

GFWC/Iowa Clubwoman



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Spring 2023



Spring — A time to reflect upon our GFWC volunteering, which not only serves our communities, but expands our personal growth while inspiring others.

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2022-2024 GFWC/Iowa Executive Committee

State President	<i>Nancy Tabor</i>
President Elect	<i>Mickey Coonfare</i>
First Vice President	<i>Bonita Baughman</i>
Secretary	<i>Ann Zlabek</i>
Treasurer	<i>Meredith McHone-Pierce</i>
Parliamentary Advisor	<i>Carma Bisinger</i>
NE District Director	<i>Mary Adams</i>
NW District Director	<i>Julia Thoel</i>
SW District Director	<i>Cindy Hansen</i>
SE District Co-Directors	<i>Eileen Hageman</i> <i>Mary Cash</i>

Subscriptions

GFWC/Iowa Clubwoman Newsletter is published twice a year: Fall and Spring.

This newsletter is distributed to members of the GFWC/Iowa Board of Directors via email, and regular mail if necessary. Members of GFWC/Iowa may request to be added to the email distribution list by submitting an email address to GFWC/Iowa Headquarters at gfwciowa@qwestoffice.net.

A complete version of the *GFWC/Iowa Clubwoman Newsletter* is available on the GFWC/Iowa website: www.gfwciowa.org.

GFWC/Iowa Executive Board Members, GFWC/Iowa Club Presidents/Officers and GFWC/Iowa Standing and Special Committee Chairmen and members contributed to the content of this newsletter. Future articles and photographs may be submitted at any time to GFWC/Iowa Headquarters and are subject to the approval of the Editorial Committee.

Message from the President

Greetings to my GFWC/Iowa sisters:

March—in like a lamb, out like a lion! Let's let our GFWC/Iowa voices ROAR. Pat yourselves on the back for the amazing amount of volunteer hours, dollars donated and in-kind donations you all did and made in 2022 to better our communities through volunteer service. The reports I read were awesome and inspiring. Our current statistics show that we have 637 members statewide in 37 clubs. In the Community Service Program and GFWC Special Programs, 415 projects were reported with 10,800 volunteers hours, \$37,233 dollars donated and \$54,132 in-kind donations. In the Advancement areas of Communications, Leadership, Legislation

and Membership, 191 projects were reported with 3,428 volunteer hours and \$17,444 dollars spent in furtherance of those GFWC areas. In Fundraising in our communities, 19 projects were reported with 2,042 volunteer activities and \$34,654 donated to our local communities. Great job!

I am honored that so many clubs have included community outreach programs focusing on the issues of Human Trafficking in Iowa and mental health awareness. The amount and scope of the programs you organized and assisted with is noteworthy.

As you prepare yourselves for Easter celebrations, don't forget to **SAVE THE DATE** for the next weekend, April 14-15, 2023, to attend the 95th **ANNUAL STATE**



CONVENTION at the SpringHill Suites in West Des Moines. The call to convention is in this newsletter. Your board of directors has been working hard behind the scenes to make this another fabulous fun and informative event.

Nancy Tabor



2022 Overview and Moving On Lisa Harris, Civic Engagement and Outreach



Happy Spring! Ladies, we did it...we survived another Iowa winter! I certainly hope you have had a great beginning to 2023 and are already stacking up lots of volunteer hours in the area of Civic Engagement and Outreach!

In 2022, 95 projects or programs were completed, while the volunteer hours of service accumulated reached 4,134 hours. Contributions of \$11,001 were given, and in-kind donations of \$43,349 were recorded for the calendar year.

I would like to once again encourage you to login to the GFWC member portal and participate in a myriad of resources available to your club. This will enhance your work in all CSP areas and make so many opportunities available to you that you may not otherwise be aware of.

If you do not have plans to attend the upcoming state convention on April 14 and 15, please make plans NOW. Awards will be given, an interesting keynote speaker is secured and, of course, you will enjoy lots of great networking and fellowship amongst your friends in GFWC/Iowa.



Plan to attend!



From Health and Wellness Happenings

Peg Anderson, Health & Wellness



March is National Nutrition Month

Observed since 1980, National Nutrition Month aims to bring awareness and promote the importance of making informed food choices and developing responsible eating and physical activity habits. This year's theme is "Fuel for the Future." Nutrition affects numerous aspects of our physical well-being. When

sponsoring a food drive, encourage nutritional donations. Visit *Feeding America* for a healthy-food donation list.

https://nutritionhub2.wpenginepowered.com/wp-content/uploads/legacy/mp/files/tool_and_resources/files/healthy-food-donation-list.pdf

March is National Kidney Month

Our kidneys regulate fluid levels, activate Vitamin D for healthy bones, filter waste from our blood, direct the production of red blood cells, regulate blood pressure and keep blood minerals in balance. Diabetes, high blood pressure, family history

and being over the age of 60 are common risk factors. Symptoms of kidney disease may include swelling of the face, feet, ankles, abdomen and hands; increased thirst; puffy eyes, fatigue; difficult painful urination; blood in the urine or foamy urine. Nutrition is key to managing kidney health. A diet low in salt, sodium, sugar, sweets, fat and red meat is important. A diet rich in fruits and vegetables, whole grains, low-fat dairy, fish, poultry, nuts and seeds is recommended.



The food you eat can either be the safest and most powerful form of medicine or the slowest form of poison.

—Ann Wigmore

GFWC/Iowa Special Chairmen

Try Something New

Linda Hueser, Adventures in Reading / ESO



It is said, “Variety is the spice of life.” Add some spice to your reading this year and try something new. Try a different genre, a new author, join a book club, enjoy a volume of poetry or get out of a rut by asking your library staff for new or well-loved titles. I encourage you all to keep reading and, more importantly, REPORT what you read. Include a reading and reporting reminder in every meeting agenda, suggest new titles or favorite reads and stress the importance of keeping a list of books read to facilitate year-end reports.

There is a suggested reading list, including websites, popular authors, celebrity book clubs, Iowa connections and additional resources, on the GFWC/Iowa website in the “Other Programs” tab. Also included on the same tab is the ESO 2022-2024 reading list. There are 34 ESO subject categories with 20 selections in each. The list is available to everyone; if you find the list challenging or compelling, consider joining ESO.

Once, again, many thanks to all who take the time to report and to our district chairwomen

who compile the annual reports: Cindy Lellig (NE); Terri Jedlicka (SE); Gloria Terrell (NW); Karon Keefe-Dunbar (SW).

The table below summarizes the data for 2022. Fewer clubs reported, but three more individuals submitted reports! There are 2,222 more books read and reported than last year.

2022 Reading Reported in 2023	No. Clubs	Clubs Reporting	No. Members	Members Reporting	Books Read	100% Clubs
Northeast District 46 %	11	5	221	85	3,560	2
Southeast District 100 %	7	7	77	59	2,480	3
Northwest District 70 %	10	7	145	92	5,662	4
Southwest District 78 %	9	7	148	129	5,542	4
Members at Large			14	4	159	
2022 State Totals	37	26	605	369	17,403	13
2021 State Totals	40	30	732	366	15,181	17

Congratulations to these 13 GFWC/Iowa reporting clubs:

NE District

Tuesday Study Club, Hudson
Woman’s Club, Maquoketa

NW District

Aurelia Women’s Club
Lake City Monday Club
Friday Club, Le Mars
Peterson Tuesday Club

SE District

5 Seasons’ Women’s Assoc., Cedar Rapids
Phoenix Club, Muscatine
Bay View Club, Urbana

SW District

Bancroft History Assembly, Creston
Town & Country Jr. Club, Avoca
Yorel Study Club, LeRoy
Granger Women’s Club

GFWC/Iowa Standing Committee Chairmen

Adventures in Reading cont'd.

ESO

ESO is a structured reading program exploring various categories and topics of interest. It is a means by which you can expand your reading horizons in new and different subject areas. Please check the GFWC/Iowa website "Other Programs" tab for the ESO Handbook, with membership and reporting information.

GFWC/Iowa Chairwoman: Linda Hueser – 12059 NW 130th Ct. Madrid, IA 50156
Home phone: 515-999-2257 Email: dh12059@juno.com

Keep Posting and Consider

Bette Kuboushek, Communications and Public Relations

Thank you to the clubs who reported in this area for 2022. I enjoyed reading the reports and hearing how you get the word out about your clubs to the community. Most of the publicity reported was on Facebook, newspapers, radio and marquee signs. Club program books with the information needed for the club year — officers, members, programs and projects — are utilized by most clubs.

I encourage you all to keep posting events/programs/projects on Facebook. If you don't know how to do this, send me the information; and

I will be glad to put it on the GFWC/Iowa Facebook page. If you do not follow our Facebook page, please do so and encourage your club members and family members to do so also! Please consider having a ***FriendsGiving*** event this year. It is a great way to thank the community for all they do.

If there is anything I can help you with in your clubs as far as CPR goes, please do not hesitate to contact me.



I look forward to seeing many of you at our state convention in April. Until then.....

**“Lets Give Them
Something to Talk About”**

Learning More About Leadership

Amy Haney, Leadership



When asked who the leaders in your club are, who would you list? Many would list the president or the secretary or the treasurer. Yes, these members are leaders, but leaders with titles. What other members might also be leaders, but leaders without a title? How about the member who makes sure the meeting room is set up correctly and ready for the meeting; or how about the member who makes sure someone will be

bringing refreshments; or the member who makes sure that cards of encouragement or condolences are sent to members having some special concerns? All of these members, as well as others, are showing characteristic signs of LEADERSHIP.

As a leader, you set the example for those around you and take on the responsibility that comes with the role. Leaders are Committed, they Listen, they Communicate, they are Humble, they Innovate, they Learn and they Smile.

This article will emphasize Learning and give examples of resources to help members learn more about Leadership.

The resources from GFWC can be found in My Digital

Library through the Member Portal at the GFWC website gfwc.org. Search “Resources” under “C” for the Clubwoman Magazine (now free to all members; usually contains an article related to Leadership). The Club Manual can also be accessed under “C,” which has sections about each of the Community Service Programs, including Leadership. Under “L,” the Leadership Tool Kit can be found. This Kit has four sections with a total of 45 files about all aspects of leader development on a personal or club level.

These resources can aid members in developing their own leadership skills and are also helpful towards finding and developing other members to become leaders in the future.

NEVER STOP
learning

GFWC/Iowa Standing Committee Chairmen



Welcome New Members!

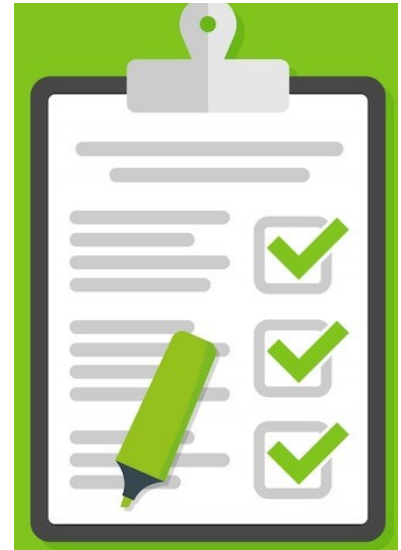
Sue Hass, Membership

Welcome spring! It seems like it has been a long time coming this year. But something I am even more excited about is welcoming our new members – **all 57 of them!** Twenty-two of our thirty-seven clubs reported new members. That is fantastic teamwork! Keep it up.

Just a reminder, club presidents, that your team checklist is due to me by April 1st. We want to recognize all your team efforts at state convention. It's fun to see the posts on our GFWC/Iowa Face book page of your club activities, but it would be great to see even more of them.

I look forward to seeing everyone at state convention. Remember, if there is anything I or my membership team can do to help your club recruit new players, let us know. We are here to help.

Go TEAM GFWC!



**Team Checklist
Due April 1st!**





Join the \$100 Club!

The \$100 Club is ongoing. Clubs, districts or individuals may contribute as often as they wish. The money is placed in the GFWC/Iowa general operating fund to be used toward operating expense.

Those who have donated since the last convention will be recognized at the 2023 GFWC/Iowa State Convention in West Des Moines, April 14 and 15.

Many thanks to those of you who have already contributed! Checks should be made payable to GFWC/Iowa and designated for the \$100 Club **by April 1st**.

See you at state convention!



*Betty Wade
Finance Chair*

A Friendly Reminder

If your club was a silver winner at last year's state convention, we need to have the tray returned so it can be awarded to this year's recipient.

If you are unable to attend, please arrange to have the silver returned by someone from your area who will be coming to convention or another event prior to that time.

Thank you!



GFWC/Iowa State Convention

Official Call

**GFWC/Iowa Federation of Women's Clubs
95th GFWC/Iowa State Convention
SpringHill Suites
1236 Jordan Creek Pkwy, West Des Moines, Iowa
(515) 223-9005
April 14-15, 2023
"Hearts United Raising Awareness"**

Club Presidents, please make copies to inform and share with members, encouraging them to attend!

Registration: Complete one registration form for each member attending the convention and send **with a check payable to GFWC/Iowa, including the meal functions and the \$20.00 registration fee**, to our State Headquarters office, c/o Meredith McHone-Pierce, by **April 4, 2023**. *No refunds after that date, but you may send someone in your place if you are unable to attend.*

Room Reservations: **Deadline for the room rate is March 23, 2023.** Please make room reservations by using the link provided or calling the hotel directly at 515-223-9005. The convention rate is \$99 plus taxes and fees for a King bed with trundle bed and \$109 plus taxes and fees for two queen beds with trundle bed. Complimentary breakfast is served each day. All rooms have a mini refrigerator and microwave.

Book your group rate for GFWC | Iowa.

Credentials: Club credentials will be available at the Registration Desk when you check in at the convention. They will not be mailed out in advance.

Convention Attire: Friday (daytime): Business Casual
Friday (evening): Dressy as you desire
Saturday: Business Casual

Things to Bring:

1. Baskets for silent auction: each District brings one; the clubs with a member serving on the current State Executive Committee (Officers) bring one.
2. Dorothy's House, Des Moines: EACH club is asked to bring a \$25 or less grocery gift card from Walmark, Fareway, Hy-Vee or Aldi. (If possible, have the cards exclude alcoholic beverages.) Also, each club should bring **one** main dish recipe printed on a 8 ½ x 11 sheet to place in a binder to give to the house for use in teaching residents how to cook.

Workshop Session: Plan to attend the workshop session on Friday afternoon.

Displays and Fundraising Items: Set up on Friday morning in Room 107 at 9:00 a.m. and Saturday at 8:30 a.m.

GFWC/Iowa State Convention

Registration Form

Make Checks Payable to: GFWC/Iowa

Send Registration Form and check postmarked by TUESDAY, APRIL 4, 2023

To: Meredith McHone-Pierce

c/o GFWC/Iowa Headquarters

3839 Merle Hay Rd., Des Moines, IA 50310

Phone: 515-834-2052 Email: meredithpierce@iowatelecom.net

Name: _____

Address: _____

City: _____

Telephone: _____ Email: _____

Club Name: _____ Club Town: _____

District: SE _____ SW _____ NE _____ NW _____

Present GFWC/Iowa Position held, if applicable: _____

Club: _____ District: _____

State Officer and/or Chairman: _____

Voting Delegate for: Club _____ District _____ State _____

(per GFWC/Iowa Bylaws Article X—Representation)

Are you a first-time State Convention Attendee? _____yes _____no

(One first-time attendee from each club has registration waived.)

One Registration Per Form

Please mark each meal you will be attending below:

REGISTRATION FEE \$20.00 _____

MEALS: Friday Board Luncheon (invitation only) \$15.00 _____

Friday Evening Banquet. \$18.00 _____

Saturday Luncheon. \$12.00 _____

TOTAL (including Registration and Meals) \$ _____

Please specify if you have a special diet requirement (gluten free, no green vegetables, vegetarian, no seafood, etc.)

Dietary Restrictions: _____

Emergency Contact Name: _____ Phone # _____

GFWC/Iowa State Convention

Tentative Schedule for GFWC/Iowa State Convention

Friday, April 14

- 9:00 a.m. Registration open, setup displays — Room 107
- 9:00 a.m. Auction baskets set up — Room 107
- 9:30 a.m. Executive Committee Meeting, President’s Suite
- 10:15 a.m. Finance Committee Meeting, President’s Suite
- 11:00 a.m. Board of Directors Meeting and Luncheon by Invitation — Prairie Rose
Table Grace Peg Anderson

- Prelude

- 1:00 p.m. Convention Convenes**
- Call to Order Nancy Tabor
- National Anthem
- Pledge of Allegiance
- Welcome & Introductions Nancy Tabor
- Welcome to West Des Moines

- 1:15 p.m. Business Meeting**
- Adoption of Convention Program Carma Bisinger
- Credentials Report Meredith McHone Pierce
- Secretary’s Report Ann Zlabek
- Treasurer’s Report Meredith McHone Pierce
- Finance Chairman’s Report Betty Wade
- Bylaws/Standing Rules/Resolutions Bonita Baughman
- Officer Reports

- 2:00 p.m. Break (15 min.)**

- 2:15 p.m. Workshops**

- 3:00 p.m. Convention Reconvenes**
- Introduction of 2023 LEADS Candidate
- Introduction of Community Service Program Chairmen Bonita Baughman
 - Arts & Culture Community Nancy Tabor
 - Civic Engagement & Outreach Lisa Harris

GFWC/Iowa State Convention

Education & Libraries	Julia Thoel
Environment	Nancy Tabor
Health & Wellness	Peg Anderson
Membership Report and Awards	Sue Hass
25 -50+ Year Member Recognition	
50 -100+ Year Club Recognition	
50/50 Drawing	
Announcements	
Visit Silent Auction and Fundraising Tables	
Members-at-Large Meeting	
6:00 p.m. Hearts United Dinner — Prairie Rose Conference Room	
Special Entertainment — Acapella Chorus	

Saturday, April 15

8:00 a.m. Past President's Meeting	
8:30 a.m. Registration Open/Silent Auction and Fundraising Open	
9:00 a.m. Convention Reconvenes	
Prelude	
9:00 a.m. Convention Reconvenes	
Opening	Nancy Tabor
Introductions	Nancy Tabor
Introduction of Special Program Chairmen	Bonita Baughman
Adventures in Reading/ESO	Linda Hueser
Community Impact Program	Marcia Hanson
Clubwoman Magazine /WHRC	Gayle Hanna
Creative Writing Awards/Short Story Awards	Nan Cord
Photography	Sandy Phillips
Introduction of Standing Committee Chairmen	Bonita Baughman
Advocacy in Action: Legislation and Public Policy	Peg Anderson
Communications and Public Relations	Bette Kuboushek
Fundraising	Megan Tabor

GFWC/Iowa State Convention

Leadership Amy Haney
Scholarship Report Eileen Hageman
Members-at-Large Report Amy Haney

Announcements

12:00 p.m. Luncheon
Table Grace
Special Guest /Speaker Kellie Markey
Dorothy’s House, Des Moines

Visit Silent Auction and Fundraising Tables — LAST CHANCE!!

1:30 p.m. Convention Reconvenes

Domestic and Sexual Violence Awareness Cheryl Einsweiler
Advocates for Children Christine Gent
Endowment Bonita Baughman
\$100 Club Member Recognition Betty Wade
President’s Special Awards Nancy Tabor
First-Time Convention Attendees Nancy Tabor
Final Credentials Report Meredith McHone-Pierce
Basket Winners, 50/50 Winners, Door Prizes Meg Tabor & Amy Haney
Final Credentials Report Meredith McHone-Pierce

Announcements

Invitation to 2024 State Convention Eileen Hageman, SE District Director

Club Collect

Let There Be Peace on Earth

Adjournment

GFWC/Iowa Federation of Women's Clubs
3839 Merle Hay Road, Suite 201
Des Moines, Iowa 50310-1321
Phone; 515-276-0510
E-mail: gfwciowa@qwestoffice.net

Must Have
Regular Postage

RETURN SERVICE REQUESTED



Visit us on the web
gfwciowa.org

