

# PENNSYLVANIA CLUBWOMAN

Official Publication of the  
General Federation of Women's Clubs Pennsylvania



Volume 102    Issue 7    March 2022

## PRESIDENT'S MESSAGE

As we look forward to Spring and enjoy all that it brings, let us be reminded of the many blessings of health, family and friends. Let the sun shine as we work in our communities.

Thank you to the clubs who submitted their reports and I look forward to reading them. You are commended for doing an outstanding job supporting our many projects, including Vision Impairment Awareness, Fill a Glass with Hope and your local club projects.

The Spring District Meetings/Arts Days will include the Art, Photography, and Member Craft contests and will be a fun day meeting in person, and sharing time with our Federation sisters.

Northwestern District	March 19, 2022	Erie
Southwestern District	March 12, 2022	Monaca
North Central District	March 19, 2022	State College
South Central District	March 12, 2022	Marietta
Northeastern District	March 19, 2022	Wilkes-Barre
Southeastern District	March 19, 2022	Limerick

## GFWC Pennsylvania Annual Business Meeting/Convention

April 28 – May 1, 2022 at the Radisson Lackawanna Station Hotel, Scranton

“Celebrate the Stars”

The 2022 GFWC Pennsylvania Annual Business Meeting/Convention Call is included in this newsletter. Please use this copy to make your reservations for the event. We will celebrate the stars, and each of you is a star in GFWC Pennsylvania. Our guest for the weekend will be Deb Strahanoski, GFWC President-Elect, who will wow you with her enthusiasm and good humor. Julienne Ryan, an author from Queens, NY, will enlighten us at our opening session. Besides being a writer, Julienne is an organizational storyteller, a keynote speaker, a facilitator, a soft-skills trainer, coach, and humorist. Several local speakers are on the agenda, and we will have a few fun activities to enjoy. The election and installation of the 2022-2024 officers will take place, and a reception in their honor will be hosted by the GFWC West Side Woman's Club. And.... Lots of awards, awards, awards!!!!

Is your club seeking ideas for meetings? The state officers and chairman are available for any meeting, in person or virtual, so please let us know. You may contact them individually. Their contact information is on the website and in the state directory.

Happy Easter on April 17<sup>th</sup>



See you in Scranton April 29<sup>th</sup> – May 1<sup>st</sup>.



Together in Federation,  
Sandy Hauenstein  
GFWC Pennsylvania President



GENERAL FEDERATION  
of WOMEN'S CLUBS



**General Federation of Women's Clubs Pennsylvania**  
**Sandy Hauenstein, President**

**Call to the 125th Annual Business Meeting/Convention**  
**April 28 – May 1, 2022**

**Radisson Lackawanna Station Hotel, 700 Lackawanna Avenue, Scranton 18503**

***Hotel Reservations:***

Standard rooms are \$129.00 per night plus state and local taxes equal to 13% tax.

Reservations may be made by calling (570-342-8300) or 1-800-333-3333 or online at <https://www.radissonhotelsamericas.com/en-us/hotels/radisson-scranton-lackawanna-station/deals/gfwc-convention>

**Room reservation deadline: Friday, April 1, 2022.**

***Convention Registration Information:***

1. Registration POSTMARKED deadline is **Friday, April 1, 2022**
2. Registration for the entire Convention is \$50.00. One day registration is \$40.
3. Your club number appears in the State Directory sent to each Club President annually.
4. Complete Registration Form (included in this newsletter) with check payable to:

**2022 GFWC PA Convention and mail to:**

**Sue O'Day, Convention Registration Chairman**  
**61 Koehler Hill Road**  
**Scott Township PA 18447-7653**

***Registration Desk Schedule:***

Thursday, April 28 4:00 p.m. – 6:00 p.m.

Friday, April 29, 8:00 a.m. – 10:30 a.m.; 4:30 p.m. – 5:00 p.m.

Saturday, April 30, 8:00 a.m. – 9:00 a.m.

***What Should I Wear?***

**Thursday Dinner:** Casual – please no shorts or denim

**Business Meetings:** Business

**Friday Banquet:** Business/Dressy

**Saturday Banquet:** Dressy or formal

**Sunday Breakfast:** Casual

***What Should I Bring?***

Feminine Hygiene Products and personal care items for the Catherine McAuley Center in Scranton. The mission of the center is to provide temporary shelter for women with children in crisis through individualized case management empowering them to secure and maintain safe and affordable, permanent housing.

- Face masks and Hand Sanitizer for your own use.

Braille Project club poster and name cards.





**General Federation of Women's Clubs Pennsylvania**  
**Sandy Hauenstein, President**



**125th Annual Business Meeting/Convention**  
**April 28 – May 1, 2022**

***“Celebrate the Stars”***

**Meal Information – Advanced Reservations Required!**

Coffee, tea and water served with all meals

**Thursday, April 28, 2022**

- 6:00 p.m.** Dinner on your own – the hotel has a restaurant and there are several restaurants within walking distance of the hotel
- 9:00 p.m.** Casual get together in the President's Suite

**Friday, April 29, 2022**

- 12:30 p.m. Celebrate Friends Luncheon \$28**  
Farm Stand Mixed Salad, Apple and Sweet Potato Stuffed Pork, Roasted Fingerling Potatoes, Julienne Carrots, Chocolate Layer Cake
- 6:30 p.m. Celebrate State President's Project Vision Impairment Awareness Banquet \$45**  
*Dinner is priced A la carte and dessert is included with this meal and no salad.*
- Choice #1:** Chicken Milanese - Hand Breaded with Herbs and Cheese, Topped with Lemon Caper Sauce, NY Style Cheesecake
- Choice #2:** Roasted Cod, Tomato and Cilantro Coulis, Orange, Fennel and Radish Salad, NY Style Cheesecake

**Saturday, April 30, 2022**

- 8:30 a.m. Celebrate Helping Others Breakfast \$20**  
Plated scrambled eggs, crisp bacon strips, potato du jour, fresh fruit garnish, chilled juice, freshly brewed coffee and assorted Tazo hot tea.
- 12:30 p.m. Celebrate the Arts Luncheon \$29**  
**Scranton Deli:** Soup du Jour, Garden Salad, Pasta Salad, Premium Deli Meats and Cheeses, Lettuce, Tomatoes, Onions, Pickles, Assortment of Breads; Chef's Selection of Desserts
- 6:30 p.m. Celebrate our Legacy Banquet \$49**
- Choice #1:** Salmon Provencal – Pan Seared, Ratatouille, Spinach Basil Potato Puree, Dessert to be served at the Installation Reception
- Choice #2:** NY Strip Loin Roast – Hand Carved, Sea Salt and Herb Encrusted with Merlot, Forest Mushroom Demi-Glace, Dessert to be served at the Installation Reception

**Sunday, May 1, 2022**

- 8:00 a.m. Celebrate the Future Breakfast Buffet \$27**  
– **10:00 a.m.** Assorted breakfast breads/muffins and bagels, Seasonal Fruit Salad, French Toast, Home Fries, Grilled Sausage Links, Chilled Juices



# General Federation of Women's Clubs Pennsylvania

**Sandy Hauenstein, President**

**125th Annual Business Meeting/Convention**

**April 28 – May 1, 2022**

***“Celebrate the Stars”***



## **Thursday, April 28, 2022**

4:00 p.m. – 6:00 p.m.  
4:30 p.m. – 5:30 p.m.  
6:00 p.m. -  
9:00 p.m.

Registration Open  
Executive Committee Meeting  
Dinner on Your Own  
Reception – President's Suite

## **Friday, April 29, 2022**

8:00 a.m. – 10:30 a.m.  
9:00 a.m. – 10:00 a.m.  
10:30 a.m. – 12:15 p.m.

Registration Open  
Board of Directors Meeting  
Opening of 125<sup>th</sup> Annual Business Meeting/Convention  
Opening Ceremonies  
Recognition of First Time Attendees  
Presentation of Standing Rules  
Presentation of Convention Program  
Election Committee Report  
Guest Speaker Juliene Ryan, Author  
Presentation of Awards

12:30 p.m. – 1:45 p.m.  
2:00 p.m. – 3:30 p.m.

Luncheon – ‘Celebrate Friends’  
Business Meeting  
Celebrate Pennsylvania Women – Dr. Dana Charles Clark  
Workshops

3:45 p.m. – 5:00 p.m.  
4:00 p.m. – 5:00 p.m.  
4:30 p.m. – 5:00 p.m.

Registration Open  
Meeting of GFWC PA Past Presidents & Past Directors of Junior Clubs  
Meeting of GFWC PA Past District Directors Club

5:30 p.m. – 6:30 p.m.  
6:30 p.m. – 9:30 p.m.

Social Time (cash bar)  
Banquet – Celebrate the President's Project – *Vision Impairment Awareness*  
Speaker: Deb Strahanoski, GFWC President Elect  
Presentation of Awards  
Entertainment – The Village Tappers  
Fundraising Bingo

9:30 p.m. – ?

## **Saturday, April 30, 2022**

7:00 a.m. – 7:50 a.m.  
8:00 a.m. – 9:00 a.m.  
8:00 a.m. – 4:00 p.m.  
7:30 a.m. – 8:30 a.m.  
8:30 a.m. – 9:30 a.m.

Arts Set-up  
Registration Open  
State Festival of the Arts  
Polls Open  
Breakfast – Celebrate the Arts  
Speaker - Krista Somers, Catherine McAuley Center  
Presentation of Awards

9:45 a.m. – 12:00 p.m.

Business Meeting  
Reports of GFWC Pennsylvania Officers  
Reports of District Directors  
Presentation of Awards

11:00 p.m. – 12:30 p.m.  
12:30 p.m. – 2:30 p.m.

Polls Open  
Luncheon – Celebrate Helping Others  
Speaker: Mary Claire Boylan, Lackawanna Blind Association  
Recognition of GFWC PA Woman of The Year Award Recipient  
Recognition of the 2022 GFWC PA Jennie Award Recipient  
State Festival of the Arts Awards  
Presentation of Awards

2:45 p.m. – 3:45 p.m.

Business Meeting  
Election Report  
Memorial for Clubwomen  
Invitations  
Presentation of Awards

4:00 p.m. – 4:30 p.m.  
6:00 p.m. – 6:30 p.m.  
6:30 p.m. – 8:45 p.m.

Club Photos – schedule to be announced  
Social Time “Honoring GFWC Pennsylvania Past Presidents” (cash bar)  
Banquet – Celebrate our Legacy  
Presentation of Awards  
Installation of the 2022-2024 GFWC PA Officers and District Directors

9:00 p.m.

## **Sunday, May 1, 2022**

8:00 a.m. – 10:00 a.m.

Breakfast Buffet: Enjoy casual time with your district director and district clubwomen

GENERAL FEDERATION OF WOMEN'S CLUBS PENNSYLVANIA

Sandy Hauenstein, President

125th GFWC Pennsylvania Annual Business Meeting/Convention - April 29 - May 1, 2022
Radisson Lackawanna Station Hotel, 700 Lackawanna Avenue, Scranton 18503

REGISTRATION FORM



Registration must be postmarked by Friday, April 1, 2022.

Return this form with your check payable to: 2022 GFWC PA Convention and mail to:

Sue O'Day, Convention Registration Chairman
61 Koehler Hill Road
Scott Township PA 18447-7653

Pre-Registration is required for all Convention Attendees. You may duplicate this form as needed.

PLEASE PRINT NEATLY

Name \_\_\_\_\_ Position \_\_\_\_\_
Name as you wish it to appear on your name badge Club, County, District, State

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email address \_\_\_\_\_

Club \_\_\_\_\_ Club number \_\_\_\_\_
As it appears in the directory. As it appears in the directory.

District \_\_\_\_\_ County \_\_\_\_\_

Check if a First Time Convention Attendee \_\_\_\_\_

Registration: \$50.00 \_\_\_\_\_ Full - GFWC PA Clubwoman - includes voting privileges
\$40.00 \_\_\_\_\_ Single Day - No voting privileges

Food Functions: check one choice if applicable
Friday Luncheon: \$28.00 \_\_\_\_\_ Vegetarian  Chicken Milanese  Roasted Cod 
Friday Banquet: \$45.00 \_\_\_\_\_ Vegetarian 
Saturday Breakfast: \$20.00 \_\_\_\_\_ Vegetarian 
Saturday Luncheon: \$29.00 \_\_\_\_\_ Vegetarian 
Saturday Banquet: \$49.00 \_\_\_\_\_ Vegetarian  Salmon Provencal  NY Strip Loin Roast 
Sunday Breakfast: \$27.00 \_\_\_\_\_

Total Registration and Food: \_\_\_\_\_ Check number \_\_\_\_\_

Explain if you have any special dietary needs: \_\_\_\_\_

Communications and Publications Policy

Photographs: By registering for and attending the 2022 GFWC PA Business Meeting/Convention you consent to having your photograph taken and used by GFWC Pennsylvania and/or its agents for any commercial and noncommercial purpose and expressly waive any right to compensation for such use.

Date \_\_\_\_\_ Signature \_\_\_\_\_

# GFWC PA 2022 - 2024

## Candidates for Office



### 1st Vice President - Donna Malone

Donna Malone has been an active member of the General Federation of Women's Clubs for 32 years, joining the GFWC Hollidaysburg Area Women's Club in 1990. She and has served her club as President, Vice President, Recording Secretary, and Corresponding Secretary, as well as chairing numerous committees.

Donna has served as Pennsylvania Clubwoman Newsletter Editor as well as Communications and Public Relations Chairman, and GFWC PA 2<sup>nd</sup> Vice President.

Donna retired in April 2021 as Office Manager from Spring Cove Container, a division of the Roaring Spring Blank Book Company. She enjoys scrapbooking, traveling, shopping, being with friends, and spending time with her family.

Donna and husband, Tim, have been married for 41 years. They have three sons and two grandchildren.

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### 2nd Vice President - Sara Ruppel

Sara Ruppel is a member of the Federated Women's Club of Hershey. A Lancaster County native, her teachers selected her to attend the Hugh O'Brian Youth Leadership (HOBY) seminar in 1998, as an ambassador, and she continued to volunteer at the seminar and on the Board of Trustees for the following 15 years.

While at HOBY, Sara learned of GFWC and joined the Federated Women's Club of Hershey in fall of 2013. In 2020, she was elected to her second 2-year term as President of the Federated Women's club of Hershey. Previously she served her club as International Outreach Chairman, and 2<sup>nd</sup> Vice President.

Currently Sara is serving as the South-Central District Director. She represented Pennsylvania as the 2016 LEADS candidate at the International Convention in Baltimore. She has served as GFWC PA International Outreach Program Chairman and GFWC PA Education Chairman. She has been endorsed by her local club and the GFWC Pennsylvania South Central District as GFWC Pennsylvania 2nd Vice President.

While serving as the International Outreach Program Chairman, Sara became involved in Shot at Life in which she and her husband are active volunteers traveling to Washington DC each year for the organization's summit as part of the GFWC delegation.

Sara resides in Marietta, Lancaster County with her husband Mike and their two very spoiled Maine Coon cats. She currently works at Penn National Insurance in Harrisburg as an Operations Analyst. Sara enjoys spending time with her large extended family, traveling, cooking up classic PA Dutch foods, and reading. She loves honeybees and Disney- especially Winnie the Pooh.

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### Secretary - Joann Propcheck

JoAnn Propcheck has been a member of the GFWC Hollidaysburg Area Woman's Club since 2012. She has served in many leadership positions including club President (2017-2018) and Treasurer. Currently, JoAnn chairs the Programs committee and co-chairs the Community Improvement Program, Discovery Garden, and the Play Par/Canal Basin Park committees.

At the district level, JoAnn currently serves on the Nominating committee, and in the past, has been the Leadership chairman.

At the state level she is the GFWC PA Fundraising co-chairman, and was the 2020 LEADS candidate at the GFWC Convention.

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### Treasurer - Karen French

Karen French joined GFWC West Side in 1988. She has held numerous board positions, beginning in 1993 as Club Federation Day chairman. Her other board positions include Hospitality, Education, Publicity, Club Chat, and Home Life. She served as Club President in 1995-1996, and has served as Club Treasurer for over 10 years. On the county level, she has served as Secretary, Treasurer, Third Vice President, and Second and First Vice President; and from 2008-2010 she was GFWC Luzerne County President. In 2010, she joined GFWC Past Presidents club serving as Secretary/Treasurer and Club President. From 2016-2018 she was Northeastern District Treasurer. And in 2018 she was appointed GFWC PA State Literature Chairman.

Karen worked for 47 years in banking, retiring in 2016. She maintained a management position during her tenure with M&T Bank. She attended the Savings and Loan institute and the Banking Institute. She also attended Luzerne County Community College and Wilkes University.

She currently works for HR Block as Assistant Team Leader of the Pittston Twp. Office. She has served as Treasurer and Vice President of Chester Street PTO, and was a Trustee of First Baptist Church Wilkes-Barre. She volunteers at the Osterhout Library, serving as assistant Treasurer. She has been involved with her local community baseball teams.

Karen was married to her husband Art for 40 years. She resides in Forty Fort. She is the mother of two children and the grandmother of two granddaughters.

## GFWC JUNIORS' SPECIAL PROGRAM: ADVOCATES FOR CHILDREN

**Yolanda Cypher, Chairman**

2841 Old Route 422 East, Fenelton, PA 16034

724-282-3447 [yfc2841@gmail.com](mailto:yfc2841@gmail.com)

Literacy is the ability to read, write, speak, and listen in a way that facilitates effective communication and an understanding of our world. Critical to a child's reading performance is a solid foundation in early literacy skills which begin in the first three years of life. All learning is based upon the child's literacy which develops and builds over time. Math and science require the ability to read and understand content. Limited literacy skills lead to frustration resulting in lack of self-confidence, interest, and falling behind classmates. In Pennsylvania, only 40% of 4th graders and 42% of 8th graders read at or above proficiency. The National Assessment of Educational Progress indicates that 64% of 4th grade students in the U.S cannot read proficiently at grade level. The US Department of Education states that 60% of the country's incarcerated are illiterate and that 85% of juvenile offenders struggle with reading.

Since the inception of the GFWC, support for literacy and libraries has been paramount. How can our federated clubs continue and build upon this legacy? Club members can volunteer for "one-on-one" literacy tutoring through library or school programs; organize a book drive within the club or on Facebook for the local library, children's shelter or Head Start program; volunteer to read at a local library's children's hour; provide children's magazine or newspaper subscriptions to your local school or library; promote library cards within club membership or community; partner with a library or bookstore event; charter or adopt Little Free Library; donate gift cards to teachers to local bookstores; and contact government representatives and local officials about the value of the library, schools, and other programs to support books and reading.

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### ARTS and CULTURE

**Kathy Cassel, Chairman**

914 Broad Street, Perkasie, PA 18944

215-896-7747 [kathymcassel@gmail.com](mailto:kathymcassel@gmail.com)

We are headed into Spring with a whole new outlook on things. I am so excited to see all the Arts and Member Crafts that have been done this year and to present awards at convention. Thank you all again for your support and help with Arts and Culture.

**CONTEST DEADLINE:** All entries must be forwarded to the State Chairman within five (5) days of District Festival or **by April 1, 2022**, at the latest.

**PHOTOGRAPHY:** Nicole Clapper Bettwy, 526 S. Terrace Drive, Altoona, PA 16602

**MEMBER CRAFTS:** \*Kathy Cassel, 914 Broad Street, Perkasie PA 18944-2947

**ARTS:** Kathy Cassel, 914 Broad Street, Perkasie PA 18944-2947

*\* Please note the change for Member Crafts. Colleen Hoch will be in Florida until the end of May therefore Kathy will be filling in.*

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### CIVIC ENGAGEMENT and OUTREACH

**Karen Stauffer, Chairman**

401 Reservoir Road, Mechanicsburg, PA 17055

717-697-2546 [karendee44@hotmail.com](mailto:karendee44@hotmail.com)

#### How can we safely dispose of medications that are expired or unwanted?

Any medications not belonging to a household member should be discarded. Contact your local law enforcement officials to learn about drop off locations or a community Drug Take Back Program. Sometimes pharmacies have a drop off box, mail-back program, or another measure for such disposals. Always destroy personal information on the medicine packaging and remove the drug. If you must dispose of medications go to [fda.gov](http://fda.gov) to learn which medications can and should be flushed down the toilet. Sometimes the printed medication material will state if it is flushable. Medications can be mixed with undesirable materials such as cat litter, coffee grounds, or other similar material. Place the mixture in a sealable plastic bag before disposing it. Fentanyl patches, new or used, should be flushed in the toilet. Before disposing inhaler products, consult your local trash and recycling facility.

If your community lacks a take back program or location, try working with law enforcement officials to establish one. Too often a child is injured from taking a medication found in someone's medicine cabinet.

## COMMUNICATIONS, PUBLIC RELATIONS, & SOCIAL MEDIA

**Sue Hardenbrook, Chairman**  
90 Buckthorn Drive, Carlisle, PA 17015  
717-243-9872 [vsranch1@comcast.net](mailto:vsranch1@comcast.net)

Have you ever wondered about the origin of Unity in Diversity, what key messages about GFWC are, what is the club's mission statement, what is the GFWC "Boilerplate", how to refer to GFWC and leadership titles, what font to use, tips on writing well, using active voice, the use of Chairman, or GFWC emblem use and sizing?

The answers to all of these questions are in the stylebook that can be found at [www.gfwcpennsylvania.org](http://www.gfwcpennsylvania.org), Advancement Areas, Communications/PR & Social Media, GFWC Member Stylebook. Every club should print out a copy of the 18-page booklet and use it for your newsletters, publicity articles, website, and Facebook postings. The stylebook contains a wealth of information free to club members.

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## EDUCATION and LIBRARIES

**Judy Schwambach, Chairman**  
1618 Bennett Street, Laureldale, PA 19605  
610-929-8674 [schwambacj@comcast.net](mailto:schwambacj@comcast.net)

Many years ago, when I was a little kid, I had the good fortune of having parents who believed strongly in a good education. They bought children's books for my sisters and me. Each of us was given books by a specific publisher: One sister got **Wonder** books, the next got **Golden** books. And I got my favorite -- **Book Elf** books! They not only *bought us books*, but they also *read them to us* – separately or together. They talked about characters and plots. My father worked extra so that he could buy us a set of encyclopedias long before there were computers.

It would be a wonderful thing if reading were a priority in family life today as it was back then. Each of us should do whatever we can to take time to read with children, grandchildren, or great grandchildren. Turn off the TV, put down the computers and READ! Read to your significant other, a niece or nephew, or the kids down the block.

Go a step further! Plan a club or community event around books. Provide free books. Hold the event at your local library, a school, a historical site, or a community building. Provide those who attend with free books, a reading list, and a list of websites about books and education. You can organize a book walk, book fair, or book bingo. Sponsor a book drive, a book reading challenge, or a book club of young readers. Offer volunteer assistance at the library, help library patrons, support children's story time, or provide for craft projects. Many new STEM craft kits are now available. STEM and reading go hand in hand. Library skills must be honed first and are vital for understanding STEM projects. To become an accomplished scientist, a student needs to understand a vast knowledge of content vocabulary.

Children will become stronger readers while exploring topics that pique their interest. Who knows? They may even become English teachers!!

This chairman distributed many of her childhood books to our GFWC Pennsylvania clubwomen at the 2021 November Board Meeting with a Book Report Form. Clubwomen receiving the books are to return the form to Judy as a type of tracking tool for each book. Carol Bogar of the GFWC Mechanicsburg Woman's Club, reported that she read her book (FUSSBUNNY, an Elf Book), to her grandchildren Owen, 3 and Maggie, 6. Carol's granddaughter, Maggie, on the right, is pictured here with her friend Leah, donating the book to their preschool so that many other children can enjoy reading the book.

What a great project -- Thanks Judy for sharing your love of reading with all of us!



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## 1895 Society Contributors

**Jeanne Dowdle**

**Maureen Strahl**

**Patricia Vargo**

**GFWC West Side Woman's Club**

**GFWC The Junior Women's Club of Boyertown**



## HEALTH and WELLNESS

Mary Braun, Chairman

314 Baumgardner Drive, Harrisburg, PA 17112

717-514-9124 [mebraun22@yahoo.com](mailto:mebraun22@yahoo.com)

Hopefully, our “**Fill a Glass with Hope Challenge**” has been accepted by every club across the state. Our goal is to raise \$2022 by April 15, 2022, to support Food Banks across the state to purchase milk and dairy products for needy families. It is so important to consume healthy dairy products to nourish the body, to support a healthy weight, and to lower the risk of getting sick. This chairman is asking all clubs to reach out to their community to get involved in “Fill a Glass with Hope.” Contact community leaders, first responders, librarians, and schools to challenge them to participate in this project by saving money whenever they consume a dairy product. Set a time period and collect the donations at the end of your challenge. All checks should be made out to GFWC PA, earmarked for Fill a Glass with Hope, and sent to GFWC PA Headquarters by April 15, 2022.

Since the Farm Show was held in January, my club accepted this challenge during January. We sent out letters to organizations in three local communities asking for their support. Your club can be creative in ways to raise money. Do not forget to involve your families as everyone benefits from healthy dairy products.

This chairman wants everyone to stay healthy and well so we can continue to help others. Getting an annual check-up from your doctor, your dentist, your dermatologist, and any other specialist you need, makes you aware of the condition of your body. Regular immunizations can be updated. COVID-19 variants are spreading so fast across our country. Those that have been fully vaccinated seem to have good protection from getting extremely sick and needing to go to the hospital. Wearing the proper mask that fits snugly, washing your hands often, and getting booster shots is a good idea to stay safe and well.

During these cold days of winter, think of a senior citizen who cannot get out and has no one around. Give them a call or collect and deliver items for a busy bag that will give them fun, easy things to occupy themselves. Items like easy puzzles and coloring books for adults are things that you can put in a bag and deliver to a senior. This chair has delivered five bags to seniors. The warm, good feeling I enjoyed from this simple act remains with me always. Do not let the winter doldrums get you down. This is a simple pick-me-up, and you are helping someone else feel good too.

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## ENVIRONMENT

Mary Seyfert, Chairman

P.O. Box 363, Leesport, PA 19533

570-817-9817 [mseyfert199@gmail.com](mailto:mseyfert199@gmail.com)

The theme for this year’s **Earth Day on Friday, April 22, is Invest in Our Planet**. The day will focus on accelerating solutions to combat our greatest threat, which is climate change, and to activate everyone, including governments, citizens, and businesses, to do their part.

Here are 10 simple things you can do to help the Earth:

1. Keep waste out of landfills using the principles of refuse/reuse/repurpose/recycle.
2. Volunteer for cleanups in your community.
3. Educate yourself and others about our natural resources.
4. Conserve water.
5. Choose sustainable products.
6. Shop wisely by not buying single use plastic items.
7. Use long-lasting light bulbs.
8. Plant something such as a tree or bush.
9. Do not send chemicals into our waterways by choosing non-toxic chemicals at home
10. Contact government officials (either local or national) to tell them that the health of people and the planet should be their top priority.

**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](http://www.terracycle.com) to find a drop off location near you.

### *A Message of Thanks...*

Dear Federation Friends,

There are not enough words to fully express my heartfelt thanks for your kind expression of sympathy during this difficult time. No matter the age, losing one's mother is like losing a part of yourself. Your thoughts and prayers are deeply appreciated and will always be remembered.

Sincerely,

Dot Denza, GFWC PA President 1990-92

## MEMBERSHIP

**Mary Fenstermacher, Chairman**  
4348 Wendy Way, Schwenksville, PA 19473  
610-489-2937 [m80fenstermacher@gmail.com](mailto:m80fenstermacher@gmail.com)

In the beginning of this administration, my challenge to the GFWC-PA clubs, was to secure 69 new members. You have done a remarkable job! 76 new members!! Listed are the number of new members gotten by each club:

DISTRICT	CLUB	# NEW MEMBERS
SOUTHEASTERN	The Community Club of Colledgeville	7
	GFWC Woman's Club of Indian Valley	4
	Woman's Club of Media	2
	GFWC Woman's Club of Spring Township	5
	GFWC The Junior Woman's Club of Boyertown	1
	GFWC The Woman's Club of Newtown Square	1
SOUTH CENTRAL	GFWC Mechanicsburg	4
	Upper Allen Woman's Club GFWC	6
	Littlestown Women's Community Club	1
SOUTHWESTERN	GFWC Rostraver Woman's Club	5
	GFWC Woman's Club of Baden	5
	GFWC Junior Women's Club of Butler	8
	GFWC Women's Civic Club of Carmichaels	8
NORTHEASTERN	GFWC Pennsylvania – Bangor	4
	GFWC West Side Woman's Club	1
	GFWC Woman's Club of Pen Argyl	1
NORTH CENTRAL	GFWC Woman's Club of Milton	4
	GFWC Hollidaysburg Area Woman's Club	3
	GFWC State College Woman's Club	2
NORTHWESTERN	GFWC The Woman's Club of Erie	2
	GFWC Grove City Women's Club	2

Ask a guest to attend your meeting. Have a well run meeting, an interesting program, and good refreshments. Invite the guest to join and you will have a new member!

## LEGISLATION / PUBLIC POLICY



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The **H.R. 6184 HALT Fentanyl Act** was introduced in the House of Representatives in December 2021. The **HALT Act**, if passed, would halt all trafficking of lethal Fentanyl, and give US law enforcement officials more tools to combat the trafficking of opioids into the US. This legislation would also direct the President to publicly identify foreign traffickers of opioids on an annual basis and use a number of precision economic and financial sanctions to cripple operations, including denying access to US markets by freezing their assets and blocking transactions with US financial institutions. US Customs agents seized 7,450 pounds of illegal Fentanyl at the Southern border in 2021. Additives are being sent from China into Mexico to produce fentanyl and are smuggled into the US by Mexican cartels. In one report, an estimated 150,000 people have died from overdoses and illegal drugs use.

Write or call your Representative and ask for their support of the **H.R. 6184 HALT FENTANYL ACT**.

# Calendar of Upcoming Events

## IMPORTANT DATES

EVENT / DISTRICT	DATE	LOCATION	TIME
GFWC Women's History Celebration	March 9, 2022	TBD	TBD
South Central Spring District Meeting/Arts Day	March 12, 2022	Marietta, PA	TBD
Southwestern Spring District Meeting/Arts Day	March 12, 2022	Monaca, PA	TBD
State Chairman Reports Due	March 15, 2022		
Southeastern Spring District Meeting/Arts Day	March 19, 2022	Limerick, PA	TBD
North Central Spring District Meeting/Arts Day	March 19, 2022	State College, PA	TBD
Northwestern Spring District Meeting/Arts Day	March 19, 2022	Erie, PA	TBD
Northeastern Spring District Meeting/Arts Day	March 19, 2022	Wilkes-Barre, PA	TBD
125 <sup>th</sup> GFWC PA State Convention Registration Deadline	Postmarked by April 1, 2020		
Clubwoman Newsletter Articles Deadline	April; 15, 2022		
GFWC Federation Day	April 24, 2022	TBD	TBD
Pre-Convention Board of Directors Meeting	April 28, 2022	TBD	TBD
125 <sup>th</sup> GFWC PA State Convention	April 29 - May 1, 2022	Lackawanna Station Scranton, PA	Registration opens @ 4pm on April 28 <sup>th</sup>
GFWC Convention	June 25 - 28, 2022	New Orleans, LA	TBD

## CLUB NEWS



Members of the **Community Club of Collegeville** donated over 200 items, and \$650 to Montgomery County Children and Youth Services of Norristown, for The Hope Pack program, which helps children who are in foster care get the items they need like pajamas, underwear, socks, personal care items, diapers and baby items.

Pictured to the left, left to right, are club members Nancy Horning, Karen McCaslin, JoAnne O'Donnel, Kathy Rogalski, and Mary Hundertmark.

Wreaths Across America is a day set aside to remember and honor those who have fallen, at one of 2,800 locations across America.

Club members also recently participated in Wreaths Across America, by laying several wreaths sponsored by the club, at Limerick Garden Of Memories to honor those veterans who have served our country.

Pictured to the right, left to right, are Karen McCaslin, Mary Hundertmark, Nancy Horning, Heather Lewis, and Kathy Levering.



# CLUB NEWS



**GFWC West Side Woman's Club** members recently completed a "Walking into Wellness" challenge, which focused on making walking part of their daily routine.

Pictured on the left, left to right, are club members Irene Mackiewicz, Bonnie MacDonald, Nancy D'Amico, Becky McCuen (challenger leader with 407,112 steps), Carol Grogan, Mary Ann Augitis, and Eileen Gallagher.



During the holiday season, club members painted building windows in colorful holiday scenes at Community Counseling Services, to honor the passing of Edward Luksha, a former therapist.

Pictured to the right, seated left to right, are Barb Roche and Rosemary Luksha. Standing left to right are Irene Mackiewicz, Deidre Miller Kaminski, Carla Finn, Bonnie MacDonald and Maureen Finnerty.



In December, the club held a book drive called "Nourishing Bodies and Minds." 485 new and gently used books that were delivered to Ollie's Restaurant Dinners for Kids Program. Each child received a book along with their dinner.

Dinners for Kids is a non-profit group based in Edwardsville that provides healthy meals to at-risk children across Wyoming Valley.

Pictured on the left, left to right, are Gina Rushkowski, Aileen Whalen, Deidre Miller Kaminski, and Becky McCuen.

The club made "Giving Tuesday" extra special for four (4) families living at the Catherine McAuley Home in Plymouth, PA. 29 club members donated over 100 gifts with a total value of over \$2,000. The Catherine McAuley Center operates two free, 30-day residences for homeless women and children.

Pictured on the right, left to right, are Eileen Gallagher, Marie Warren, Peggy Hanlon, Carol Bubblo, and Becky Mattern.



Pictured to the left is a collage of members who participated in the Valley Santa program. whose mission is to provide a toy at Christmas for children in Luzerne County who would not otherwise receive gifts from Santa.

Participating members included: Christina Kinsman, Eileen Gallagher, Diane Fort, Mary Ann Augaitis, Maureen Rinehimer, Betty Bauman, Colleen Spurduto, Peggy Hanlon, Karen French, Marie Warren, and Aileen Whalen.

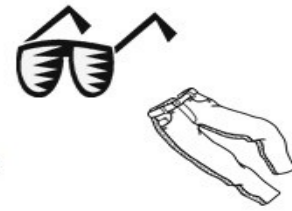
Club members were joined by GFWC Northeast District Director, Jean Pieczynski.

# CLUB NEWS

From The Home Page, A publication of the GFWC The Woman's Club of Erie, Inc.

*Suddenly the sky is blue and the clouds are white,  
Surprisingly my jeans are blue and my laundry is bright,  
Amazingly, both the snow and my hair are white,  
Thanks to the doctors who restore our sight.*

Victoria Brogdon



Sandy Hauenstein, GFWC PA President, chose as her 2020-21 President's Project, "Vision Impairment Awareness," which inspired member Victoria Brogdon to write the above poem.

Since last year, the Erie club has been collecting eyeglasses and donating them to the Lions Club of Erie. Eyeglass collection will continue through April 12 when we will present our guest speaker, Linda Moore, with our donation. Ms. Moore is a Lions Club member and the Executive Director of The Sight Center of NWPA.



Shown to the left is the **Dillsburg GFWC Woman's Club** Quay Park Holiday Tree.



On the top right, patrons enjoy refreshments at the club's holiday play fundraiser - **A Little Women's Christmas**, at Mechanicsburg Little Theater.



On the bottom right, club members Margaret Prosser and Luanne Peroni enjoy the festive atmosphere.



The Fall Meeting of the **Berks County Federation of Women's Clubs** was held on November 13, at Gianotti's County Manor.

Highlighting the meeting was our presentation of awards. In honor of our State President's Project "Vision Impairment Awareness," we awarded the Alvernia University's School of Nursing four (4) sets of Vision Simulator Glasses for their Nursing Simulation Lab. Additionally, two (2) Alvernia senior nursing students were given Nursing Awards.

The Reading Area Community College and the Reading Hospital School of Health Sciences were also gifted with sets of Vision Simulator Glasses.

We were pleased to have our State President, Sandy Hauenstein in attendance.

Pictured to the left, left to right are: Sandy Hauenstein, State President, Dr. Deborah Greenawald, Ph.D., Alvernia University Nursing Department Chair, and Jane Prutzman, County President.

The **New Century Club of West Chester** recently had the opportunity to acquire a used, low vision reader. It came with its own table and all of the necessary apparatus.

The Club donated the reader to the Chester County Association for the Blind and Visually Impaired (CCABVI). The Association was extremely excited to accept this donation and mentioned that they have hundreds of clients on a waiting list for these types of machines.

Pictured to the right, left to right are club members Josephine Sawicki, Ruth Ainis, and Kathleen Lackey-Painter



# CLUB NEWS



Brad Pflugh, community participant and member's husbands, Ray Somerville and Charlie Bice help with loading and unloading.



Member Sylvia Danehy, US Navy Veteran, places a ceremonial wreath.



Members Darlene Geibel and Melissa Somerville load the truck with wreaths for delivery to the cemeteries.



Ceremonial wreaths

The American Legion Color Guard and past member's grandson playing taps



The granddaughter of Co-President Jackie Bice, sings our National anthem.



Girl Scout placing a wreath.

The **GFWC Saxonburg District Woman's Club** was the sponsoring group for a Wreaths Across America campaign to cover veterans' graves at the Saxonburg cemetery.

"It being our first year as sponsors, we did not know if we would succeed in getting enough wreaths to cover 325+ grave sites. With the help of our members and the community, we not only received enough wreaths, but we partnered with St. Luke's Lutheran Church in Cabot to also cover their veteran's grave sites. Along with the 450 wreaths we received to place, we received another 100 that will be added to our count for 2022.

Our hope is that in 2022 we may be able to cover an additional cemetery with wreaths."

ROTC members placing a wreath.



Volunteers for wreath placement: The South Butler High School History Club with teacher Brand Pflugh.



## PRESIDENT'S PROJECT - SC DISTRICT

**Carol Foley, Chairman**

21 Wagner Street, Hummelstown, PA 17036  
717-566-0637 [cfoleye@aol.com](mailto:cfoleye@aol.com)

As we begin to close out the club year, here are some observances from the American Academy of Ophthalmology for the coming months .

**March is Workplace Eye Wellness Month** when employers and workers are reminded about the importance of wearing certified and approved eye protection.

**April is Sports Eye Safety Month** to remind athletes that the great majority of sports-related eye injuries can be avoided by simply wearing the proper eye protection.

**May is Healthy Vision Month** to encourage everyone to take charge of their eye health and preserve their sight by making healthy choices and getting regular eye exams to help reduce their risk of vision loss.

Helen Keller said, "Walking with a friend in the dark is better than walking alone in the light".

Here's to walking with all our federation friends in service to others!

**The Pennsylvania Clubwoman**  
**Official Publication of the**  
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**PRESIDENT'S PROJECT - NW DISTRICT**  
**Norma McClay, Chairman**  
 19684 Collier Drive, Meadville, PA 16335

**WEAR THOSE SUNGLASSES!!**

While sunglasses are often viewed simply as a fashion accessory, you should be aware that they are much more than that: ultraviolet rays are every bit as dangerous to your cornea, retina, and lens as they are to your skin. The two most prevalent problems caused by too much ultraviolet light are cataracts and macular degeneration. As a matter of fact, sunglasses are especially important for small children since they have bigger pupils, so **70% more light** gets into their eyes. Furthermore, if anyone in your family has **macular degeneration** (loss of central vision), it is even more important for your children to wear sunglasses that block UV rays since it can be hereditary.

If you can't wear sunglasses or get your children to wear them, take precautions by wearing a hat with a large brim and avoid peak sunlight hours, between 10 am. and 4 pm. If your child is in a stroller, use a cover to block direct sunlight, preferably with UV protection.

Ultraviolet rays can actually cause sunburn on the cornea, causing severe pain. It is of utmost importance to wear good quality sunglasses that are labeled to block 99 to 100 % of UV rays. More important than the darkness is that UV coating which prevents damage to your eyes. Wearing unprotected dark glasses may be more dangerous than not wearing any sunglasses since the pupils will open up more, allowing more dangerous rays to enter the eyes.

Don't be fooled by cloudy or overcast days, since **UV rays are just as strong** then. If there is snow on the ground, sunglasses are even more important due to the reflected sunlight.



**FYI...**

- March is Save Your Vision and Workplace Eye Wellness Month*
- April is CVI Literacy Awareness and Sports Eye Safety Month*
- May is Healthy Vision and Blind Awareness Month*
- June is Cataract Awareness Month*
- July is Eye Injury Prevention Month*
- August is Children's Eye Health and Safety Month*

VISION  
 IMPAIRMENT  
 AWARENESS

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## PRESIDENT'S PROJECT VISION IMPAIRMENT AWARENESS

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Hopefully, everyone is continuing to participate in the emphasis area projects:

- Monetary donations to your local agency for the blind for Cash for Clients
- Eye exam count for members
- Eyeglass collections
- Contact lens collections, and
- Volunteering at your local agency for the blind.

VISION  
IMPAIRMENT  
AWARENESS

Perhaps your club has participated in the Braille project and has made a sign with your club name printed with the Braille dot system beneath each letter, and each club member has made a 3x5 card with their first name and the Braille dot system. Of course, any project or activity your club has developed is a welcome addition to the project ideas.

### NEW REPORT FORM:

In keeping with the fact that clubs have continued to support the projects, a new report form will be used to record the statistics for the January 1, 2022 – April 15, 2022 time period. This form will be on the GFWC Pennsylvania website and will be sent to all club presidents via an email blast. Please fill in the form and email it to Carol Foley at [cfoleye@aol.com](mailto:cfoleye@aol.com) or via US mail postmarked by April 15, 2022. This will allow us to have the most up to date information about the project to report at the GFWC Pennsylvania Convention/ Business Meeting being held April 29- May 1, 2022. So mark your calendars to look for this form, fill it in, and submit it. Then keep a copy to include with your club's Health and Wellness Community Service Program report for 2022.

**REMINDER:** If your club made a Braille sign and member name cards, bring those to the annual convention in May. These will be placed by district in a colorful display as a culminating activity for the president's project. It will be a way to show our knowledge of the Braille system as well as the artistic talents of our members. It should be amazing!

Thank you for your support of the president's project as we learned about eye health and safety, supported our local agencies for the blind, collected eyeglasses to be donated to people in need, and collected contact lenses for recycling.

As always, *Focus on Seeing the Vision.*