



GFWC MASSACHUSETTS FEDERATION TOPICS

A Newsletter for Clubwomen



GFWC MA is a proud member of the General Federation of Women's Clubs

2023 Winter Issue

2023 New England Region Conference Hosted by GFWC Connecticut



Darlene Coutu, Editor
topics@gfwcma.org



GFWC MA at the President's Reception

The 114th New England Region Conference "The Greatest Show in Connecticut" was circus themed, and every detail depicted that theme. There was popcorn, cotton candy, snow cones, a juggler, a stilt walker, roaming circus acts, circus decorations, balloons, even facts about *Barnum & Bailey's Greatest Show on Earth*. As a host state, Connecticut did a fabulous job at welcoming 111 attendees to Rocky Hill.

Region conferences offer clubwomen the opportunity to meet the GFWC President and NER Officers, hear about the activities happening in all 6 New England Region States, build friendships with clubwomen from those states, listen to great speakers, enjoy fabulous entertainment, and bring back federation information from the workshop presentations that GFWC National Chairmen and committees prepare. Each presentation was given in an interesting, and fun way, many offered interactive activities and all of them shared valuable information.

The New England Region President, Libby Wiers theme is "Moving Ahead with Big Dreams", with a focus on literacy, this administration.

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FROM THE DESK OF THE PRESIDENT, T JABLANSKI



I deeply appreciate the many aspects of my life that I am fortunate to have. Being able to lead and serve alongside you and your fellow members in our volunteer federation is something I am incredibly grateful for. Throughout the year, I often reflect on my blessings, but the holiday season in particular prompts even more reflection.



This year, I am truly moved by the extraordinary impact and numerous blessings that our members bring to those in need. Whether it is providing warm clothing for the homeless, offering nourishing meals to the food insecure, or going above and beyond to ensure underserved children receive gifts that create lasting memories, you all make an incredible difference. The heartfelt cards of appreciation sent to our military members who are unable to be with their families, the visits to our senior centers to provide a listening ear and comforting presence to those who may feel lonely without families, and the uplifting spirits fostered through the friendships formed within the General Federation of Women's Clubs, all contribute to making our communities kinder places to live. There are countless more ways our members make a positive impact that should not go unnoticed.

I am eagerly looking forward to our upcoming Midwinter Meeting at the Wrentham Senior Center where I will have the privilege of recognizing and awarding those clubs that have applied for mental health grants. The programs that you will be supporting through your mental health grant funds will undoubtedly be a blessing to those struggling with mental health illnesses. I am humbled and thankful for the opportunity to be a small part of that process.

Please know that you are truly a kind, generous, and supportive group of individuals whom anyone would be proud to belong to. Never underestimate the incredible power of your kindness. Your actions and contributions are a cherished blessing to me and to those you serve.

My wish for you and the new year is that you never grow tired of doing good.

May good health, sound wisdom and opportunities of prosperity find you in the new year.

Love & Peace

T



FROM THE DESK OF DIRECTOR OF JUNIOR MEMBERSHIP, MARISA JABLANSKI



As the holiday season fills the air with the scent of pine needles, warm fires, and fresh baked cookies, I wanted to take a moment and express my gratitude for each and every one of you. Your dedication to the mission of GFWC Massachusetts Junior Membership is so appreciated. Throughout the year, you have generously donated your time, talents, and skills, making an impact in each of your communities. The reach of your service projects, donations, and scholarships go far beyond the immediate people they were meant to help. Each of your clubs have created a sense of hope, belonging, and community for so many people in need. You have brought joy and hope into the lives of others, by demonstrating kindness, compassion, and generosity. GFWC Massachusetts Junior Membership is fortunate to have each one of you, so **THANK YOU** for all that you do. With report writing season upon us, I am looking forward to reading all about the countless ways you have made a difference in your towns and cities. Be proud of that work you did and share it in your end of year reports! May the warmth and joy of the holidays fill your hearts as you continue to make a difference in the lives of others. Happy Holidays, and thank you for your dedication to GFWC!



GFWC MA Board of Directors Holiday Party and Cookie Swap

FROM THE DESK OF DIRECTOR OF PRESIDENT-ELECT, JEN NOWAK

It is unbelievable to me that in a few short months the 2024-2026 administration will begin. It is an honor to follow the path that previous GFWC Massachusetts leaders have successfully set forth. We have a long and rich history to be proud of. Going forward we need to be open to addressing the changing times, while keeping the integrity of the organization intact. Continuing to help our communities by supporting the arts, preserving natural resources, advancing education, promoting healthy lifestyles, and encouraging civic involvement will be promoted to clubs across the state.

We as an organization might not have all the answers. However, with the right group of women willing to be a part of the Board of Directors we can anticipate the challenges and brainstorm different actions to lead GFWC Massachusetts to a successful administration.

To ensure a seamless transition, I am asking that you consider taking on a position for GFWC Massachusetts to ensure the success of our beloved organization. Please consider taking the next step to offer to serve as a member of the GFWC Massachusetts 2024-2026 Board of Directors.

GFWC Massachusetts ~~wants~~ NEEDS YOU!

- V**aluable are the contributions you can make
- O**utstanding opportunity to take on an active leadership role
- L**oyal and sincere in learning more about your state federation
- U**ntiring commitment to working with like-minded women
- N**otable actions, straightforward and confident
- T**houghtful in your dedication to serving others
- E**ager to make a difference with a smile and a good word
- E**xtraordinary ladies that offer the gift of time and talent
- R**eady to roll up your sleeves, with a can-do positive attitude
- S**uper excited to see the success of GFWC Massachusetts

Contact Jen for more information: 413-535-9083, jwnowak@charter.net.

Please join us – GFWC Massachusetts needs YOU!

2023 New England Region Conference *Continued from front page*

A speaker attended from **New Haven Reads**, an organization that works one-on-one with students to build reading skills, confidence, and school success with the help of trained volunteer tutors.

Conference attendees were asked to bring donations of children's books with a small stuffed toy to match the story, the speaker was thrilled to receive those donations.

Another unique memory from that weekend was during the opening ceremonies on Saturday morning. The state flag processional and color guard ceremony always are a highlight, and this year was no exception, the Connecticut Chapter of the Nurses Honor Guard presented the presentation of colors. There were sixteen nurses that processed, dressed in a variety of uniforms over the decades (pictured below).

There is a lot of fun at Region Meetings –

Fun Night hosted by Junior Membership, truly was fun – Director Jablanski was the host of Family Feud. The room was divided into two teams who each tried to outsmart, outwit, and outlast their opponents.

After Fun Night all were invited to stop by the CT State Reception. The suite loaded with circus themed snacks and the circus decorations gave attendees the opportunity to snap photos. It is casual times like these that you meet members from other states and become fast friends.

There were a few “laugh out loud” opportunities that weekend. And they typically happened listening to GFWC President Deb Strahanoski speak. She is honest, sincere, and it is plain fun listening to her animated stories.

The Massachusetts Reception was held Saturday evening before dinner. The 30 Massachusetts attendees visited and had light snacks by the pool, followed by our state picture with everyone donning circus theme headbands (front page photo)!

If you have never attended a New England Region Conference, put that on your GFWC bucket list – and soon! Next year will be in Portland, ME and I can promise you there will be a lot of fun and great memories made in Maine. Plan to join us in September 2024 in Portland.

Submitted by President-elect, Jen Nowak





2024-2026 NER Officers
Including NER Vice President, Donna Shibley!

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President-elect, Jen Nowak
New England Region Jennie June



2nd VP, Terry Rouvalis ~ 2023 LEADS Candidate



New England State Presidents and Director of Junior Clubs



Thank You

Great job to the 161 people who completed 5,487 HundredX surveys and raising approximately \$8,775. This fundraiser is by far the easiest way for GFWC Massachusetts to raise funds, without asking members to spend money or drive across the state to attend an event.

If anyone still isn't aware of our recent fundraisers, HundredX is a company that reaches out to large corporations and companies that benefit from hearing how the public feels about their business. HundredX then works with foundations and non-profits, like GFWC Massachusetts, and offers them the opportunity to raise funds without any out-of-pocket cost. They offer turn-key marketing materials for non-profits to use when promoting the fundraising campaign.

HundredX still needs to provide the full list of participants and how many surveys each person completed, which will take a few weeks for validation. As promised, anyone who completed all 75 surveys and shared their information with GFWC MA will be entered in the drawing for one of the 3 Amazon Gift Cards valued at \$75.00 each. For any men who completed all 75 surveys they will get an additional chance to win a Home Depot gift card valued at \$75. We will announce the raffle winners at Midwinter Meeting on January 20, 2024, in Wrentham.

GFWC Massachusetts thanks you and your family and friends who participated this year. We hope to participate in the November 2024 campaign again.



GFWC MA Scholarships Robin O'Connor, Chairman

March 1, 2024 is the deadline for submitting applications for scholarship awards. GFWC MA offers scholarships for undergraduate and graduate degrees for high school seniors, college graduates, and women returning to school. Awards are available starting at \$500 in the following areas of study: Music, Public Health, Communication Disorders/Speech Therapy, Teaching, International Study Abroad, Woman Returning to School, Woman Returning to School in Nursing, Art, Political Science, and Business. And there's a scholarship for those of Italian heritage! Could this be your child, your grandchild, someone you know, or YOU? With the ever-increasing cost of college tuition and books, students could use our help. Applications for 2024 awards are available at www.gfwcma.org/scholarships or by contacting the chairman. Be sure to announce scholarships at the high school in your town, advertise in your local newspaper, newsletter, Facebook, Twitter, or by word of mouth.

Questions? Please email Robin O'Connor at scholarships@gfwcma.org

See page 12 for information pertaining to Memorial Education Scholarships for Graduate Studies

Did you know?

The winter solstice is the shortest day of the year, usually December 21 or 22 in the Northern Hemisphere, and is celebrated in many cultures around the world.

December originally had just 30 days, according to the ancient Roman calendar. When the calendar was changed for the Julian calendar, December gained a day, making it the seventh and last month in the year with 31 days.

The Anglo-Saxons originally called the month of December "Winter Monath," which quite obviously translates into "Winter Month".



COMMUNICATIONS AND PUBLIC RELATIONS

Donna Shibley, Chairman

As the GFWC MA **Communications and Public Relations** Chairman, I am inviting you to make sure you are staying connecting with GFWC and GFWC Massachusetts.

There are many ways in which you can do this.

Join GFWC in the Member Portal

So much information at your fingertips

<https://gfwc.users.membersuite.com/home>

Like and Save as a Favorite the GFWC MA FaceBook page

You will find daily postings of interest to Massachusetts clubwoman

<https://www.facebook.com/GFWCMA>

Join the GFWC Advancements and Programs FaceBook Forum

Loads of pertinent information

you will be asked to answer a few simple questions about your GFWC Affiliation (name of club, state) before you are accepted to join

<https://www.facebook.com/groups/892214227854217>

Visit the GFWC MA website

Everything you need and more about GFWC, GFWC MA and how to run a successful club

www.gfwcma.org



WEBSITE:

Please send any club happenings to dmsibley@gmail.com for addition to the state website. We are always looking to help YOU publicize your club event, programs, and projects. We can even feature your event on our GFWC MA FaceBook page. Send a flier to me and I can do the rest.



Upcoming State Meetings ~ looking for a room?

GFWC Massachusetts Midwinter Meeting ~ January 20, 2024

Meeting location ~ Wrentham Senior Center

A block of rooms is being held at a neighboring hotel:

Hampton Inn, Franklin for \$119 + taxes per night

Last Day to Book: Monday, January 1, 2024

[https://www.hilton.com/en/book/reservation/deeplink/?](https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=FRKMAHX&groupCode=CHHSHI&arrivaldate=2024-01-19&departuredate=2024-01-20&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT)

[ctyhocn=FRKMAHX&groupCode=CHHSHI&arrivaldate=2024-01-19&departuredate=2024-01-20&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT](https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=FRKMAHX&groupCode=CHHSHI&arrivaldate=2024-01-19&departuredate=2024-01-20&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT)

GFWC Massachusetts Annual Meeting ~ May 4, 2024

A block of rooms is being held at the Convention location:

Courtyard Boston Marlborough for \$155 + taxes per night

Last Day to Book: Friday, April 19, 2024

[Book Your Group/Corporate Rate | Marriott International](#)

Please let Donna Shibley know if you have any problems booking and note last day to book dates.

GFWC Contest Entries ~ Websites and Newsletters

Individual Clubs can enter both the GFWC Newsletter and GFWC Website Contest. Do you ever go on your club website or read the club newsletter and think this is awesome? If you do, then encourage your club to enter the GFWC contests. This is a great opportunity to showcase the talented women who work diligently at keep communications open with club members and your community. These 2 contests do NOT need to be submitted to the state of Massachusetts Communication and Public Relations Chairman, they can be sent directly to the National Chairman.

Club Newsletter Contest - This contest can be submitted by individual clubs.

Entries will be judged on the following elements:

Content quality, including timeliness, clarity, and member impact (30%)

Presentation (30%)

Design (30%)

Adherence to rules (10%)

The newsletter must have been published and dated January 1 – December 31, 2023.

The front page of the newsletter must prominently display the official GFWC emblem and mention membership in GFWC.

Create a cover letter to be included with your entry which contains the following:

Club name, State Federation, Club President's name.

Name and contact information including email address, telephone number and mailing address of the person submitting the entry.

Number of members in the club.

Approximate circulation

An essay of no more than 250 words describing the club's approach to utilizing its newsletter

All entries must be *printed* and sent via postal mail, postmarked no later than March 15, 2024. This applies to electronic newsletters as well.

Mail your entry to Jen Nowak, GFWC Newsletter Contest Chairman, 51 Glenn Drive, Wilbraham, MA 01095. The envelope must be clearly marked GFWC Newsletter Contest.

Club Website Contest - This contest can be submitted by individual clubs.

Entries will be judged on the following elements:

Ease of navigation

Overall appearance

Links to GFWC website and State website

Links to GFWC/State/Club affiliate organizations

Current and relevant information

Ease of ability to contact.

*Private Member Only" area will not be judged.

To enter the contest, include in the body of the email the following:

Club name and State the club is located in

Website address

Club President's name and contact information including email address.

Name and contact information of person submitting the entry.

Number of club members

250-word essay describing why their website is a valuable resource to members and potential members.

Submissions must be made via email to CPRentries@charter.net by March 15, 2024.

The subject line of the submissions email must read Website Contest Entry.

Awards for both Newsletter and Website Contests:

Club Level: A first, second, and third place certificate will be awarded to three clubs in the nation.

GFWC MA Contest Entries ~ Photography and Writing Contests

Individual Clubwoman can enter both the GFWC MA Photography and GFWC MA Writing Contests. The GFWC MA Writing Contest can also be entered by Youth.

Let's talk Photography. Have you ever taken a picture with your cell phone? Have you used a digital camera? Have you ever taken the "perfect" shot and gotten compliments when you post it on [Facebook](#)? Have you considered taking that photo and entering it in the GFWC Photography Contest?

What about Writing? Who has not written a thoughtful thank you note or a thinking of you message to a friend or relative? Have you ever considered writing your thoughts in a poem? Or even tackling writing a short story? Have you considered taking that writing and entering it in the GFWC Writing Contest?

These 2 contests DO need to be submitted to the Massachusetts Photography Chairman (Bernadette Bennett) and the Massachusetts Writing Contest Chairman (Donna Canavan) by their respective due dates.

Writing Contest - This contest can be submitted by individual clubs for Youth and/or Clubwoman to their clubs (2 categories)

GFWC Member Short Story Writing Contest

Short stories are limited to 2,000 words.

GFWC Member Poetry Writing Contest

Poetry entries can be any style, with a minimum length of eight lines, maximum of 50 lines.

Youth Short Story Writing Contest

Short stories are limited to 2,000 words.

Youth Poetry Writing Contest

Poetry entries can be any style, with a minimum length of eight lines, maximum of 50 lines.

Youth Grade Level Category:

Category 1: Grades K, 1, and 2

Category 2: Grades 3, 4, and 5

Category 3: Grades 6, 7, and 8

Category 4: Grades 9, 10, 11, and 12

Requirements For all Writing Contests:

Entries must be written during the contest year January 1 - December 31.

Authors must be amateurs; earnings from writing may not exceed \$500 annually.

Entries may not have been published prior to competition and must be original works.

See the GFWC MA Writing Contest guidelines posted on gfwcma.org.

Entries must have the following in the top right-hand corner of each page:

Title of work, Author's name, email address, mailing address, and phone number

Name of the GFWC MA club submitting author's work

Entries must be submitted by February 15, 2024, to: GFWC MA, P.O. Box 679, Sudbury MA 01776 Attn: Donna Canavan, Writing Contest Chairman

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GFWC MA Contest Entries Continued from page 11

Photography Contest - This contest can be submitted by individuals to their clubs. Photography Categories include:

The World in Pictures

Our World Up Close ~ a novel viewpoint or a macro image

Natural Wonders ~ showcase mountains, waterfalls, oceans

Reflections ~ memories of a favorite setting or an image reflected.

GFWC Living the Volunteer Spirit ~ a special moment in the lives of GFWC clubwomen as they meet, plan, advocate, volunteer, or celebrate, in groups or one-on-one.

Entries must be submitted by March 1, 2024, to: GFWC MA, P.O. Box 679, Sudbury MA 01776 Attn:

Bernadette Bennett, Photography Chairman

Awards for both Photography and Writing Contests:

State winners will be awarded certificates at the GFWC MA Annual Meeting in May and winners will be submitted to National for judging.

MEMORIAL EDUCATION SCHOLARSHIPS FOR GRADUATE STUDIES

Lynne Stader, Chairman

The Memorial Education Committee has met to determine the field of study for the 2023 graduate scholarships and update application materials. Sandy Krafzig (GFWC Northboro Junior Women's Club) and Maureen Crowley (Braintree Women's Club) serve on the committee along with GFWC MA Treasurer Katie Robey and President T Jablanski.



SPECIAL EDUCATION is the field of study selected for 2024 Memorial Education scholarships. Special Education teachers continue to be in high demand. Federal law recognizes 13 disabilities as requiring special education, including autism; hearing and vision impairments; differing emotional/intellectual/learning disabilities; and speech or language impairments. For a career that is critical to so many young people in our communities, yet remains moderate in pay, we can help our scholarship recipients by reducing their debt accrued for the graduate work required to work in this field. Memorial Education Scholarships award amounts of at least \$3,000 to finalists selected following an interview process, and the growth of this investment account allows GFWC MA to award multiple recipients.

Be sure to share this information in your club newsletter and on your club website and promote GFWC MA scholarships on your club Facebook page. Don't forget to include the following link to the updated Application Form which provides complete information on eligibility and requirements.

[Memorial Edu Ap \(gfwcma.org\)](http://gfwcma.org) Application deadline is March 1, 2024.

PRESIDENT'S FOCUS AREA CO-CHAIRMEN

MARY KEMP and NANCY COUGHLIN

The "Know Your Worth Petals and Pearls Auction" was a great success! Over \$2,000 was raised for Mental Health Grants! Many thanks to all individuals and clubs that donated raffle and auction items and also to everyone who purchased raffle tickets and bid on auction items! The generosity of all of you never ceases to amaze! Thank you again, and Happy Holidays to everyone!

In conjunction with the Auction, one of our members generously purchased an auction item that was a pearl necklace and matching earrings. Unfortunately she has been unable to find it! If anyone found it in their bag, or picked it up not knowing what to do, please contact Mary Kemp 774.258.8165, call or text her; or email her at kemphome1@gmail.com. Thank you!



REPORT WRITING MESSAGE FROM

2ND VICE PRESIDENT, TERRY ROUVALIS

It's that time of the year again: Report writing time! You have until January 31, 2024, to tell us what activities kept your club busy this past year. Put on your thinking caps, check your meeting minutes, and gather your chairman reports so you can record the results on your **GFWC MA Club Statistical Reporting Form**.

What information are we looking for, you ask? The first thing you need to determine is what **Community Service Program, Special Program, or Advancement Plan** your project falls under? Once that fact is determined, how many members participated? How many hours of work did it involve? Did you raise any money? Was it donated to a cause? Or did the club donate in-kind goods? After you record the basics of the report it is time to go onto the details. Where did this project take place? What did it involve? Is it an activity you do regularly? Did you do something different with it this year? How was it promoted---in print, on-line, in-person? Was there anyone other than members involved? Did you work in cooperation with another organization? These are only a few points to consider including in your narrative, but I think you get the idea. Detail, detail, detail.

We want to know what you did, whether you are a small club that only does one project a year, or a larger club that does several projects. You can write up to three narratives for each **Community Service Program, Special Program, or Advancement Plan**. The Project Report forms as well as the **GFWC MA Statistical Reporting Form** are on www.GFWCMA.org. Don't forget to complete the **GFWC MA Club Statistical Reporting Form** which qualifies your club for the Presidents **Club Performance Award** bowls presented at our Annual Convention. Reports need to be received via mail or email at Headquarters by January 31, 2024.

Should you have any questions, need any help such as determining what category your project belongs, Please, Please, email me, call me, or yell at me. I am only too happy to help. I along with my fellow Executive Committee members and Board of Directors want every club to Sparkle and Shine.

GFWC of Massachusetts Junior Membership Report Writing Information for Reporting Year 2023

The report-writing season is here! Below is some information regarding how to go about taking care of your reports, as well as some helpful examples of a project write up.

There are a total of 13 reports and one **GFWC MA Junior Membership Club Statistical Reporting Form** we would like to receive from each club:

Special Programs (SP) ~ Domestic and Sexual Violence Awareness and Prevention, and Advocates for Children

Community Service Programs (CSP) ~ Arts and Culture, Civic Engagement and Outreach, Education and Libraries, Environment, and Health and Wellness.

Advancement Areas (AA) ~ Communications and Public Relations, Fundraising, Leadership, Legislation/Public Policy, Membership and WHRC.

The guidelines, documents, and deadline information you will need can be found on the gfwcma.org website. Look for the Report Writing page under the Junior Membership tab or follow this link: [Junior Membership Reporting Guidelines](#)

Each community **SP**, **CSP**, and **AA** has its own document, when saving the file on your computer, rename it with the specific **SP**, **CSP**, and **AA** name and add your club name.

Now it's time to fill out your club data. Fill out the grid at the top by using the same figures as the statistical sheet. Under that grid, you have the option to write a detailed description of up to four projects you did in that area. Here is one example of how more details can really tell your story:

#1 ~ Anytown Junior Women's Club held our annual Halloween costume parade for the elementary school. Many children showed up and families donated canned goods to the local food pantry. We gave out prizes to winning costumes and sent in an article to the newspaper afterward.

#2 ~ Anytown Junior Women's Club held its annual Halloween costume parade for the Anytown Elementary School. Over 40 families showed up and participated. Families brought canned goods for the food pantry. Prizes were awarded and a press release went to the newspaper following the event with pictures. 6 members spent 4 hours preparing and executing this event.

#3 ~ **Halloween Costume Parade – 6 members/24 hours/68 items donated (\$98 in kind)**

GFWC Anytown Junior Women's Club held its Annual Halloween costume parade for the Anytown Elementary School, with over forty families in attendance. To participate in the parade, families were encouraged to bring a donation to the school's food pantry. AJWC was proud to deliver over 68 items to the food pantry the following week. When prizes were awarded to the winning children, pictures were taken, and a press release was then drafted and sent to the town newspaper for publication.

*For questions on Junior Membership reports reach out to: Marisa Jablanski, Director@gfwcma.org.
Submit your Junior Membership reports (due: 1/14/24 - 1/21/24 by 11:59pm) to: GFWCJRMAreport@gmail.com*

Your officers know how hard you club ladies work for your communities. However, you need to tell us what you do so we can tell your sisters throughout the country and have your efforts acknowledged. We can't wait to read about the wonderful things you did for your community!

Looking for a tasty holiday gift?

GFWC Massachusetts has a webstore with **Terri Lynn Fundraising**.

You can support our state fundraising by purchasing these premium nuts, gourmet confections, and sweet and savory snack mixes. Everything you buy gets shipped right to your door, and a portion of every sale goes directly to support GFWC MA.

A yummy way to support GFWC MA.

<https://gfwc-massachusetts.terri Lynn.com>

Help Us Reach Our Fundraising Goal!

Every purchase of premium nuts, gourmet confections and sweet & savory snack mixes benefits our cause.



Terri Lynn offers an incredible assortment of premier products not available in retail stores—there's something for everyone!

➤ **SHOP TO SUPPORT US NOW!**

<https://gfwc-massachusetts.terri Lynn.com>



Fundraising Webstore
Supported by Terri Lynn

HEALTH and WELLNESS CHAIRMAN

PENELOPE OLSON

"Self Care Recipes for Mental Health E-Book" Project

We're thrilled to share some exciting news with you all – the "Self Care Recipes for Mental Health E-Book" project is now underway! This initiative aims to compile a treasure trove of self-care practices contributed by individuals like you, focusing on nurturing your body, mind, emotions, and spirit.

We believe that sharing your self-care routines can inspire and support others on their journey to wellness. Here are some examples of what our fellow members have already shared:

- Indulging in a relaxing bubble bath
- Getting lost in the pages of a good book while sipping on a comforting cup of tea
- Finding solace by the oceanside, letting all cares drift away
- The therapeutic art of baking cookies or bread
- Engaging in physical activities like exercise and yoga

Currently, we have organized our e-book into several chapters, each dedicated to a unique facet of self-care:

Action-Physical ✨ Communication ✨ Connection ✨ Creativity ✨ Gratitude ✨ Learning ✨ LettingGo
Love ✨ Meditation ✨ Nature ✨ Nutrition ✨ Pets ✨ Play ✨ Relaxation

We believe that everyone has their own special way of navigating the ups and downs of life. Your personal stories and self-care rituals can make a profound impact on others. We invite you to share your experiences by sending your stories to PenelopeDiane@gmail.com. When you send your email, kindly use "GFWC Self Care Book" as the subject line.

Spread the word about this meaningful project within your clubs! Consider having an open discussion during your meetings about self-care and wellness. If someone is willing to take notes and collect self-care ideas from contributors, please send those notes to

PenelopeDiane@gmail.com.

Our goal is to have some pages of the e-book ready for viewing at our upcoming Winter Meeting, where we can all celebrate the collective wisdom of our incredible community.

Thank you for being a part of this endeavor. Together, we can create a valuable resource that promotes mental health and well-being throughout our region.

Blessings,

Penelope Olson, GFWC MA Health and Wellness Chairman



General Federation of Women's Clubs & Junior Membership of Massachusetts



The CALL to Midwinter Meeting

Saturday, January 20, 2024

Wrentham Senior Center

400 Taunton Street

9:30 – 3:00 - Registration opens at 8:30



What's Happening

- 🧣 Registration & Raffles
- 🧣 Mental Health Grants Awarded
- 🧣 Warm-up Soup Contest
- 🧣 Wear your favorite, hat & scarf
- 🧣 Special Guest – Libby Wiers NER President

Staying Friday night before

- 🧣 Midwinter Meeting? The President has reservations at Café Assisi in Wrentham.

If you would like to join us, please let Donna Shibley know.

Overnight Accommodations

- 🧣 Hampton Inn Franklin MA \$119 plus tax. We have a block of 10 double /queen rooms. **Deadline to book:**

January 1, 2024. Breakfast is included.



President T Jablanski and Director of Junior Clubs, Marisa Jablanski have planned and prepared a great Saturday meeting and are looking forward to welcoming you to Mid-Winter Meeting in Wrentham, Massachusetts.



WHAT TO BRING?

- 🧣 Hats or mittens or soup or all three 😊
- 🧣 Your hand work, knitting, crocheting or needlepoint, bring it along to work at your table.

🧣 YOUR SOUP ENTRY:

Bring your favorite homemade soup, chowder, or bisque to be entered into a soup contest. Each entry should be brought in a 5-7 quart crockpot so it can be kept warm until serving. Please provide the name of your soup and ingredients on an index card, with your name and club name on the reverse side. You must **pre-register by January 13th. Prizes awarded!**

Basket Donation Themes

- 🧣 Winter Wonderland
- 🧣 Winter Remedies
- 🧣 This Will Warm You UP
- 🧣 Here's to a New Year!

Calling all home cooks!



Bring your favorite homemade soup, chowder, or bisque to Midwinter Meeting to be entered into our Soup Contest. All who attend our state meeting will have the opportunity to sample and vote for their favorite soup. Prizes will be awarded, so practice and perfect those recipes!

Details:

-Please bring your soup in a 5-7 quart crockpot so it can be kept warm. We will provide the ladles.

-The name of your soup and a list of the ingredients should be written out on an index card that can be displayed with your entry. Please add your name and club to the reverse side of the card.

-**You must pre-register!** Please email Marisa Jablanski with your interest in participating and the name of your soup. Deadline to register is January 13th.

-Details for judging will be shared that morning, and there will be prizes given out for the favorites of the room!

Please reach out to Marisa Jablanski with any questions. Director@gfwcma.org



GFWC BAYSTATE CONTEMPORARY CLUB

Spring Bingo Mania!

APRIL 7, 2024

1:00P.M.

GFWC MA HEADQUARTERS

245 Dutton Rd

Sudbury, MA

Tickets must be purchased in advance

\$30 Entry Fee mailed/postmarked by March 31 payable to BSCC

Mailed to Donna Shibley

55 Rowley St, Agawam, MA 01001

Or

VENMO Donna Shibley@DonnaShibley

Donna Shibley

@Donna-Shibley



For information contact Donna Shibley @ 413-519-1845 or dmshibley@gmail.com

Woman's Club of Newton Highlands



Breakfast with Santa has been a tradition since 1984. Children enjoyed fruit, Cheerios, apple juice, and coloring while parents enjoyed coffee and baked goods provided by the Woman's Club of Newton Highlands. Children had an opportunity to sit with Santa for a memorable photo.

Submitted by WCNH President, Bernadette Bennett



Annual Craft Fair took place on November 11, 2023, with 46 spaces and tables. Everyone had a great time. The Club's craft table had knitted sweaters, baby blankets and more. There was a Silent Auction and a Raffle Ticket for a Quilted blanket. Proceeds support the Scholarship Fund.



Westford Women's Club

In November the Westford Women's Club partnered with the League of Women Voters Westford to sponsor Fredie Kay in a presentation held at the Westford Museum. Fredie shared plans for the new Massachusetts Women's History Center. *Submitted by Past GFWCMA President, Lynne Stader*



Needham Women's Club



GFWC Needham Women's Club Holiday gathering at the Needham History Center and Museum on November 29.



Needham Women's Club

Holiday Lights Trolley Tour



Hanover Woman's Club, Juniors



Pictured: Cissie Rogan and Nancy Cavallaro auctioneers for Hanover Woman's Club, Juniors annual Holiday auction. Members provided items and bid on a favorite from the selection of great items. \$1191 was raised to be donated to the Hanover Food Pantry.

Submitted by Mary Anne Cirino



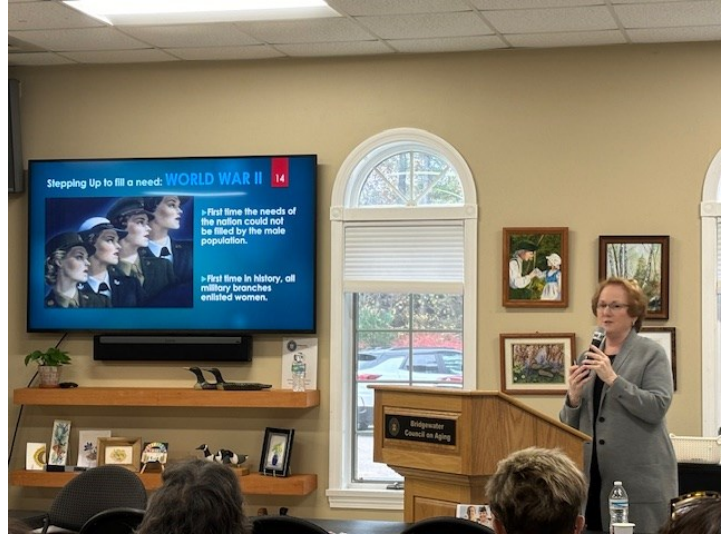
Hanover Woman's Club, Juniors held their Breakfast with Santa on Dec. 9. An all club fundraiser the club realized over \$1000 to be used for Scholarship Awards to Hanover Seniors. Santa, games, face painting, crafts and more brought out more than 100 attendees.

Pictured left: Elf, (member Michelle Davidson), Santa and member Lisa Adams as Mrs. Claus.

Pictured below: Members and high school volunteers with Santa.



Ousamequin Club



Pictured at left: Ousamequin Club Treasurer, Sharon Graves, delivered the Christmas Tree to the winner's office. This year's tree was Puppy Love, and the winner works at a veterinary clinic. All of the funds raised from this year's drawing will go to a local animal shelter. Pictured at right: At an Ousamequin club meeting, GFWCMA Past President, Lynne Stader shared her slide presentation "Women's Roles in the Military: Then and Now" in honor of Veteran's Day. The program was also featured at the November meeting of the Braintree Women's Club.

On February 5th at 1:30 at the Bridgewater Senior Center, we are sharing a program with the Bridgewater Garden Club. The Taunton River Watershed Association will come in to speak on the importance of the Taunton River, which comes from Bridgewater and goes out to the ocean in the Fall River/Bristol area.

On March 4 (Women's History Month) at 1:30, at the Bridgewater Senior Center, we will host Dr. Fred Dunford, who will speak to us on the Wampanoag Women and how they helped the Pilgrim Women. Dr. Dunford is Plimoth Patuxet Museums' lead horticulture specialist in the English Village. He holds a Bachelor's Degree in Anthropology from Harvard, and a Master's Degree and Doctorate from the University of Massachusetts. Dr. Dunford was the Cape Cod Museum of Natural History's Museum Archaeologist from 1982 through 2003. **This program is sponsored in part by the Bridgewater Cultural Council, a member of the Massachusetts Cultural Council.**



Massachusetts Cultural Council

Submitted by Ousamequin Club President, Jean Guarino

Holly Club of Wrentham



The Holly Club Christmas Party

'Tis the season to be jolly, and on Tuesday, December 5th, the members of The Holly Club did just that!

The Holly Club Christmas Party was a magical evening filled with laughter, delicious food, and heartwarming moments of connection. It was a reminder of the power of friendship and community during the holiday season and throughout the year. *Submitted by HCW President, Penny Olson*





THINGS TO DO



Woman's Club of Newton Highlands Quilt Raffle

Tickets are \$5.00 for one or \$10.00 for three tickets. Drawing will take place on December 20, 2023. Email Bernadette for tickets: bbennett@bu.edu. Quilt will be delivered to the winner who lives in MA

Needham Women's Club Holiday Lights Tour

December 10—31, Take the tour of Needham decorated homes and vote for your favorite. Details provided on page 30

Ousamequin Club Taunton River Watershed Presentation

February 5, 1:30pm, The Taunton River Watershed Association presentation at the Bridgewater Senior Ctr. Details on page 26

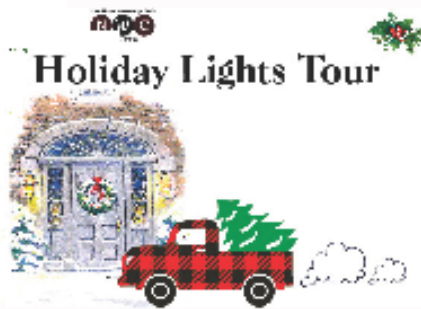
Ousamequin Club Wampanoag Women Presentation

March 4, 1:30pm, Wampanoag Women and how they helped the Pilgrims, Bridgewater Senior Ctr. Details on page 26

Bay State Contemporary Club Spring Bingo Mania!

April 7, 1:00pm, GFWC MA Headquarters, Sudbury. \$30 entry fee paid in advance. Details on page 20.





Get ready for the 2023 Holiday Lights Tour!

Where?

All around Needham

When?

December 10th - December 31st

How?

Needham residents are encouraged to decorate the outside of their homes for whatever holiday they celebrate.

Decorations must be completed by December 3rd.

On Sunday, December 10th, you can ride a decorated trolley to see the Holiday Lights. Trolleys depart at 5:00 and 6:00 PM. Tickets are \$30.00 per person.

Voting starts on December 10th and continues through the 31st. You can view the decorated homes from the comfort and safety of your car. A complimentary map will be available on our website.



When you have completed the Tour, **VOTE** for your favorites by going to the Needham Women's Club website. Votes are \$20 each and will benefit the NWC and the local charities they support.

Winners, both from popular vote and our celebrity judges, will be announced on January 2, 2024.

To enter your home, fill out the entry form located on our website www.needhamwomensclub.org. Submit to Karen Bejian via email or text at kbejian@yahoo.com or 617-650-9971 **no later than November 23rd**. Questions? Contact Karen.

DATES TO REMEMBER

- Dec 31 Club Dues are due
- Dec 31 End of Year Contributions
- 2024**
- Jan 10 Junior Executive Board Meeting
- Jan 13 Executive Committee Holiday Meeting
- Jan 20 Midwinter Meeting, Wrentham Senior Center (Jan 27 Snow Date)
- Jan 21 Junior Membership Reports due
- Jan 31 Women's Clubs Statistical Forms due, Chairman Reports
- Feb 1 LEADS Applications due
- Feb 7 Junior Exec Board Report Writing Workshop via Zoom
- Feb 13 Executive Committee Meeting via Zoom
- Feb 15 Writing Contest Entries due to State Chairman
- Feb 24 Board of Directors Meeting
- Mar 1 Junior Women's Contests, Scholarship Applications
-
- May 3—4 Annual Convention, Marriott Boston Marlborough



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