLUBWOMAN

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PRESIDENT'S MESSAGE

The GFWC Pennsylvania Fall District Tour was a challenge due to the pandemic. I thank the Southwestern District and the Northwestern District members for their understanding that I could not attend since I had been exposed to COVID at the Middle Atlantic Region meeting and chose to quarantine that week. I did test negative and was able to personally attend the other district meetings along with Carol Foley and Karen Stauffer. Donna Malone, 2nd Vice President and Mary Braun, Health & Wellness Chairman, attended several of the meetings. Thank you to all of the district directors for well-planned and well attended meetings. It was a delight to meet with old and new Federation sisters. Carol Foley, Vision Impairment Awareness Chairman, presented the current projects including Cash for Clients, the Braille Project and a few added items to the report form. We hope all clubs and members will participate in the Braille Project so the display at the 2022 convention will be awesome. Karen Stauffer highlighted several Civic Engagement & Outreach projects including Operation Smile and their request for Smile Splints and hospital gowns. Any items clubs make should be sent directly to Operation Smile and reported in Civic Engagement & Outreach. Health & Wellness Chairman Mary Braun challenged clubs to donate to Fill A Glass with Hope and maintain a healthy lifestyle. We also heard from several speakers and chairmen throughout the tour. Congratulations to the newly elected 2022-2024 GFWC PA District Directors.

Please take a few minutes to check out the recently updated website, gfwcpennsylvania.org, with a bright new look and an easier way to find information for all of the programs. The Member Portal contains the directory and other items we choose not to share publicly; password is ShineOn2020. There is a link for the 2021 Convention photos. Please let us know if you need assistance.

13 members attended the Middle Atlantic Conference in Wilmington, Delaware where we toured Winterthur, heard great speakers, including GFWC President Marian St. Clair and GFWC President Elect Deb Strahanoski, played Bingo. We enjoyed reuniting with our Federation sisters from New York, New Jersey, and Delaware. Marcia Wilson was honored as the GFWC Pennsylvania Jennie Award nominee.

The Spring District Meeting/Arts Day dates will be announced soon and send via email to all club presidents. Please consider entering one or more of the contests including the STEM bookmark contest. Information is in the Arts Booklet available on the website. The winning entry will be mass produced for distribution at the 2022 Annual Convention.

REPORTING WORKSHOPS will be Zoom meetings for everyone interested in attending. Invitations will be emailed to club presidents at least a week prior to the date. Check with your club president for the link.

Club Reporting – Wednesday, January 5, 2022 at 7PM and Thursday, January 6, 2022 at 7PM

State Reporting – Wednesday, February 2, 2022 at 7PM and Thursday, February 3, 2022 at 7PM

As I sit here in late October watching the leaves fall and writing this letter for the December issue, I sincerely wish each of you a very Merry Christmas and a Happy New Year. I hope you will be able to spend time, in person, with your families and friends to celebrate the many blessings of health and happiness and enjoy all of the holiday goodies!



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 Northeastern District held the Fall District Meeting on October 23, 2021. The theme of the meeting was “A Penny for Your Thoughts.” Members were asked to give us their thoughts about Federation.

Dr. Dana Charles Clark, past GFWC PA President, presented a program concerning the Health Care Crisis.

GFWC PA State President, Sandy Hauenstein, brought us information about membership, LEADS, and Federation. From our State Chairman we heard about the new State Presidents Braille project, which had been suggested by our District Presidents Project Chairman, Ginny Zdanowicz. We heard updates from our State Chairman, Karen Stauffer, on Civic Engagement and State Chairman, Judy Grace on Leadership. We had 47 members from nine clubs at our meeting. Our centerpieces of apples were donated to the St Vincent DePaul Soup Kitchen.

NORTH CENTRAL

Cindy Troutman-Myers

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The North Central District meeting began with a presentation by Marie O’Donnell, who described losing her sight as a child and the difficulties she encountered at school. Teachers were not informed of her vision loss and treated her as if she had normal vision. She was labeled as not being able to read. It took eight years for the school district to finally realize she had a vision disability and provide a reader for her. Imagine being forced to take the SAT’s and not being able to see the questions except with your peripheral vision – she barely passed. Marie received a service dog seven years ago, and we had the opportunity to meet Bailey and learn about the services she provides. They are a great team.

North Central District Clubs are back!

GFWC State College Woman’s Club is busy with their Thrift Shop and donating extra items to the Purple Heart and Salvation Army.

GFWC Curwensville Woman’s Club celebrated their 85th birthday with a party. They co-sponsored a 10K/5K run and 5K walk this past summer.

The GFWC Woman’s Club of Milton continue to maintain their park, sponsor a candidate for the Harvest Festival Princess Pageant and gained four new members.

GFWC Warrior Run Woman’s Club held their annual basket raffle at the local carnivals raising \$3885.

The GFWC Hollidaysburg Area Woman’s Club planned a virtual 5K walk and facemask sale raising \$550 for Girl’s Night Out Altoona. But their biggest success is a new fundraiser – selling Lottery Calendar tickets. They raised approximately \$7500 and are hoping to sell twice as many next year to double their profits.

It’s been an exciting start to the new club year!

SOUTH CENTRAL

Sara Ruppel

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Members of the South-Central District gathered for an evening dinner meeting. Everyone ordered off the menu and enjoyed eating and socializing. Before the meeting we heard from speaker Londa Peterson who shared with us her perspective of living a very full life as a person living with vision impairment.

The election was held, and warm words of encouragement shared with those elected. We heard from President Sandy, and our State and district chairman reported on several topics and offered some upcoming activities for members to participate in.

The highlight of the night for many was sharing of club reports. This blossomed into a great discussion with members sharing ideas, tips, and success stories for fundraisers and events. Much was learned by all, and we shared a lot of laughs!

This District Director would like to thank all of those who attended and looks forward to seeing you at our Spring gathering!



NEWS from our DISTRICT DIRECTORS

SOUTHEASTERN

Barbara Hartenbauer

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The Fall meeting of Southeastern PA was held on October 22, 2021 at Cutillo's Restaurant, Sanatoga, PA with Barbara Hartenbauer officiating. There were 36 attendees.

We welcomed President Sandra Hauenstein and Carol Foley, chairman of the President's Project, "Vision Impairment Awareness." Their updates of information were welcomed. Following the reports of district members and clubs, new business resulted in the nomination of Kathy Cassel as Southeastern PA District Director for the term 2022-2024.

The participation of all was greatly appreciated. It was an event that, once again, afforded the opportunity to renew friendships in-person.

At this point in our current season, the clubs of the Southeastern District are deep in their chosen agendas of service within their communities. Altered plans of service, due to the pandemic, did not deter their enthusiasm, nor their services.

Can you picture over twelve pounds in aluminum can tabs? 1300 tabs! Incredible!

Donations of hats, mittens, batteries, activity books, eye glasses and cases and grocery carts of food are but a few of the supplies donated.

A new endeavor, the "Bread Drop" was formed with members providing over 2000 peanut butter and jelly sandwiches where needed.

New sites for effective service were chosen, such as the laundromat, where books may be read-in-waiting or taken home, if desired. Also, back-packs are being supplied for needy students.

Undaunted, the women continue to move forward, always creating new ideas and methods of aid.

Our next District Meeting will be held on March 19, 2022 at Copperfield Inn, Limerick. Please mark your calendars. Your presence is needed.



SOUTHWESTERN

Cathy M, Wink

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The Southwestern District Meeting was held on October 9, 2021, with 32 clubwomen present representing 10 out of the 11 clubs. The Pennsylvania contingency could not attend due to Covid. President Sandy Hauenstein and Second Vice president Donna Malone sent their speeches. Dawn Himler presented a mini workshop on Braille with information from Carol Foley. Shelly and Cheryl Smolnery showed a splint example for Operation Smile and handed out project sheets from Karen Stauffer.

From the welcome given by Bonnie Makarewicz (GFWC Woman's Club of Baden) to Mary Jane Weinstein (GFWC Intermediate League of Butler) leading the Club Collect it was a fulfilling few hours. Members listened to state and district chairman reports and then club president's shared some news from the clubs.

Club Highlights:

GFWC Woman's Club of Dusquesne is supporting the Autism Society of Pittsburgh. The club has 33 members.

The GFWC Century Club of Wilkins Township, the GFWC Saxonburg District Woman's Club, and the GFWC Woman's Club of Baden are collecting plastic bags for a Trex bench in their communities.

The Woman's Club of the City of Pittsburgh donated items to Veterans Club.

GFWC Intermediate League of Butler provided crafts for a children's event at the Butler Library. Butler Juniors raised over \$13,000 with their fundraiser.

The GFWC Rostraver Woman's Club donated to Shepherd's Heart and held their Senior Girls Tea.

The GFWC Woman's Club of Baden are maintaining a serenity garden for First Responders and Veterans.

The GFWC New Brighton Civic Woman's Club is participating in the town's Fall Festival and they are donating suitcases to the Adoption Connection.

The GFWC Town & Country Woman's Club found a way to participate in the Braille project, even with one member on the other side of the state.

Clubs are collecting stamps, medicine bottles for the Humane Society, bras for Free the Girls, glasses for the President's Project and welcoming new members.

Save the Turtles & Use Less Plastic

The focus of the Pennsylvania WHRC this past year was to have clubs collect, in a central place, the club history from the past 10 years. This history can be obtained from club minutes, yearbooks, and interviews with club members. Now that the information has been collected the next task is to share this information with the club via a meeting segment called "A moment in time". Highlight an accomplishment of the club for all members. This information can also be used by the membership chairman as a tool for recruitment. Be proud of what your club has accomplished.

Members are also encouraged to become a Friend of WHRC. By becoming a friend, you will help preserve and maintain the GFWC collections at headquarters in Washington, DC. The application form for this can be found on the GFWC.org website.

"The 1895 Society"

Preserving Our Past & Ensuring Our Future

It is important for our Pennsylvania members to have one place to call with questions, a single mailing address and a location for records. Although we no longer have an executive assistant, headquarters is operating successfully with volunteer members. However, the existence of GFWC Pennsylvania is dependent on our willingness to provide financial support and now is the time to make an investment in our organization.

The 1895 Society was formed in 2015 to raise funds for administrative costs and to avoid raising the annual dues. Your annual contribution of \$18.95, \$189.50, \$1,895 or any amount 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. A small token of appreciation for a donation of \$189.50 and \$1,895 will be presented. The Deadline for recognition in the Convention Program is March 31 each year. Annual memberships expire on June 30.

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

Please consider making a contribution to this worthy program, as an individual, or as a club.

1895 Society Contributors

Barbara Longstreth

Lenore Souder

Patricia Vargo

GFWC Bethlehem Women's Club

Woman's Club of Erie

GFWC Plymouth

Woman's Club of Quakertown





THE SHOP BLIND CHALLENGE

Ginny Zdanowicz

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Have you ever heard of the Shop Blind Challenge? Brothers Brad and Bryan Manning started an on-line clothing store and included this offer for their customers. Both brothers started losing their vision during childhood to Stargardt's disease which causes the macula or central vision to slowly decrease over time. Trusting strangers to read subway maps and give menu recommendations became an integral part of their lives. That's why when they started this venture in 2016, they added the challenge to give the sighted community a chance to see what it feels like to live in their world and trust blindly.

Here's how it works: go to www.twoblindbrothers.com, click on Shop Blind, and select one of four price tiers. Sounds crazy, right? Well, I tried it and spent \$34 without knowing what I would receive. One week later the package arrived and I couldn't be happier. The tee-shirt is *so soft*. It has the word "feel" in braille on the sleeve; the color of the shirt in braille above the hemline; "perspective" written upside down across the front. The socks also have braille on them as do all their items.

The best part is that all profits go to researching eye disease through the Foundation Fighting Blindness.

So, what do you think? Are *you* up for the Shop Blind Challenge?

Google their on-line store to see the full collection, and check out the challenge. Prices change monthly depending on the items offered.

BRILLE FACTS

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INTERESTING BRILLE FACTS

1. In the 1800's, Charles Barbier developed a code called "night writing" to keep the enemy from knowing the location of the French troops. This eliminated the need for speech, lanterns or candles to communicate combat messages.
2. Inspired by Barbier's 12-dot cell, Louis Braille shortened it to the 6 dots used today.
3. In 1999, NASA named asteroid "9969 Braille" in honor of Louis Braille.
4. Because braille takes up more space than letters, "Webster's Unabridged Dictionary" is a whopping 72 volumes.
5. Versions of the braille alphabet are available worldwide in languages such as Chinese, Spanish and Hebrew.
6. U.S. and Canadian students participate in the annual Braille Challenge which tests their braille skills in categories like spelling and reading comprehension.
7. Dr. Abraham Nemeth invented a version of braille for math including calculus.
8. There's a shorthand version of braille.
9. Braille can be found on drive-through ATM's.
10. It takes practice to learn braille, but those who are very skilled can read at a speed of 400 words per minute. A light touch and using both hands make this possible. Average is 125 words per minute topping at 200.
11. Don't capitalize the word "braille" or when referring to the braille code.
12. You can get a braille tattoo. Choose a regular flat one, or have surgical beads placed under the skin to resemble raised braille dots.
13. Toy companies now sell games like Uno and Monopoly in braille.

Resources:

<https://www.perkins.org/12-things-you-probably-dont-know-about-braille/>

<https://brailleworks.com/braille-resources/history-of-braille/>

GFWC JUNIORS' SPECIAL PROGRAM: ADVOCATES FOR CHILDREN



Yolanda Cypher, Chairman
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A child is removed from his or her home and placed into foster care every two minutes in the United States. In 2019, 2,634,613 children lived in Pennsylvania. Of those, 4,817 children were abused or neglected, and 15,526 children were in foster care on the last day of 2019.

Neglect, often the result of poverty, is the most common reason for children entering the child welfare system. Parental drug abuse is responsible for 34% of child removals. Alcohol abuse is responsible for 5% of child removals. Unsafe, substandard housing contributes to 10% of removal, physical abuse 13%, and sexual abuse 4%. The COVID-19 pandemic has further added stress to families already dealing with economic, housing, and food insecurity problems. Stress directly impacts the ability of parents to safely care for children and contributes to maltreatment. The **FAMILY FIRST PREVENTION SERVICES ACT of 2018** allows guaranteed child welfare funds to be used by states to provide certain evidence-based services and programs to stabilize families and prevent need for foster care. GFWC PA clubs across our state have always invested in programs advocating for children and families. As the new year approaches let us continue to be aware, stay focused, and take the lead in assisting to build strong families and communities that keep children safe.

“We are all at once both a composition and a composer, we have the ability not only to compose the future of our own lives, but to help compose the future of everyone around us and the communities in which we live.” — Maya Angelou

All statistics have been researched in **The State of America's Children 2021 report** from the Children's Defense Fund, a 501 (c) (3) non-profit organization.

ARTS and CULTURE



Kathy Cassel, Chairman
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What better time of the year then to think about buying gifts for the young and old in your life. Why not make those gifts learning ones. Look for STEM crafts, hobbies, and toys. Just imagine several generations gathering together and learning about magnetics. Simply google “magnetic trick” and have some fun. What about solving a problem or inventing a practical tool, or learning more about climate, soil, and living things around you, or doing math. Maybe be open to trying to understand the common core math of today! And share the old math with someone, have fun and learn at the same time.

This year's Member Crafts look so interesting and there is something for everyone: paper earrings, hex sign ornaments, painted gourds, decorated bottles, cross stitch pillows, and STEM bookmark. And, of course, there is always photography, short story, and poetry. Check the GFWC Pennsylvania website for full details.

Thank you to all for your participation, support, and help with Arts and Culture!

CIVIC ENGAGEMENT and OUTREACH



Karen Stauffer, Chairman
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Galaxy Goal: *Making Smile Splints and Smile Bags*

Tired of the spin given by the news commentators relating to our National Congress? Since 2004 GovTract.us, is a “project to use technology to make the US Congress more open and accessible.” It is the leading non-government source of legislative information and statistics. It is an “independent website tracking the status of legislation in the United States Congress and helping you participate in government.” Take a few minutes and explore this site and all of the information it provides. Good citizenship demands for us to be engaged and this site provides the information needed to use when writing or calling your representatives. Share your videos on <http://www.youtube.com/govtrack>. Share your thoughts or learn what others are saying at <http://www.facebook.com/govtrack>. Learn the latest tweets from @govtrack at: <http://twitter.com/govtrack>.

Remember to record volunteered hours, dollars donated, dollars raised, and in-kind donations while working on the Operation Smile Gowns and Smile Splints.

COMMUNICATIONS, PUBLIC RELATIONS, & SOCIAL MEDIA



Sue Hardenbrook, Chairman
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One of the top ten Communications projects for 2020 as listed on the GFWC website was the **#IamGFWC** project:

“GFWC Ackerman Twentieth Century Club (MS) created 15 testimonial Facebook posts during their October membership drive. Each post highlighted an individual club member using the hashtag #IamGFWC. Posts included the club’s name, logo, a photo of the member, and why she belongs to the club. The posts were viewed 6,370 times during the campaign.”

This is a great way to use social media to create awareness of your club and the reasons for belonging. REMINDER: As we approach the end of the year, please remember to enter your club’s newsletter and website in the **newsletter and website contests**. Complete rules can be found on the GFWC Pennsylvania website. Contact me with any questions and send your entries to me by January 15, 2022, to be entered in the state contest.

EDUCATION and LIBRARIES



Judy Schwambach, Chairman
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Did you know that GFWC has an Affiliate Organization in Washington, DC, called STEM for Her? It supports programs that encourage young women to enter the fields of science, technology, engineering, and mathematics. **STEM for Her** provides critical funding for programs that foster STEM interests in girls and young women through sponsorship of events, field trips, speakers, virtual programs, and curriculum development.

Visit the website and browse **Girls in Technology** programs, virtual programs and initiatives, and community collaborative programs. Internet research will also yield a guide to STEM majors: astronomy, biology, chemistry, computer science, earth sciences information technology, and mathematics. According to US NEWS, “few fields offer better job prospects than science, technology, engineering, and mathematics.” Gone are the days when girls were forbidden from entering the technology areas of their schools. A great deal of information is now available for young women who are interested in STEM careers.

Scholarships are beginning to become available for young women interested in the sciences. Statistics are improving. In 2017, only 33% of students in STEM fields were women. The organization UNESCO has stated that “the gender disparity is due to discrimination, biases, social norms, and expectations that influence the quality of education women receive and the subjects they study.” UNESCO believes that having more women in STEM fields is desirable because it would help bring about substantial development. Our women’s clubs can help change teaching strategies and student-teacher interactions as a good way to change the future for women!

ENVIRONMENT



Mary Seyfert, Chairman
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Is your club ready to celebrate **National Wildlife Day on February 22, 2022?** This day was founded to bring attention to endangered animals nationally and globally. It also serves to acknowledge zoos and outstanding animal sanctuaries for everything they do to help preserve our planet’s animals and educate the public about conservation. Special focus is given to children, our animal’s future caretakers and conservationists.

Here are some ideas to get your club involved:

- Plan a Club outing to your local zoo or animal sanctuary
- Support their work by promoting their social media pages to your friends
- Partner with a local zoo, school, library, or nonprofit organization or animal sanctuary to host a National Wildlife Day event
- Donate to an international wildlife group

National Wildlife Day encourages wildlife lovers to stand up and fight for animals that need a voice, visit their local zoo, and donate what they can to make a difference in the lives of our beloved animal friends. For more ideas, go to www.nationalwildlifeday.com, or www.worldwildlife.org.

Don’t forget to keep collecting contact lenses and blister packs! You can keep waste out of our landfills and support the President’s Project of Vision Awareness at the same time by participating in the free recycling program created by **Terracycle®**. Check out www.terracycle.com to find a drop off location near you.

HEALTH and WELLNESS

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“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Wellness is more than being free from illness, it is a process of change and growth leading toward a healthy and fulfilling life.” – World Health Organization

The Health and Wellness Community Service Program wants you to stay healthy and well so you can help others. How?

NUTRITION

This committee is asking all clubs across the state to participate in raising funds for Food Banks across Pennsylvania so they can purchase milk and dairy products for needy families. By consuming healthy dairy products, you are nourishing your body, supporting a healthy weight, and lessening the risk of serious disease. **Recommendations:** Invite community members to attend a function during which you feature a “Fill a Glass with Hope” creative project; challenge your members to save quarters each time they consume a dairy product; partner with the local library, firehouse, police station, or grocery store.

Our goal is to raise \$2,022 by April 15, 2022. **All checks should be made out to GFWC PA earmarked for this project and sent to GFWC PA Headquarters.**

DISEASE PREVENTION

Physical well-being depends on disease prevention, including immunizations and efforts that reduce the risk of heart disease, cancer, and diabetes which are the leading causes of death in our country. We have received “shots” from the time we were infants to keep us well and not spread diseases to others. The Covid 19 Pandemic has been a perfect example to how an immunization can help stop the spread. Many of us have received our “shots,” but we still need to encourage everyone, especially the young adults in their 20s and 30s, to get their immunization as soon as possible. Covid 19 variants are spreading across our country and the people in hospitals who have the variant have not been vaccinated. **So, get your vaccination as soon as possible!**

Right now, if you are over 65 and received the Pfizer vaccine, you are eligible for the Pfizer Booster vaccine. Contact your local pharmacy to set up an appointment. And, don't forget to have a regular check-up with your doctor. Check-ups help prevent disease and illness.

EMOTIONAL CARE

Exercise can improve your mental and emotional well-being. It can improve your mood and reduce anxiety. By actively participating in any form of exercise for a worthy cause, members will **improve their own health while helping others**. This committee sponsored a **Neighborhood Walk for Canine Companions during the month of August**. We asked you to talk to your family, neighbors, and friends asking for their support, both monetarily and physically. We reached out to our friends at “Woodmen Life” Insurance Company of Hershey who generously donated \$500 for our Neighborhood Walk for Canine Companions. This project supported the families who receive service dogs from Canine Companions but do not have the needed funds for the dog's upkeep. It was a great way to support one of our GFWC Partners. **GFWC PA was able to raise \$1,150 for this worthy cause.**



I wish to thank all those who helped raise this money. It was a fun way to enjoy the outdoors!

MEMBERSHIP



Mary Fenstermacher, Chairman
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Many of our clubs are now meeting in person, and again, we are so happy to see and communicate with our friends. Now it is time to think about how we can rejuvenate members or re-engage previous members. It is also the time to think about acquiring new members. **One new member from each club is our goal.** I believe asking a friend to visit a club meeting and telling her about the goals and objectives of the club is paramount.

“Making your way in the world today takes everything you've got. Taking a break from all your worries sure would help a lot.”
Cheers

Well-run meetings, good programs, and of course good refreshments are the key! Always remember to introduce our guests and make them feel welcome. Follow up by having your membership chairman invite them to the next meeting, and **remember:**

You wanna be “Where everybody knows your name, and they're always glad you came.”
Cheers

Never forget your longstanding members, they are the backbone to your club.

Attention Club Presidents: Do I have the names and addresses of the 90-year plus members of your club? Birthday cards are sent to each one. Some members are not physically able to attend club meetings, so this is a great way to let them know we have not forgotten them.

LEADERSHIP

Lois A. Richards, Chairman

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Congratulations to our 2020 and 2021 GFWC LEADS Graduates – JoAnn Propcheck, GFWC Hollidaysburg Area Women’s Club (2020), and Chelynne Curci-Lang, GFWC Junior Woman’s Club of Butler (2021). Both women attended the Leadership Education and Development (LEADS) Seminar on August 27, the day before the official opening of the 2021 GFWC Annual Convention.

The LEADS Seminar covered a variety of topics that focused on leadership capabilities and the commitment necessary to serve a higher GFWC office with distinction. These topics were Body Language and Listening Skills; Building Influence; Effective Delegating & Mentoring; Facilitating Effective Meetings; Structure & Governance; Club Manual & Resolutions; Leadership & Followership; Leadership Toolkit & GFWC Member Portal; Protocol & Parliamentary Procedures; Public Speaking & Presentation Skills; Teamwork, Collaboration and Conflict Resolution; and Time Management & Goal Setting. Throughout the day, all LEADS candidates were encouraged to discover the ways in which they are GFWC heroes, culminating in designing their own superhero shields.



“Attending LEADS was a really rewarding experience. Even though I have been a club member for 10 years, I now have a deeper understanding of the structure of GFWC. One big takeaway was learning what each member of the Executive Committee is responsible for overseeing. Another ah-ha moment was realizing the importance of resolutions to the function of GFWC. I was excited to see resolutions in action during the business sessions of the convention in Atlanta. Finally, I expanded my network of GFWC clubwomen while making new friends with other members of the 2021 LEADS class. Thank you for this opportunity.”

Chelynne Curci-Lang, 2021 LEADS Graduate



“Being named Pennsylvania’s 2020 LEADS candidate and attending the seminar at the GFWC International Convention in August of 2021, has been an honor and true lollipop moments. I learned much more about our wonderful service organization and how it works – including, our GFWC Toolkits in our Member Portal, the importance of body language, and Protocol & Procedure. Getting to meet club members from all over the country and our International Officers makes me secure in the knowledge that our organization is strong, and we have many passionate women ready to support us and what we do.”

JoAnn Propcheck, 2020 LEADS Graduate

LEGISLATION / PUBLIC POLICY

Carolyn Smith, Co-Chairman

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Dottie Sawyer, Co-Chairman

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In 2020, the military reported 6,290 assaults involving service members. Any person who is in a supervisory or command position who uses or condones implicit or explicit sexual behavior to control, influence, or affect the career, pay, or job of a military member or civilian employee is engaging in sexual harassment and committing Military Sexual Assault. Sexual harassment involves unwelcome sexual advances or sexual favors and can be verbal or physical. All types of sexual assaults are crimes. In the military, the victim’s commanding officer can oversee sexual assault complaints and can stop an investigation, reduce a sentence, or even set aside a conviction. After an assault, a service member often leaves the military. The military reported more than half of assault victims are men.

Contact your U.S. Senators and House of Representatives about supporting legislation that reforms disposition of charges and the convening of court-martial offenses under the Uniform Code of Military Justice. H.R. Combating Military Assault Act. A Related Bill S.2500 National Defense Authorization Act of 2020 was read twice and placed on the Senate Legislative Calendar.



CHECK THIS OUT! WE'VE HAD A MAKE-OVER!!

Our WEBSITE that is!

GFWCPennsylvania.org has a new look!

The update to the new platform, Word Press, saves us money for our hosting fees; and provides a more user-friendly navigation system with a format that inspires us to showcase the many exciting projects our clubwomen are doing within their communities in a more expressive, eye-popping way. Please note that our website is a work in progress as we strive to update information for all Departments and Advancement Areas.

The password for our Members Only page will remain the same: ShineOn2020.

Calendar of Upcoming Events

IMPORTANT DATES

EEVEN / DISTRICT	DATE	LOCATION	TIME
GFWC Holiday Reception	December 8, 2021	GFWC Headquarters, Washington, DC	TBD
Clubwoman Newsletter Articles Deadline	January 15, 2022	NA	NA
Postmarked Reporting Deadline	February 1, 2022	NA	NA
LEADS Application Deadline	February 1, 2022	NA	NA
All Dues Paid to GFWC - Deadline	February 5, 2022	NA	NA
GFWC Women's History Celebration	March 9, 2022	TBD	TBD
State Chairman Reports Due	March 15, 2022	TBD	TBD

FYI...

December is *Safe Toys and Celebration Month*

January is *Braille Literacy & Glaucoma Awareness Month*

February is *AMD and Low Vision Month*

March is *Save Your Vision Month*

VISION
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AWARENESS



Happy Holidays!!

gfwcpennsylvania.org
Member Portal password : ShineOn2020





CLUB NEWS



The **Community Club of Collegeville** celebrated its first 100 years with luncheon and a special recognition for eight (8) members of the club who received their 50 year pins. President JoAnne O'Donnell presided over the ceremony, and received several certificates of congratulations and achievement.

Invited guests included Sandy Hauenstein, President GFWC PA, and Glenda Ellis, The Woman's Club of Whitpain.



The **GFWC Pocono Mountain Women's Club** collected and donated over 200 new and gently used bras to "Free The Girls", a nonprofit organization that provides survivors of sex trafficking job opportunities in developing countries. Our donation helps survivors of human trafficking start their own businesses selling bras in their local second-hand clothing markets while they recover and build their new life. By donating the new or gently used bras, we're providing an economic opportunity that these women use to change their lives.

Our local Hanes store had a drop off box for us to fill with our donations.

Free the Girls accepts both new and gently used bras of all sizes and styles, including sports bras, nursing bras, and camisoles. More information on the organization can be found at www.freethegirls.org

Pictured in the photo to the left, left to right are club Treasurer Kathy McPherson and 2nd Vice President Tracy Mueller

The **Woman's Club of Quakertown** hosted Tara Vaszily, the Volunteer Coordinator for the Southeastern Veterans Center in Spring City, PA, at their September meeting. For many years, the club has adopted a veteran living at the center. They have also worked closely with the John Rivers VFW Post #11322 in Quakertown, PA. to help with any needs local vets may have.

The veteran's at the center live there full time. Tara provided a list of needed items which would help make their time at the center more pleasant. As a result, the club donated 656 DVDs; 88 large print books (many donated by their local library); and a large number of adult coloring books, puzzle books, and paperback books.

A group picture of club members is pictured to the right.





CLUB NEWS



The **GFWC West Side Woman’s Club** recently held a driveway drop off event as part of its Apple Donation project. Members dropped off apples to be donated to local food pantries. This project, conducted as part of the club’s Health and Wellness department, was aimed at providing nutritious food to those in need. 124 pounds of apples, along with monetary donations, were delivered to the St. Vincent de Paul Soup Kitchen in Wilkes-Barre.

Pictured to the left, left to right and seated are: Eileen Gallagher, secretary; and Betty Bauman, vice-president. Standing are: Karen French, treasurer; and health and wellness committee member; Gina Rushkowski, club president; Nancy D’Amico, health and wellness chairperson; and Christina Kinsman, health and wellness committee.

This club also sponsored “Dinners for Kids” at the annual Grotto, Harvey’s Lake, “Festival of Trees”. Monies donated from this fundraiser amounted to \$3,202. This amount, along with a \$500 check from the National Slovak Society (obtained by Marge Gushka) was resented to help defray the cost of Dinners for Kids meals.

Dinners for Kids was founded by David Tevet, former owner of Ollies Restaurant, Edwardsville. Matt Borwick, current owner continues this weekly tradition. This program provides daily meals to children in need. The program is open to children in Luzerne County. To apply or volunteer, contact Matt Borwick at 570-288-6609.

Pictured to the right, left to right are: Marge Gushka, club and National Slovak Society member.; Matt Borwick, proprietor of Ollie’s; Deidre Kaminski, club chairman of project; and Rosemary Luksha, club/committee member.



The club recently participated in a Festival of the Arts competition at the club, county, and district levels. All first-place winners went on to state, which was held recently at State College.

Club member Pat Motyka placed first in the category of Handmade Holiday Ornaments. Club member Nancy Coach placed second in the Photography category, Volunteers in Action. The Club also received an award for supporting the statewide Pennies for the Arts program.

Pictured on the left, from left to right are: Marge Gushka, Arts Chairman; Gina Rushkowski, club President; and Pat Motyka, club member and first place winner in the Handmade Holiday Ornament Category. Absent from the photo was Nancy Coach, second place winner in the Photography category



STEM

Just in case you are unaware, the STEM acronym stands for **S**cience, **T**echnology, **E**ngineering, and **M**athematics



CLUB NEWS



The **Warrington Women's Club** held their October Club Meeting at the Special Equestrians Therapeutic Riding Center in Warrington. The center "Harnesses the Healthy Power of Horses to Transform Lives" on 40 acres, with 16 staff members; 11 horses; and 220 volunteers. They help people from the ages of 3 to 18+ years, most of whom are at-risk youth,; students with autism and learning disabilities; women in recovery; cancer support groups; and children in foster care.

The club donated \$500 to their program.

Pictured to the right: Janice, the center's Program Director with new pony, Glow.



Pictured to the left and below: October Club meeting at the barn.



Pictured above, left to right: Phyllis Lewis, Oscar the horse, Mary Jo, the center's Executive Director, and club member?



Pictured to the left, left to right: Phyllis Lewis, Oscar the horse, and Mary Jo, the center's Executive Director.

Memoriam

The **Federated Women's Club of Hershey** is sad to announce the death of its founder, Mrs. Kemmy Himmeberger, who established the club in 1962.

Kemmy was a vital member of the club and the community. She represented GFWC at its best, mentoring its members for 59 years. She will be missed.



CLUB NEWS



Highlights of the Bucks County Federation of Women’s Clubs Fall Meeting



Members of the Quakertown and Perkasio clubs are pictured to the left and below.



Members of the Quakertown and Warrington clubs are pictured to the right and above.

PRESIDENT’S PROJECT - SC DISTRICT



Carol Foley, Chairman
21 Wagner Street, Hummelstown, PA 17036
717-566-0637 cfoley@aol.com

Did you know that Judi Dench, the acclaimed actress is going blind? In an article entitled, “You find a way”: Judi Dench tells how she is working through sight loss. Dame Judi Dench has spoken of her determination to carry on working despite sight loss, even if that means using friends to learn lines and being gently told to stop delivering speeches to the proscenium arch rather than her fellow actors. Dench described how she copes with deteriorating eyesight – the challenges, the unexpected advantages, and the funny side. You find a way of just getting about and getting over the things that you find very difficult. . which is having great friends repeat (lines) over and over and over again. Dench, 86, says her mother had a similar sight loss; however she does not indicate what has caused her blindness. Nonetheless, this great actress is not about to let it get her down. Source: Vision Resources of Central PA, March, 2021.

With further research, this chairman found that Judi Dench has macular degeneration (2012) with having one “dry” eye and one “wet” eye. She is being treated with injections into the eye.

PRESIDENT'S PROJECT - NW DISTRICT



Norma McClay, Chairman
19684 Collier Drive, Meadville, PA 16335
814-333-9299 normamccclay@gmail.com

The September 26, 2021, Parade issue in our local newspaper had an interesting article, “Your Healthy Eye Workout” by Sheryl Kraft, that also included some comments from Cleveland Clinic Ophthalmologist Nicole Bajic, M.D. Listed were five easy exercises or “simple visual gymnastics.”

Blink

This helps produce tears to moisten and lubricate your eyes. It also aids in clearing any debris on the eye surface and delivers nutrients to the eye surface.

Yawn

When you yawn it puts muscular tension on glands of your eye sockets and increases tears and helps moisten dry eyes.

Look Around

With your eyes closed and your head still, raise your eyes to the ceiling, to the left, to the right then down. This should be repeated three times.

Change Your Focus

Focus on a finger held in front of one eye then move it away slowly and change the focus into the distance. Slowly bring your focus back to the finger and return it to the starting point then shift your focus to something 8 feet away. Repeat this three times.

Do Figure Eights

Image a large number 8 on its side about 10 feet ahead and slowly trace the number with your eyes. Do this a few times and then reverse.

It was also recommended to:

Distance Yourself

To reduce eye strain when doing computer work you should be 18–25 inches from the computer with eyes looking slightly downward. You should look 20 feet away from your computer every 20 minutes for 20 seconds. (20-20-20)

Drop In

To help moisten dry eyes use eye drops containing artificial tears, use a humidifier to add moisture to the air or apply warm compresses.

REPORTING WORKSHOPS

Donna Malone, 2nd Vice President, Dean of Chairmen
500 Belair Road, Hollidaysburg, PA 16648
814-502-6125 donnagfwcpa@gmail.com

Because of the positive response we had last year for our Reporting Workshops held via Zoom, we thought it would be helpful to hold them again. We will review the reporting procedures and provide tips on writing reports. The January sessions will be geared toward our club presidents and those who assist in writing club reports. The February sessions will focus on our state chairmen's reporting procedures. The Zoom links will be emailed closer to the date of the workshops. Reporting Procedures, Forms, and Guidelines on Reporting can be found on our website: GFWCPennsylvania.org. We hope you plan to attend.

WORKSHOPS FOR CLUB PRESIDENTS:

Wednesday, January 5, 2022, at 7PM

Thursday, January 6, 2022, at 7PM

Deadline: Club reports for the calendar year of 2021 must be post-marked and mailed directly to Donna Malone, 500 Belair Road, Hollidaysburg, PA 16648 by February 1, 2022.

WORKSHOPS FOR STATE CHAIRMEN:

Wednesday, February 2, 2022, at 7PM

Thursday, February 3, 2022, at 7PM

Deadline: State Chairmen's reports must be post-marked and emailed directly to Donna Malone (donnagfwcpa@gmail.com) by March 1, 2022.





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Carol Foley, Chairman
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Having attended four of the Fall District Meetings, this chairman is thrilled with all she heard from clubs and the work they are doing with the project. Each meeting was unique to the district chairman's choosing while they shared information, distributed pamphlets, arranged for speakers, provided fun facts, and gave out dry eye solution samples. All of the meetings enhanced the Education/Awareness aspect of the project.

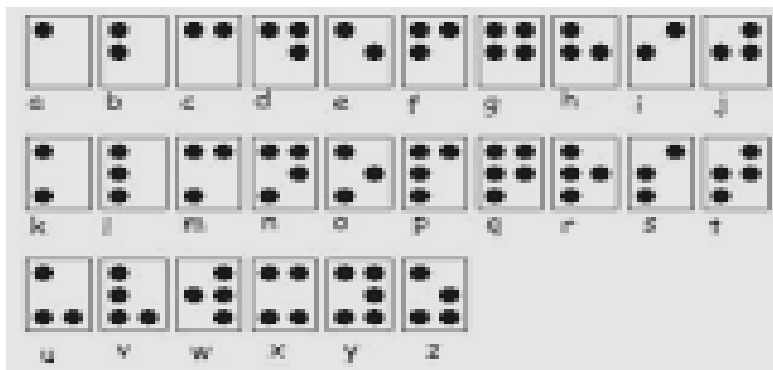
REMINDER: The Braille Project is now underway!! The information was provided in the convention packet and to each club president and is also on the GFWC Pennsylvania website. Hopefully, each club will participate and make a sign with their club name printed on it and the Braille system of dots underneath each letter. Then each club member will print their first name on a 3x5 card with the Braille dots underneath and their club name printed at the bottom (no dots). **Please finish this project by December 31, 2021 and report it on the President's Project report form.** Finally, save the sign and member cards in a safe place and take them to the 2022 convention to be put on display along with each district's sign. This will be a creative and fun display as a culminating activity for the project.

All of the information about the projects for the rest of this administration are on the website: Cash for Clients, eyeglass collection, contact lens collection, eye exam count for members, and volunteering at local agency for the blind.

It will soon be time to write reports. Be sure to use the separate form for the President's Project: Vision Impairment Awareness.

This chairman can't wait to read about the participation of our members with the various projects.

The Braille Alphabet



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