



The Washington Club Woman

Winter 2019
Vol. 103, No. 4

Living the Volunteer Spirit

We had a GREAT time at Fall Board in Yakima the last weekend of September! It was a fun weekend and we're sorry if you missed it!



Mark Your Calendars! Sign Up Now!

GFWC Moses Lake and President Margaret Schiffner are offering our Spring Conference attendees an amazing opportunity!

Members from the Audobon Society have offered to host a Birdwatching bus tour of the area to view and identify local birds, of which there are MANY!



Space is limited, approximate cost will be \$20.
Preliminary details: Friday 4/24, 7am til 11am.

Contact Betty MacMaster to get your name on the waiting list if you're interested! macmaster@harbornet.com

Worldy Wisdoms...



Letter from GFWC-WS President Betty

Since our GFWC-WS convention, our Washington State ladies have been busy representing our state at the GFWC Convention, GFWC Board of Directors, Western Region Meeting and GFWC-WS Fall Board.

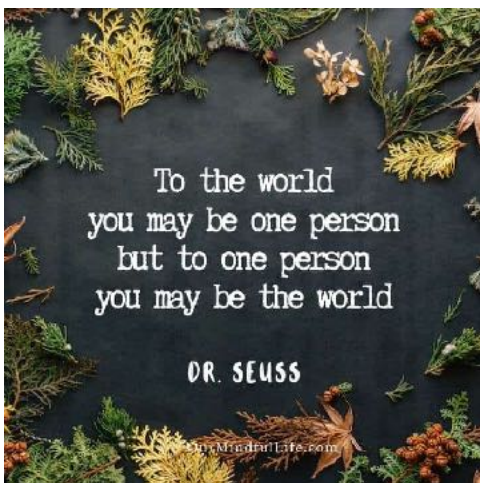
The GFWC WS Fall Board was held in Yakima from September 27th to September 29th. During the weekend we heard from the program chairman. Forty-three members were in attendance.

Members supported the "Purple Purse" project in the fight against Domestic Violence and prevention by bringing 32 purses and 486 personal items (soap, shampoo, lotion, toothbrushes, etc). Our lunchtime speaker was Ginger Bowman-Rape who lead us in an emotional exercise on Domestic Violence. During our meeting Nancy Jones led a workshop entitled "invite Mr. Roberts to the meeting," and Nancy Burdick led a workshop on Communication and Social Media.



Our evening speakers were Sandra Groves with her personal story as a cancer survivor and Nancy Jones talking about the Grand initiatives. Our clubwoman continue to support the Grand Initiatives, consider supporting Martin Luther King Jr. Day of Service on January 20, 2020.

Thanks to all the GFWC-WS members for attending the Fall Board.



The districts have all held their Fall Boards. Now, Clubs are preparing for the next year. Please review all the GFWC projects and consider supporting our Special Project, "Relay for Life." Our GFWC-WS Webmasters have posted the Relay for Life information on the web.

Thank you for all you are doing.

Betty MacMaster
GFWC-Washington State
President 2018-20

President's Special Project

RELAY FOR LIFE

At our Fall Board in September, we continued to support the President's Special Project... Relay for Life! The ladies of Sokico (Sue Tyler, Kathie Jorgensen, Betty, and Suzanne Bagdon) hosted a table of activities during the Fall Marketplace.

The raffle quilt made from event t-shirts was won by Cindy Bassage! Congrats!

Its time to think about and register for next year's events. Betty is always happy to have walkers join her team. Find out more here: [Join Betty's Team](#)

We continue to receive donations toward our collective state donation which we will be making next year. You can always make a personal or club donation! Simply use the state 'Dues and Contributions' form to make a donation - or send with your annual dues! Just add a line to the form so we know to put your donation toward the fund.



Also during Fall Board we supported the Purple Purse project and collected 32 Purple Purses and 486 items (soap, shampoo, lotion, toothbrushes, combs, etc) for the Women's Shelter. Ginger Bowman-Rape provided an emotional Domestic Violence workshop.

This article was recently published in an edition of the Spokesman Review, a Spokane area newspaper. It was shared to this newsletter by Cheryl Holman, past GFWC-WS President and member of GFWC Apple Blossom Club.

The relationship between health and volunteering - Spokesman Review

Volunteering is often its own reward. Helping others can be just as beneficial to the people doing the helping as it is for the people being helped.

Veteran volunteers may have long suspected they're happier when they volunteer, and research suggests that's true. A study from researchers at the London School of Economics found that the more people volunteered, the happier they were. The researchers compared people who never volunteered to people who did, finding that the odds of being "very happy" rose by 7 percent among people who volunteered monthly. Those odds increased by percent among people who volunteered every two to four weeks.

Psychologists have long known that social interaction can improve mental health. Psychology Today notes that interacting with others decreases feelings of depression while increasing feelings of well-being. Volunteering is a great way to meet new people, exposing volunteers to people with shared interests. That can be especially valuable to people who are new to a community, helping them to avoid feelings of loneliness after moving to an area where they have no preexisting social network.

Volunteering that requires social interaction can produce long-term health benefits that can have a profound impact on quality of life as men and women age. A recent study published in the Journal of Alzheimer's Disease focused on participants without dementia who were involved in a highly interactive discussion group. Researchers compared those participants to others who participated in Tai Chi or walking or were part of a control group that did not receive any interventions. The former group exhibited improved cognitive function, and MRIs indicated they increased their brain volumes after being involved in the discussion group. Larger brain volume has been linked to a lower risk of dementia. Many volunteering opportunities require routine interaction with others, potentially providing significant, long-term health benefits as a result.

While volunteering is a selfless act, volunteers may be benefitting in ways that can improve their lives in both the short- and long-term.



Chairman Reports



As reported on CNN recently ~

Rosa Parks and Sally Ride get their very own Barbie dolls

(CNN)Children everywhere are going to get the chance to have two historical female role models as part of their play sets. Mattel is honoring Rosa Parks and Sally Ride with their very own Barbie dolls.

Public Issues

Linda Harms
Chairman

Rosa Parks was an American activist known as the Mother of the Modern Civil Rights Movement and Sally Ride was the first American woman -- and youngest American -- to fly in space.

Each doll comes with educational material about each woman's contributions to society, authentic clothing and unique accessories. "Both Sally Ride and Rosa Parks made the world better for future generations of girls," a Mattel spokesperson told CNN. "By celebrating their achievements with dolls made in their likeness, we hope girls will be inspired to pursue their dreams."

It's only fitting that these two new Barbies debuted on [Women's Equality Day](#). "Women's Equality Day celebrates the hard-won achievement of women's suffrage and pays tribute to the trailblazers who paved the way for future generations," the Mattel spokesperson said.

The new dolls are part of the [Inspiring Women Series](#), which debuted on International Women's Day in 2018. Its mission is to honor historical role models who paved the way for generations of girls to dream bigger than before.

Amelia Earhart, Katherine Johnson and Frida Kahlo are also part of this collection. Both dolls are available for purchase Monday, August 26.



Scholarship News:

Remember the GFWC Mission Statement? The General Federation of Women's Clubs is an international women's organization dedicated to community improvement by enhancing the lives of others...

Scholarships provide an opportunity to earn an education without the stress of having to work several jobs over the course of student's college years in order to pay for their classes, books, lodging and food. Without assistance from an outside source, students may have trouble paying for the degree they need in order to enter the workforce and become a contributing member of society. Or they may be saddled with thousands of dollars in student loans after graduation. Scholarships provide an opportunity for less stress and the ability to focus on a well-rounded college experience.

Thank you for your generous contributions to the GFWC-WS Scholarship Fund, and for the many hours spent finding and sponsoring a candidate. What a rewarding experience, being able to support young women in our state.

Scholarship information starts on page 50 of the GFWC-WS Club Manual, while applications are on page 105 and must be postmarked no later than **March 1, 2020**.

Janice Orr (Chairman), Rena Johnston, Audrey Charron

Chairman Reports

Continuing with the 7 Grand Initiatives for this year and next, some ideas for Women in the Military projects.

Women in the Military Grand Initiative Project Ideas

- ✧ Assemble "Veterans Bags" - bags for returning personnel containing nail polish, hand sanitizer, nail file, lip balm, trail mix, thank you note cards, etc. Adding a personal note thanking them for their service or supporting their husbands who are active duty.
- ✧ Collect formal evening gowns and cocktail dresses to donate to a near- by military bases. The bases hold several dressy events and balls during the year and this affords women to select a gown/dress so they are able to attend the event.
- ✧ Sponsor baby showers for pregnant veterans at military bases. Contact your local Fisher House, offer to provide food for a special event or sponsor a party for children staying there while visiting a parent. Fisher Houses are located at military and VA Medical centers around the world. The Fisher House Foundation builds comfort homes where military and veterans' families can stay at no cost while a loved one is receiving treatment. Currently there are 77 homes in operation. (For additional info: www.FisherHouse.org)
- ✧ Attend Wreaths Across America events at National Cemeteries.
- ✧ Invite a female veteran to speak at your monthly club meeting.
- ✧ Contact your local VFW and American Legion to see if they have women veterans as members. If they do, plan a thank you tea or ice cream social for the ladies.
- ✧ Gold Star Mother's Day - September 30. National Gold Star Mother's Day was created to recognize and honor those that have lost their son or daughter while serving our country in the United States Armed Forces. (www.Goldstarmoms.com)
- ✧ Blue Star Mothers is an organization that provides support for mothers who have sons or daughters in active service in the US Armed Forces. (www.Bluestarmothers.org) Look online to see if there is an organization in your area and invite one of the members to speak at a club meeting - November would be an awesome meeting as we observe Veterans Day.



Advancement Areas: LEADS

GFWC has an outstanding leadership training program called LEADS, Leadership Education and Development Seminar. It is held once a year, prior to the GFWC International Convention and each state is invited to send one, only one, representative or candidate.

This is an all-day event with non-stop training and education. When the LEADS candidate returns home, she is expected to bring back lots of information and share with her club, district, and state. She is also encouraged to stay for some or all of the GFWC Convention... another great training experience.

GFWC Pays for two (2) half room nights at the convention hotel and airfare, plus all of the expenses for the day of training. GFWC-WS pays \$200.00 towards the successful candidate's expenses.

The overall goal of the LEADS training is to assist with the development of future leaders. If you are interested, or if you club has a member who would be the "perfect" candidate, please read the LEADS pages in the Washington State Handbook. If you have questions, call LEADS Chairman Carlene Garner, 253-752-6080.

This is a unique opportunity to get to know GFWC and its Leadership expectations of future leaders. The application process is simple and is due to this chairman on or before January 31, 2020.

Please contact me if you have any questions. I look forward to reviewing all of your applications!

Carlene Gardner
cagarner@mindspring.com



**Leadership impacts us
all, so why not get
involved?**



Is Leadership for you?

We are looking for people to run for GFWC-WS Executive positions. Please let your district representative on the Nominating Committee know so we can help you through the process. Deadline for submission is November 15!

Nancy Burdick
GFWC-WS Nominating Committee

District Fall Board News

Saturday October 19 — Columbia District

The GFWC Columbia District Fall Conference was held on Saturday, October 19th in Kalama, Washington. Thirty-eight clubwomen assembled in a fall themed and beautifully decorated church hall for a fun filled and entertaining day. President Paulette Stinson and Leadership Chair, Jeanette Jester, reported on the Western Region Meeting held in Boise, Idaho. Progress on International President Mary Ellen Brock's Seven Grand Initiatives was given along with a presentation on the Three Brand Initiatives. Charlene Jeffers, GFWC Cathlamet, reviewed the information that she had received at the GFWC-WS Fall Board.

Keynote speaker, Sheryl Scarborough, revealed the ups and downs of her career as an animator, illustrator, TV script writer and published author. Her work in animation earned her a Critics Choice Award and was even nominated for an Emmy. Sheryl wowed the audience with stories that included touring with the New Kids on the Block to tweeting for a celebrity who was voted People's Sexiest Man of the Year. Sheryl moved to Kalama three years ago with her husband Jerry. Fortunately, their new home was next to a GFWC Amalak member and she became a member shortly after moving in.... and now serves as the club secretary. **To Catch a Killer** and **To Right the Wrongs** are two of the books that Sheryl has written and she brought some copies for GFWC Columbia District Clubwomen to purchase.



GFWC Columbia District President, Paulette Stinson with keynote speaker Sheryl Scarborough

GFWC Vista hosted a lovely salad buffet luncheon and the Farmer's Market Fundraising was a huge success. The club presidents shared about their club activities and everyone left the meeting with new ideas and lots of enthusiasm.

Paulette Stinson
GFWC Columbia District President



Clubwoman from GFWC Amalak sharing Farmer's Market Purchases



GFWC Columbia District Clubwoman sharing ideas on projects

District Fall Board News

Saturday October 26 — Peninsula District

GFWC Peninsula District's Fall Conference was held Saturday October 26th. We were hosted by the Woman's Club of Olympia at the historic Abigail Stuart House. We enjoyed several varieties of breakfast breads and pastries with coffee and hot tea during the social hour. For lunch we were treated to homemade Lasagna (roasted chicken for our ladies with food allergies) with salad, rolls, and cookies for dessert! We also enjoyed the company of GFWC-WS President, Betty MacMaster!

The morning session was divided between our standard meeting agenda items and a membership workshop. First - an interactive poem, "10 Little Members" which involved several members coming and going through a club's meeting cycles. Also an arts & crafts project of assembling 'Thankful' themed decorations which opened up the conversation of "What are we thankful for due to our involvement with GFWC". The afternoon session included not just one but two guest speakers! Tracey Sorenson from the Tacoma / Pierce County Habitat for Humanity office with an opportunity to get involved with Collegiate Challenge held each March serving lunch and/or snacks. After Tracey we were joined by Michelle Gonzales, Director of the Women's Commission of Washington. She told us about what the commission is doing for the women of Washington State and shared about the upcoming event planned for August 2020 to honor women receiving the right to vote.

We had a Mask contest and fundraising with a Fall Fun board, a raffle basket, and book sales! Our collection item for the host club was socks... we netted 538 pairs for their donation to the Little Red Schoolhouse! As always, lunch for 1st timers (we had two!) was paid for by Keystone Peninsula. New challenge issued for our Spring Conference, I will pay for lunch for anyone who brings a 1st timer!

Kim Skagen
GFWC Peninsula District President



District Fall Board News

Saturday October 26 — King County District

King County District held their Fall Board Meeting on October 26th, at the GFWC Kirkland's Clubhouse. Nancy Jones presented an update on the 7 Grand Initiatives and we continued to have Membership thoughts given. We had each person attending introduce themselves and share a project they enjoyed doing with their Club.

Our Spring Conference will be March 7, 2020, with GFWC Kirkland Woman's Club as Hostess.

Barbara Murray
GFWC King County District President



Flu season is here and I am confronted with reminders of how easy it is to access vaccines here in the U.S. – shots are available at the grocery store, work, assisted living homes and of course, neighborhood pharmacies. But as I witnessed last year, it isn't nearly that easy in other parts of the world. What we take for granted here can cost a young mother hours of walking; in countries where children are faced with the ravages of vaccine preventable diseases, parents embrace the opportunity to have their children vaccinated.

Access to vaccines is a key component in building healthy communities...it's the simplest and most cost-effective way to keep children safe all over the world; a \$1 investment in vaccines can net \$50 savings in healthcare, lost wages and productivity, not to mention the benefit of stopping a disease like measles before it can spread. When you get your flu shot this season think about parents on the other side of the world who want the same access to vaccines that we take for granted.

I hope you will take a moment to contact your Members of Congress and let them know we need to fully fund global vaccination programs and give parents the same opportunities to keep their children safe as what we enjoy here."

Sue Tyler
Shot@Life Champion

Clubs of our State

GFWC Camas-Washougal

GFWC Camas-Washougal prior to our meeting on Wednesday, October 9th we cut out 40 Operation Smile hospital gowns.

Photo #1 Pat Suggs, President holding one of the gowns

Photo #2 Carol Styles and

Photo #3 Jeanette Jester are showing their cutting skills

Photo #4 group - Susan Bennett, Carol Styles, Pat Suggs, Tina Bair, Hope Gilson, Bonnie Walden, Alma Ladd (next to Bonnie in the blue shirt), Jeanette Jester and Chris Kamps.

This was such a fun project. However, I don't know what Pat was thinking when she let us have sharp scissors. LOL!

Thank you,
Susan Bennett
GFWC Camas-Washougal



Photo #1



Photo #2



Photo #3



Photo #4 Group



Tina Bair (who has been visiting from FL) and Jeanette Jester attended a sweet & greet with author Ellie Alexander at Vintage Books in Vancouver. Ellie was rolling out her newest book - A CUP OF HOLIDAY FEAR, and sharing some of the sweet treats from the recipes.

Club Fundraisers



Join us if you're interested!! A fundraiser to support GFWC projects within the communities of Camas and Washougal.

Saturday, November 9, 2019
1:30 PM – 4:30 PM

Camas Police Department, Camas, WA
2100 NE 3rd Ave, Camas, Washington 98607

HOLIDAY SHOPPING DILEMMA SOLVED

The Holidays will be here before you know it!
The Woman's Club of Olympia is getting a jump on the holiday shopping season by holding their annual Holiday Bazaar.

Saturday, November 9, 9am to 4pm
at the historic Abigail Stuart House
1002 Washington St SE,
Olympia, Washington 98501



The most wonderful baked goodies will be available at the much-loved bake sale and many treasures offered at the popular White Elephant sale. Vendors displaying their handmade items for sale will help you with your holiday shopping by providing unique and amazing ideas. The Club is holding a raffle for a holiday themed afghan for \$1.00 per ticket. Be sure to attend the Bazaar and see our beautiful house.

Clubs of our State

The Woman's Club of Olympia

ABIGAIL STUART HOUSE REMODEL UPDATE

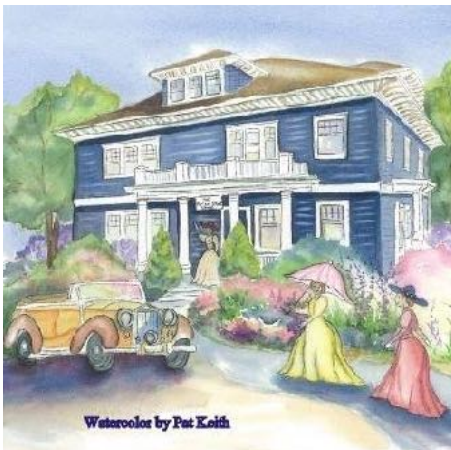
The Woman's Club of Olympia is working diligently at remodeling and updating the Abigail Stuart house in Olympia. After receiving a grant from the Washington State Legislature and completing the required paperwork to release those funds to the Club for its projects, the work is about to begin.

The kitchen was remodeled over the last 2 years and is now complete. The first new project will be our "Let in the Light" project which entails removing wall cabinets from inside the downstairs main ballroom. Behind those cabinets are original windows which were covered over during the 1960's. Construction should begin in November and December. Once the light is let back into the house, a counter-high buffet cabinet with electrical outlets will be installed for ease in food service during events.

This project will enhance the space, make it more updated for renters, and provide us with a space we will be proud of.



The Abigail Stuart House kitchen before remodel and after remodel was done. The kitchen is more user-friendly and welcoming as well as more efficient.



Clubs of our State

GFWC Kitsap Peninsula

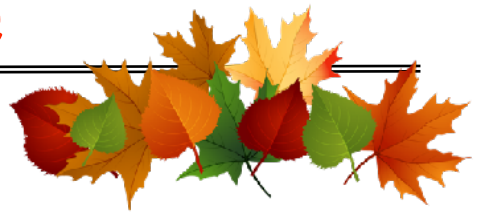
Had a great meeting yesterday. Every year we dress up for Halloween for our October meeting! I love my club!

Members from GFWC Kitsap Peninsula also dressed up and helped at Retsil's October Birthday/Bingo.

Cheryl Coon,
Kitsap Peninsula President



Clubs of our State



GFWC Battle Ground



GFWC at city's National Night Out

August 6 was a night for the city agencies and nonprofits to show the community that "Together We Can" prevent many social ills. GFWC-Battle Ground's focus was on child abuse prevention by recycling last spring's pinwheel garden pinwheels. Many children and their parents visited our booth and the kids loved blowing on their new toys and watching them whirling around. Here Louise Tucker and Mary Lee Miller had just set up their "spot." They were later accompanied by Gloria Walck, Nancy Lee and Jo Ellen Angel.



Little Free Library has a new home on SW First Street!

Mary Lee and Dave Miller and Ruth Anne and Rodger Lance prepped the spot for the club's refurbished Little Free Library's new digs. On the right is the library "house" sitting on its picnic table and protected by a huge umbrella. The Lances repurposed their picnic table, benches and umbrella. The library was formerly on Main Street. The location is easily accessible on SW First Street for those in autos, bikers or walkers. Also in attendance for the day were Johanna Hyatt and Ray Zimmerman.



*There is a U in volUnteer. GFWC: Girl Friends Who Care.
GFWC: General Federation of Women's Clubs*



GFWC-Apple Blossom Club

GFWC Apple Blossom members are knitting and crocheting Knitted Knockers. These knockers were donated to women in Mazatlan, Mexico.





GENERAL FEDERATION of WOMEN'S CLUBS

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Keep up with what is happening with GFWC locally, nationally and around the state. <https://www.gfwcws.org>

Find...

Forms!

District events!

Club newsletters!

Fed Forest Save A Tree pins!

So many things to find!



Events & Special Days

February 1st

ClubWoman articles due

November

2nd

Ladybug Bazaar, Battle Ground

9th

Woman's Club of Olympia Bazaar

9th

Bunco Fundraiser, Camas-Washougal

28th

Thanksgiving

December

23rd

Hanukkah

25th

Christmas

31st

New Year's Eve

January

20th

Martin Luther Kind Day of Service

31st

LEADS applicatons due

