

GFWC/Iowa Clubwoman



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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:

The green grass, corn rows, hay bales, smells of freshly cut grass and, of course, all the gardening and flowers remind us of happy and lazy days of summer.

Summer can also be a lonely time for some who suffer from mental health issues and depression, especially if they relied upon the structure of school classes and activities as a way to deal with loneliness and depression. As many of our individual club years end and we take a break in meeting for the summer, please be alert to ways we can support those in our community who may need extra encouragement or kindness.

All our clubs have done an excellent job raising awareness

this past club year, and I am honored that you all embraced this challenge. Clubwomen statewide donated over 10,000 hours to community service projects in 2022. Amazing, ladies!

Many of your state officers and board members attended the GFWC National Convention in Louisville, Kentucky, June 8-12. We gained much information and insight from the many workshop opportunities and had lots of fun while doing it.

Take some needed time to relax and refresh yourselves this summer and enjoy time with family and friends. Volunteers tend to forget to take care of themselves because they are so busy helping others. Your mental, physical and emotional health is important too. Taking time for yourself is okay and



necessary. So put your feet up, get some sun or do whatever makes you relaxed and joyful this summer.

I look forward to seeing all my refreshed club members when meeting resumes in late August.

Nancy Tabor

Save the Date

July 7: 9:30 a.m.-3:00 p.m. Executive & Finance Committees Special Meetings, Des Moines, Merle Hay Mart Conference Room

August 25 & 26: Fall Board Meeting

September 14-17: MVR Regional Conference, Branson, Missouri

October 7: NE District Convention

October 14: SE District Convention

October 20: SW District Convention

October 21: NW District Convention



GFWC/Iowa State Convention, April 2023

Award Winners

Community Service Programs

Arts and Culture

Silver — Friendship and Service Club, Akron
Chairman's Choice — Rural Woman's Study Club, Jesup
Creativity — Lake City Monday Club

Civic Engagement and Outreach

Silver — Solon Women's Club
Chairman's Choice — Lake City Monday Club

Education and Libraries

Silver — Rural Woman's Study Club, Jesup
Chairman's Choice — Progressive Chautauqua Circle, Creston

Environment

Silver — Progressive Chautauqua Circle, Creston
Chairman's Choice — Solon Women's Club
Creativity — Doon General Federated Women's Club

Health and Wellness

Silver — Lake City Monday Club
Chairman's Choice — Solon Women's Club
Creativity — Lake City Monday Club

Special Program

Women's History & Resource Center

1st Place — Bancroft History Assembly, Creston

Special Projects

Domestic and Sexual Violence Awareness and Prevention

Silver — Baldwin Woman's Club
Woman's Club, Maquoketa
Chairman's Choice — Doon General Federated Women's Club
Creativity — Baldwin Woman's Club
Woman's Club, Maquoketa

Advocates for Children

1st Place — Adel Women's Club

GFWC Advancement

Communications & Public Relations

1st Place — Woman's Club, Maquoketa

Fundraising

1st Place — Solon Women's Club

Leadership

1st Place — Solon Women's Club

Legislation & Public Policy

1st Place & Creativity — Progressive Chautauqua Circle, Creston

Membership

1st Place — Adel Women's Club
Creativity — Solon Women's Club

Award Winners

Photography

Our World Close Up

1st Place — Pam Halverson, Peterson Tuesday Club, “Mushrooms Up Close”

2nd Place — Linda Hueser, Granger Women’s Club, “After a Shower”

3rd Place — Ann Olson, Phoenix Club, Muscatine, “Praying Mantis Preening”

Natural Wonders

1st Place — Kathleen Hoard, Granger Women’s Club, “Immaculate Conception Church, Wexford”

2nd Place — Lisa Gottschalk, Woman’s Club, Maquoketa, “It’s a Great Day for a Walk”

3rd Place — Bette Kuboushek, Quad Cities Woman’s Club, Davenport, “Peaked Hill Bars Historic District Sand Dunes, Provincetown, MA”

Reflections

1st Place — Linda Hueser, Granger Women’s Club, “Sunrise Reflections: Jester Park, Polk County, Iowa”

2nd Place — Kathleen Hoard, Granger Women’s Club, “Owen’s Bridge, Easter Lake, Iowa”

3rd Place — Peg Anderson, Progressive Chautauqua Circle, “Alley Art, Creston, Iowa”

GFWC Living the Volunteer Spirit

1st Place — Mickey Coonfare, 5 Seasons’ Women’s Assoc., Cedar Rapids, “#rockinthehairnet— Meals from the Heartland”

2nd Place — Pam Halverson, Peterson Tuesday Club, “Invite New Members to a Fondue Party”

Creative Writing

Poetry—GFWC Club Member Contest:

1st Place — Marylyn L. Gillespie, Lake City Monday Club, “Heart Music”

2nd Place — Rose Dory, Granger Women’s Club, “Together”

3rd Place — Marsha J. Fisher, Adel Women’s Club, “Thinking about Growing Old”

Poetry—GFWC Youth Creative Writing Contest:

Category 1: 1st Place — Richard Hawkins, sponsored by Friendship and Service Club, Akron, “The Farm”

Category 2: 1st Place — Quinton Hart, sponsored by Friendship and Service Club, Akron, “Flowers”

Category 3: 1st Place — Roque Montoya, sponsored by Friendship and Service Club, Akron, “Two”

Short Story—GFWC Club Member Contest:

1st Place— Ami Zuck, Rural Woman’s Study Club, Jesup, “Am I a Product or Victim of Women’s Lib?”

2nd Place — Georgina Valle, Granger Women’s Club, “To Name or Not to Name— That is the Game”

Short Story—GFWC Youth Creative Writing Contest:

Category 1: 1st Place — Graham Huls, sponsored by Friendship and Service Club, Akron, “Bull Take Down”

Category 2: 1st Place — Leighton Smith, sponsored by Friendship and Service Club, Akron, “The Enchanted Wonderland Forest Disaster”

Category 3: 1st Place — Reyna Pierce, sponsored by Friendship and Service Club, Akron, “Before You Forget”

Award Winners

Creative Writing (cont'd)

Poetry—Light Verse

- 1st Place* — Marylyn L. Gillespie, Lake City Monday Club, “Heart Music”
2nd Place — Joyce I. Anderson, Progressive Chautauqua Circle, Creston, “Crumbs”
3rd Place — Marsha Fisher, Adel Women’s Club, “Fabric in Fantasyland”

Poetry—Serious Verse

- 1st Place* — Kay Karsten, 5 Seasons’ Women’s Assoc., Cedar Rapids, “My Heart is Full”
2nd Place — Virginia Joy, Yorel Study Club, LeRoy, “Be Still”
3rd Place — Marsha Fisher, Adel Women’s Club, “Thinking about Growing Old”

Limericks

- 1st Place* — Shirley McAdon, Adel Women’s Club, “Delight”
2nd Place — Marylyn L. Gillespie, Lake City Monday Club, “At Age Eighty-five Years Old”
3rd Place — Virginia Joy, Yorel Study Club, LeRoy, “Speeds”

Light Essays

- 1st Place* — Tammy Hess, 5 Seasons’ Women’s Assoc., Cedar Rapids, “Reflections”
2nd Place — Mary Stull, 5 Seasons’ Women’s Assoc., Cedar Rapids, “Reflections on Aging”
3rd Place — Carma Bisinger, R.A.R.E. Club, Walker, “Falls during Cruise”

Serious Essays

- 1st Place* — Sue Hass, Peterson Tuesday Club, “The Seasons of My Life”
2nd Place — Linda Levy, 5 Seasons’ Women’s Assoc., Cedar Rapids, “The Bench”
3rd Place — Lisa L. Gottschalk, Woman’s Club, Maquoketa, “Social Injustice”

Membership

100 Year Club

Bay View Club of Urbana

Adventures in Reading 100% Clubs

NE District:

Tuesday Study Club, Hudson
Woman’s Club, Maquoketa

SE District:

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

NW District:

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

SW District:

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



GFWC/Iowa State Convention, April 2023

Photos



Baldwin Woman's Club and Woman's Club, Maquoketa won the silver award for Domestic and Sexual Violence Awareness and Prevention. Pictured above: Cheryl Einsweiler, Chairman; Lisa Gottschalk; Nancy Tabor; Christine Gent



Solon Women's Club won the silver award for Civic Engagement and Outreach. Pictured above: Karen Martinek, Mary Cash, Eileen Hageman, Sandy Phillips



Progressive Chautauqua Circle, Creston, won the silver award for Environment. Pictured above: Peg Anderson, Judy Gale



Bay View Club of Urbana was honored for 100 years of Federation. Pictured above: Sue Hass, Membership Chairman; Ellen Thon, Mary Magill

GFWC National Convention, Louisville, KY, June 2023

Photos



Table favor at MVR Luncheon



Pictured above are GFWC/Iowa President Nancy Tabor, President-elect Mickey Coonfare

Save the Date

for next year's GFWC Annual Convention at the Downtown Hilton
in Chicago, Illinois, June 29 - July 2, 2024.
This is as close as the convention may get for many years. It is drivable
(you can carpool) and guaranteed to be fun.
Let's make the Iowa delegate attendance rock the house.
See you there!!

GFWC National Convention, Louisville, KY, June 2023

Photos

Congratulations to the following GFWC/Iowa Shining Stars whose talents sparkled and were awarded at the 2024 GFWC Annual Convention:

Kathleen Hoard, Granger Women's Club: 1st Place—Photography Natural Wonders Category

Mickey Coonfare, 5 Seasons Women's Assoc., Cedar Rapids: 1st Place—Photography Living the Volunteer Spirit

Lake City Monday Club: Honorable Mention—Health and Wellness CPS

GFWC/Iowa: Outstanding Achievement—Newsletter Contest



Pictured above (L to R) are GFWC/Iowa Treasurer Ann Zlabek, Scholarship Chairman Eileen Hageman, LEADS Graduated Brenda Snyder (Woman's Club, Maquoketa), Photography Chairman Sandy Phillips, Communications and Public Relations Chairman Bette Kuboshek, NE District VD Lisa Gottschalk, President-elect Mickey Coonfare and SW District VD Rose Dory

2022 Overview and Moving On

Lisa Harris, Civic Engagement and Outreach



Summer is around the corner; and if your club is like mine, we do a lot of planning and preparation during the summer months for the upcoming club year. Congratulations to all the clubs for a marvelous year giving to your communities in so many awesome ways. Keep looking for creative ideas in the

Civic Engagement and Outreach area as you work to develop your projects and programs!

On September 30, 2023, National Day of Service, I encourage your club to consider a program that addresses food insecurity. Contact your local food bank and ask if you can sponsor them, support them by filling up their pantry, or volunteer to stock shelves or bag food items for distribution. Advocate by using the GFWC Legislative Action Center to interact with your federal and state officials to advance a bill or introduce legislation that helps to end hunger. Reach out to your local media, school officials, church groups and community members to raise

awareness about hunger. Watch for more information about National Day of Service through GFWC News and Notes, Facebook, Instagram and on the organization's website.

Feel free to contact me if you have any questions or if I can be of assistance to you as you work to continue doing amazing things in your communities. My email is lisaharr79@gmail.com, or I can be reached at 712-552-7311.



Raising Awareness with Mental Health

Peg Anderson, Health & Wellness



It is important to raise awareness and talk openly about mental wellness!

American society continues making strides to reduce the stigma long associated with mental illness. We have more work to do to raise awareness and expand access to behavioral healthcare services so people with mental health conditions can get treatment and get on the road to recovery. Too many people manage their challenges in silence; coping with depression, anxiety, loneliness and hopelessness without a support system to help alleviate the burden. In communities and households across the country, loved ones and neighbors fight these battles alone. For too long, the stigma associated with mental

illness kept people from sharing their feelings with others or seeking care from a medical professional.

According to the Centers for Disease Control and Prevention (CDC), one in five adults live with a mental health condition; such as depression, anxiety disorder or post-traumatic stress disorder. Mental health impacts productivity in the workplace and in school, affecting one's daily life and quality of life. Recent studies show the damaging impact of school closures and pandemic-related isolation on millions of Americans, particularly young people. The CDC says more than one in five young people (ages 13-18) currently have or have experienced a seriously debilitating mental illness. What's more, suicide was the second leading cause of death for people ages 10-14 and ages 20-34. We need to break the silence and misplaced embarrassment linked to mental illness. The U.S. Surgeon General recently issued an advisory that the U.S. is experiencing an epidemic of loneliness and isolation. Have conversations with your kids.



Keep the lines of communication open with your friends and loved ones. Seeking treatment is the first step to recovery.

If you or someone you know is struggling or in a crisis, call or text 988, or chat [988lifeline.org](https://www.988lifeline.org). For veterans or a service member, you may also contact the Veterans Crisis Line by texting 838255. The 988 Suicide & Crisis Line provides free, confidential, around the clock support, seven days a week, answered by a trained professional.

(Information in this article is taken from Senator Chuck Grassley's newsletter.)



Learning More About Leadership

Amy Haney, Leadership



Now that summer is all but here, based on current

temperatures this week, many clubs will be on hiatus until the fall. During this time, many clubs will be working on determining what their programs for next year will be.

I just want to remind everyone that while planning for your next year's programs, a wealth of information is available on the Member's Portal of GFWC. The area under "L" called the "Leadership Tool Kit" may have

some of the answers for which you are looking. There are 35 files under this heading that will help any and all members with a variety of helpful information. Perhaps an idea for a club program can be found there or information about how to have a great meeting.

Have a great summer, and hopefully I will be able to see many of you this fall.

Members at Large Project

Amy Haney, MAL President

Members at Large is club of members across Iowa who may or may not have a local club for which to belong but want to stay connected to other members of GFWC/Iowa. We meet once a year during the annual meeting in April. Currently we have members from all four districts of the state.

Because we are not in one location, we have found it hard in the past to find a project in which we can all participate. This year, though, we found a common project to work toward. This project is "The Veteran's National Stamp and Coin Club." We will be collecting postage

stamps, both new and used, and sending them to the Department of Veteran's Affairs in Tucson. These stamps will then be distributed to veterans throughout the nation to help with the treatment and rehabilitation of disabled, homebound, shut-in and outpatient veterans. There is no charge to veterans for this service.

During the annual meeting in April, some general information about this "stamps for vets," as I called it, was available; but due to time constraints, more information needs to be sent out to clubs so they too can

participate in this program. I will be asking Cindy at the central GFWC/Iowa office to send out more information about this program to clubs across the state very soon.

It is definitely a project that can be done by clubs of all sizes, whether it is a club with four to five members or a club with forty or more members.



GFWC Leadership Committee



Embracing Leadership

Newsletter from
GFWC Leadership Committee
Vol. 1, No. 5 May/June 2023



2022-2024 GFWC LEADERSHIP COMMITTEE

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Nancy Ames, GFWC Membership Chairman, Jen Nowak, GFWC Communications/Public Relations Chairman, and I would like to thank everyone who presented on the GFWC Advancements and Programs Thumbs Up Thursday feature. We heard from the following chairmen and officers during 2022-2023:

- Juliet Casper, GFWC Legislative Chairman
- Donna Shibley, GFWC Writing Contest Chairman
- Beth Smith, GFWC CIP Chairman
- Sandy Hauenstein, GFWC Education & Libraries Chairman
- Jolie Frankfurth, GFWC 2nd Vice President – When Is a Picture Worth 1,000 Words?
- Theresa Rudder, GFWC Jennie Award Chairman
- Kathryn Sowers, International Affiliates Chairman, featuring the woman's clubs in Belize and Taiwan

- Susette Redwine & Peggy Barnes, Convention Co-chairs, along with Phyllis Skubic, GFWC Convention & Meetings Chairmen – preview of the convention in Louisville
- Becky Wright, GFWC Treasurer, and GFWC Annual Giving Committee Members Peggy Barnes & Mary Jo Thomas
- Carla Pyle, GFWC WHRC Committee Member and Joanna Church, WHRC Librarian
- President Deb Strahanoski and Director of Member Services Melanie Gisler – GFWC National Day of Service



What a powerful group of women that were featured this past year! If you missed any of these presentations or want to review the content again, they are all pinned to the top of the Forum Facebook page under Featured. Scroll to the right as they are posted with the most recent first.

We are in the process of planning for next year, so let us know if there are any particular topics you would like to have addressed.

1

The General Federation of Women's Clubs is a unifying force, bringing together local women's clubs, with members dedicated to strengthening their communities and enhancing the lives of others through volunteer service. With nearly 60,000 members in affiliated clubs in every state and more than a dozen countries, GFWC members are community leaders who work locally to create global change by supporting the arts, preserving natural resources, advancing education, promoting healthy lifestyles, encouraging civic involvement, and working toward world peace and understanding. For more information, please visit www.GFWC.org or call 1-800-443-GFWC (4392).

GFWC Leadership Committee



Here is a recap of the **Teach It Tuesday** offerings from 2022-2023. These can also be found in the Featured area of the GFWC Advancements and Programs Forum.

Leadership Area:

- Succession Planning
- How to Create a Strategic Plan for Your Club

Membership Area:

- Member Retention
- Introduction to Club Work
- Using Your Why to Recruit Members

Communication/PR Area:

- Branding
 - Canva
 - Noteworthy Newsletter Tips
- An additional offering in January featured Friendsgiving resources.

Let us know what topics you would like us to feature in 2023-2024.

If you are not a member of the GFWC Advancements and Programs Forum, you are missing all these offerings. Search Facebook for this title, fill out the Membership Questions, and we will approve your request to join the Forum.



AWARD ENTRIES AND CLUB CREATIVITY AWARDS

The Leadership Committee members were all involved in the tough process of selecting the top state in each membership category as well as the club creativity award. We look forward to sharing some of the ideas and projects with you after the awards are presented at the convention.



The Leadership Committee will present a Leadership Workshop during the Annual Convention in Louisville in June. **“Building Leaders through Strategic Planning”** will be the topic. We hope you plan to join us to learn how to create your club’s strategic plan and develop leaders through this process.



Leadership Lending Library

The Woman’s Club of Aurora (IL) created a Leadership Lending Library for members to access resources. The library includes leadership books, folders of dozens of GFWC leadership tools and tips, the GFWC Leadership

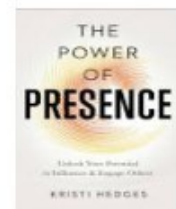
Advancement Guide, protocols, policies, and ideas for invocations, inspirations, and ceremonies. They also printed the GFWC Leadership Toolkit topics. Since so many resources are now digital, the library allows members to easily see resources that they can then access themselves online.

What would you include in your Leadership Lending Library if you created one for your club members? What a great discussion topic for a future meeting. Ask your members what they need to grow their leadership skills.

Check out the Member Portal for more Top Ten Projects. Projects from 2022 should be released in late summer.



The next Leadership ESO Book is *The Power of Presence* by Kristi Hedges. During the last administration, we read *The Inspiration Code* by Kristi Hedges and learned how to crack the code to learn how to be a more inspiring leader. In *The Power of Presence*, Hedges shares more practical tools and strategies to



GFWC Leadership Committee

help us improve our abilities to engage and influence others. Hedges works as a leadership coach specializing in communications. Her books are always helpful and engaging.

We're going to discuss this book differently this time. Instead of a live discussion on Zoom/Facebook Live, I will pose questions on the GFWC Advancement and Programs Forum and on the 2022-2024 GFWC Leadership/LEADS Chairmen Facebook page. Members can respond to the questions in either location and share your experiences and thoughts about the book. Please respond to comments from your fellow members. With everyone being so busy during the summer months, this will be a good time to try this discussion model.

I will pose the questions to start the discussion the week of July 10. Watch these two areas of Facebook and join the discussion.



The **General Federation of Women's Clubs (GFWC)** is united in its dedication to volunteer community service. The National Day of Service (NDS) is a day in which all of GFWC comes together in service to highlight an area of need, take action to address the need, and raise public awareness about its importance. State federations and clubs are encouraged to join in and organize community service programs (CSPs) in their communities as part of the NDS. It's also a great opportunity to invite guests to participate in your NDS activities and introduce them to the benefits of GFWC.

This year's NDS issue of focus is food insecurity. To initiate the planning process, GFWC encourages you to contact your local food banks and food pantries — wherever people go for food — to find out how best to be of service. For example, a club can sponsor a food bank, pantry, or food program to organize a volunteer activity with fellow club members, family, and friends. Ask every member of your club to invite a friend who is not presently a member to participate and experience GFWC in action. Use the activity to motivate and inspire your friend to join. The benefits of community service not only make a person feel good, but it helps to build meaningful friendships and bonds that will last a lifetime.

Information and updates about NDS will be in the weekly electronic newsletter *GFWC News & Notes*, Facebook, Instagram, and website, www.GFWC.org. Every week until September 30, GFWC will make announcements, provide project ideas, and discuss food insecurity. Stay tuned for additional resources, including a tool kit and a media kit.

To register or for more information, contact Melanie Gisler, Director of Membership Services, at MGisler@GFWC.org and copy Deb Strahanoski, International President, at DStrahanoski@GFWC.org. Please include the following in your email: Club Name, Point of Contact, Address, Phone Number, and Email. GFWC will send information, articles, and announcements directly to your club.

Join the more than 200 clubs that have already registered.

Benefits of Belonging to GFWC



Leadership training is one of the benefits of belonging to GFWC.

- LEADS
- Workshops at the annual convention
- LEADS held in your state
- Webinars offered by GFWC
- Teach It Tuesday & Thumbs Up Thursday offerings featured in the GFWC Advancements and Programs Forum

What other opportunities does your club or state provide to train new and existing leaders? Contact your Leadership Committee Representative if we can help your state with any training or resources.



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