

# GFWC/Iowa Clubwoman



**GFWC**  
est. 1890  
**GENERAL FEDERATION  
OF WOMEN'S CLUBS**  
IOWA

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Fall 2025



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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](mailto:gfwciowa@qwestoffice.net).

A complete version of the *GFWC/Iowa Clubwoman Newsletter* is available on the GFWC/Iowa website: [www.gfwciowa.org](http://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 GFWC Members!

It's hard for me to believe that my term as your Iowa state president is over half done. I know many clubs have been using our International President Suellen Brazil's theme of "Educate, Engage and Empower" and my theme of "Spread your Wings with GFWC." After reading the reports that clubs submitted last year, I know this year will be another year of wonderful projects and programs.

I have started receiving your club program books. I do really enjoy all of the programs that are scheduled for the upcoming club year.

District conventions are in the final planning stages. All the information can be found elsewhere in this newsletter. I encourage all members to attend for a great time of learning and enjoying what other clubs in your district are doing, and there is always a great lunch. This is also the year I will be installing your

district director, vice-director, secretary and treasurer for the upcoming administration.

There is still time to sign up for the National Day of Service on September 27<sup>th</sup>. There was information in the News & Notes, or you can send an email to [gfwcnds@gfwc.org](mailto:gfwcnds@gfwc.org).

Please include the following information: club contact and information, official club name, state federation and a brief description of the club's project (if known, not required). I know all Iowa clubs have programs on learning and taking action for domestic violence. This is just a way for all GFWC members to participate.

It's never too late to start thinking about being a LEADS candidate for the 2026 International Convention in Scottsdale, Arizona, June 25-29, 2026. Please let me know if you have any questions or are interested in attending LEADS. The state gives you \$400 and International GFWC gives you about



\$275 to help offset the costs of attending. It is a wonderful experience that everyone who has gone will tell you.

Hope to see all of you at your District Convention in October.

*Mickey Coonfare*



# GFWC/Iowa Community Service Chairmen

## ***Volunteer & Visit***

Lisa Harris, Civic Engagement & Outreach Chairman

With a new club year on the horizon, no doubt you are full of excitement and anticipation for many great programs and projects your club will pursue. I also want to recognize those members-at-large who do so many wonderful things in their communities as well.

Volunteering is one way to put civic duty into action, and it can be the initial step in building a stronger connection to the community. There are so many ways to support the efforts in your communities; whether it be through advocating, fundraising, donating or problem solving, your impact can be powerful.

As the new school year begins, I encourage you to visit with your local school nurse to find out if there are needs that students have and how your club might be able to help. Talk to the 4th or 5th grade teachers in the school. Present the idea of a creative writing contest around Veteran's Day with the theme of "what being a Veteran means." Those creative writing pieces could also be entered into the GFWC/Iowa Youth Creative Writing Contest!! Two projects in ONE!

I look forward to hearing what interesting and purposeful ideas your club will report this year! If you have questions or



if there is something that I can do to assist you, please e-mail me at [lisaharr79@gmail.com](mailto:lisaharr79@gmail.com) or call 712-552-7311.



# GFWC/Iowa Community Service Chairmen

## ***GFWC New Resolution, Celebrations***

Karen Martinek, Environment Chairman



National Parks have been a part of GFWC for over 100 years.

### **GFWC Environment – New GFWC Resolution passed in June 2025**

“Wildfire Prevention and Safety” WHEREAS, Wildfires pose significant threats to life, public health, property, natural resources and ecological systems; and WHEREAS, Proactive measures can reduce both the incidence of wildfires and the effects of such fires; and WHEREAS, Educational programs addressing methods for preventing wildfires and safety measures to be employed in the event of a wildfire can mitigate the threats posed by wildfires; therefore RESOLVED, That GFWC urges its member clubs to support:

- The adoption of state and local ordinances that require the use of fire-resistant building materials, vegetation management, and the creation of fire-defensible buffer zones;

- Collaborative efforts between government agencies, nonprofit organizations and community groups to develop holistic approaches to wildfire management and promote sustainable land use practices;
- Educational programs addressing how to make homes and properties more fire resistant and informing residents of how to formulate an evacuation plan;
- Educational programs and public awareness campaigns regarding the dangers associated with smoke inhalation resulting from wildfires;
- Increased funding and resources to support efforts for wildfire prevention, preparedness and response.

### **ENVIRONMENTAL CELEBRATIONS:**

UPCOMING DATES AND EVENTS  
AUGUST/SEPTEMBER/OCTOBER

- **Smokey the Bear's 81st Birthday Celebration August 9<sup>th</sup>**



- **National Park Service Day August 25<sup>th</sup>**
- **October/Fire Prevention Month**

According to the U.S. Forest Service: Wildfires are any uncontrolled fires that burn in forests and other wildlands, such as shrubs or grass communities. They can be natural or human-caused.

Nearly-nine out of ten wildfires nationwide are **human-caused**. These wildfires can burn out of control, putting people, their homes, businesses and the firefighters in harm's way.

So how can you help? Be fire aware. Here are some quick ways you can do your part.

**Campfires:** There's nothing quite like enjoying the great outdoors with a roaring fire, gooey s'mores and a night sky full of stars, but that wonderful campfire is also a big responsibility. Smokey needs your help preventing wildfires so more families like yours can enjoy this experience in beautiful forests, other wildlands and your backyard for years to come. That's why it's important to [learn how to be safe](#) with your campfire.



**Vehicle safety & lawncare:** It's important for the safety of your home and nearby wildlands to learn how to use and maintain outdoor equipment and vehicles in ways that prevent sparking a wildfire. Remember to always keep a cell phone nearby and call 911 immediately in case of fire.

**Backyard debris burning:** We know sometimes it's appealing to burn debris like leftover wood in your backyard. As impressive as that bonfire might be, it can also be very dangerous. [Be sure to learn before you burn.](#)

## ***Air Quality Tips, Pollution, Plans for 2026***

Karen Martinek, Environment Chairman



### **Air Quality Tips during forest fires based on EPA Guidelines:**

1. Keep advised of the air quality in your immediate neighborhood.
2. Use fans instead of opening windows or doors or using swamp coolers.
3. Close the fresh air intake vent on window AC units and central air systems.
4. Avoid adding to the poor air quality by burning or cooking outside.
5. Consider buying and using an indoor air purifier on the highest possible setting during fires. If you have a central air system with filtration, run the system's fan on the highest possible setting.
6. Postpone house cleaning - Vacuuming can temporarily make your indoor air quality worse, by kicking up dust and small particles, unless your vacuum has HEPA filtration.
7. Avoid being too active - Cardiovascular exercise increases the amount of air you

take into your lungs, so rest during significant wildfires.

8. Use N95 masks.

If air quality is visibly poor, use an N95 or KN95 mask (or better) when outdoors.

Now is the time to support our National Parks and Forests. Government support for parks is

limited. We have no national parks in Iowa, so you can donate to The National Parks Conservation Association or the National Parks Foundation. You can also donate to organizations that will plant trees in parks such as Arbor Day, Nature Conservancy, USDA Plant a Tree Program and many others. Continue to support your local and state parks. Volunteer to help with clean-up and educational programs. Assist in planting flowers and trees and providing pollinators.

### **Global Action Against Plastic Pollution**

**November 15, 2025, is National Recycling Day.**

Recycling Day started in 1997. The earth has limited resources,

so there is a need to preserve them. What can we do?

-Limit the purchase of plastics and hard-to-decompose or recycle items.

-Reduce waste by reusing, recycling and buying recycled products.

-Share your ideas and encourage others to recycle and reuse.

-Join a community activity. Use social media.

### **Plan Programs Now for 2026**

**April 22, 2026—Earth Day—  
Theme- "Fight Plastic Pollution"**

- Recycle and reuse programs
- Plant Trees
- Destroy or pull invasive plants

**April 24, 2026—Arbor Day—  
Plant Trees**

- Help support our national forests and parks. Send contributions to Arbor Day Foundation to plant trees.

- Purchase and plant trees in your community and at your homes.
- Donate a tree.



***Remember to bring recycle items to your District Convention so they can be sent into Terracycle. Those items are "Go Go Squeeze fruit pouches" and lids or other similar brands and also all "Colgate tooth paste products," including boxes, tooth brushes, tubes or any type of Colgate tooth paste container.***

# GFWC/Iowa Community Service Chairmen

## ***Dementia Friendly***

Peg Anderson, Health & Wellness Chairman



As the leaves change color and the air turns crisp, it is the perfect time to renew our commitment to health and wellness.

Being healthy encompasses physical, mental and emotional well-being. It involves adopting habits that promote overall wellness, such as eating a balanced diet, staying physically active, managing stress, getting enough sleep and maintaining strong social connections. These practices contribute to a higher quality of life, reduced risk of chronic diseases and increased resilience to illness.

GFWC/Iowa is continuing its Health and Wellness Initiative to make all GFWC/Iowa clubs Dementia Friendly by April 1, 2026. The Area Agencies on

Aging have a presentation that is a good way to learn about dementia which is called Dementia Friendly. The AAA's are located throughout the state and are an easy way for clubs to learn about dementia. However, there are other ways to learn about dementia. Perhaps your club would like to use the Alzheimer's Association, which is an GFWC affiliate, or a local group or individual to learn about dementia. Any of these can be reported to make your club Dementia Friendly.

Be sure to let me know that your club is on its way to becoming Dementia Friendly. I would like to recognize your efforts at the GFWC/Iowa convention in April. Just complete the simple form that was attached to the Fall GFWC/Iowa Health and Wellness Newsletter and send it to me by April 1, 2026. Six clubs were recognized at the 2025 State Convention. Let's make **ALL** of our clubs dementia friendly!

Dementia Friends is a global movement that is changing the way people think, act and talk about dementia. The free informational sessions are

discussions led by a volunteer Dementia Friends Champion. Participants learn the basics of dementia; such as what dementia is, what it's like to live with the disease and some tips for communicating with people who have dementia. Everyone who attends is asked to turn their new understanding of dementia into a practical action that can help someone living in your community. Everyone who attends a live session becomes a Dementia Friend!



Remember...You don't need to be an expert or know someone with dementia to become a Dementia Friend. All you need to do is attend the one hour information session to become a Dementia Friend!

If you need help setting up a Dementia Friendly informational meeting, let me know and I will help you.

# GFWC/Iowa Special Programs Chairmen

## ***Read! Report! Repeat!***

Linda Hueser, Adventures in Reading/ESO Chairman

### **Read! Report! Repeat!**

Those are the three R's you'll be hearing from me over the next year. I hope you will all take it to heart—to keep reading, report for **Adventures in Reading** in December, or pledge **ESO** and report by category throughout the year. And then do it all over again.

### **Read! Report! Repeat!**

You can find reporting forms, reading lists and the ESO handbook, pledge and report forms on the GFWC/Iowa website. Updated lists will be posted as they are available.

Here are suggested categories for READ:

R – romance, religion, relationship advice

E – essays, environment, economics

A – arts, autobiography, adventure

D – drama, diet, domestic arts  
I'll stop with these; you make

your own selections to “Spread Your Reading Wings” and **READ! REPORT! REPEAT!**

Adventures in Reading Report

### **Dates:**

- December 1 – November 30, track books, including the Bible, eBooks and subscriptions

- December - report totals to your club reading chairwoman

- Club totals will be reported to your District Reading

Chairwoman by January 1

- District reports are due to state chairwoman by February 1

### **District Reading Chairwomen:**

- Cindy Lellig (NE) – [dclellig@jtt.net](mailto:dclellig@jtt.net), 563-920-5724, 454-4<sup>th</sup> St. Jesup 50648

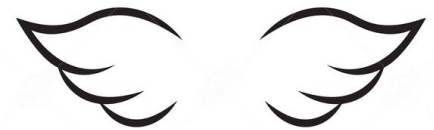
- Kay Walter (SE) – [kwalter@machlink.com](mailto:kwalter@machlink.com), 563-272-8470, 509 Hogan Ct. Muscatine 52761

- Gloria Terrell (NW) – [terrell@iowatelecom.net](mailto:terrell@iowatelecom.net), 712-295-5377, 205 Pine St. Peterson 51047

- Kris Smith (SW) –

[4misskriss@gmail.com](mailto:4misskriss@gmail.com), 515-321-1229, 1910 Lowell St. Granger 50109

If you are a member of multiple clubs, you may split your total among them to qualify for 100% club reporting. Books read and reported for ESO are included in your total for Adventures in Reading.



**Spread Your  
Reading Wings!**

Linda Hueser  
GFWC/Iowa ESO/  
Adventures in Reading  
[dh12059@juno.com](mailto:dh12059@juno.com)  
515-681-4995



# GFWC/Iowa Special Programs Chairmen

## ***Community Impact Awards***

Marcia Hanson, Community Impact Chairman



As your club begins its new club year or continues its work,

have you documented the progress of the project(s) that benefit(s) your community? If the answer is yes, continue to prepare the entry into the GFWC/Iowa Community Impact Program (CIP) Award. If the answer is no, it's not too late to start.

Each entry can feature up to three local projects undertaken by a club, all accomplished during the award period (between January 1, 2024 to

December 31, 2025).

Did I mention there's cash awarded on both state and national levels?

Complete rules can be found on page 32 in the Bluebook; and the submission deadline is March 1, 2026, to Chairman Marcia Hanson.



## ***Happy Writing!***

Sue Hass, Creative Writing Chairman

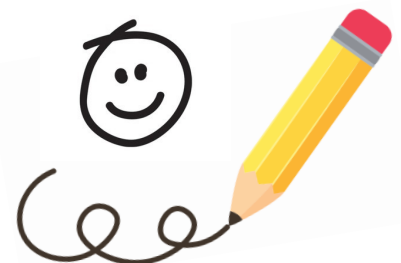
*Fall*— such an exciting time. The weather quickly changes from sultry, hot, humid days to cool evenings and brisk, flannel-wearing mornings; swimming pools are empty as the kids head off to school; and Federated clubwomen look forward to that September meeting and another busy year of volunteering. And what better time to take up pen and paper and record all these happenings!

Again this year, the Creative Writing contest will include the special category, "Spreading Your Wings," along with general poetry, essays and short

stories. Maybe this is the year your club would like to sponsor the Youth Writing contest in your schools. Starting out, you may try introducing the contest to just one of the grade level categories, rather than all of them. Rules are in the Bluebook, and teachers are usually eager to work with you.

For fun and inspiration, check out the GFWC 2024 Creative Writing winners. All of the winning entries in the various categories can be found in the Member Portal of the GFWC website under 2024 Creative Writing winners.

Happy writing, everyone!!



# GFWC/Iowa Standing Committees Chairmen

## ***Legislation Action Sign Up at District Convention***

Eileen Hageman, Legislation and Public Policy Chairman

### *It's a Contest!*

You could be the winner of a \$100 Amazon gift card, or one of three other great prizes at our upcoming MVR Convention. Our region has one of the lowest enrollments in the Legislative Action Center. As our region's Legislation and Public Policy Committee representative, we are going to do something about that!

How do I win? Stop by and get signed up, or show you are signed up. You receive one entry for stopping by the table. Receive a second if you can show that you are registered for the Legislative Action

Center. If not registered for the LAC and you sign up on the spot, you will receive a second ticket. If you can show that you are on the GFWC web portal, you will receive a third entry. If not and you sign up for the portal, you will get your third entry.

GFWC as an organization has a history of advocacy. We as an organization are bipartisan. The issues that come out to you through the Legislative Action Center are supported by GFWC resolutions and often support bills like domestic violence victim and shelter funding, computer cyber bullying prevention, etc. If you don't support the legislation, you just don't click to send in your letter of support.



Stop by our table at the convention. I'd love to see you win a prize!



# GFWC/Iowa Standing Committees Chairmen

## DSVAP News

Cheryl Einsweiler, Domestic/Sexual Violence Awareness/Prevention Chairman

Two alerts to “Take Action” were sent your way this spring. Remember, this is an easy way to support new legislation; and I hope you continue to encourage your clubwomen to participate. If you have not yet signed up for this, I highly urge you to do so. Clubs and clubwomen are the local advocates for GFWC’s legislative agenda, and it is through the national network of grassroots advocates that the Federation gains its political influence. To participate in the impactful advocacy of GFWC, sign up for the **Legislative Action Center**—a powerful tool to alert you to GFWC’s public issues and advocacy efforts. Track bills, contact your local representative and take action on issues germane to GFWC Resolutions. Simply login to the GFWC website and start this easy process.

### 1. “Take It Down Act”

The “Take it Down” Act will criminalize the publication of non-consensual intimate imagery, including AI-generated images (commonly referred to as “deepfakes”).

It will require social media and other websites to remove such images within 48 hours of receiving notice from the victim.

### 2. The “Crime Victims Fund Stabilization Act”

The Crime Victims Fund is essential for providing resources to victims of crime. Funding supports survivors of domestic violence, child abuse, sexual assault, human trafficking and other crimes by providing counseling, case management, crisis hotlines, emergency shelters and community-based programs. GFWC supports the bipartisan Crime Victims Fund Stabilization Act to provide a lifeline to survivors and help maintain their access to the most essential services. To learn more about this resource, just type in “Crime Victims Fund” into your search bar for a detailed discussion of past and current legislative efforts.

Finally, this last resource is simply a great place to find local information to prepare a well-informed presentation on DSVAP:



### 3. “Iowa Safe at Home”

This newest report from Secretary of State has tons of information. Safe at Home and Home Address Confidentiality are great programs, and the Safe at Home link connects you to pretty much every Domestic Violence and Sexual Assault Resource in our state! You can easily type in “Iowa Safe at Home” in your search bar, and it will be quite easy for any club member to construct a knowledgeable presentation on the topic.

I certainly hope that all of you received these emails. If you did not, please feel free to contact me at [cmkjeins@gmail.com](mailto:cmkjeins@gmail.com).

Have a wonderful fall!



# GFWC/Iowa Standing Committees Chairmen

## **Scholarship Committee Update**

Bette Kuboushek, Scholarship Chairman



With the start of the school year quickly approaching, I wanted to reach out to the members with a brief update

on the scholarship committee.

As you all know, last year we tried something totally new; and while it had its drawbacks and hiccups, overall, there was positive response, with over 200 applicants!

Some members are concerned that there was no communication with the local school districts. This year I am proposing that in addition to the applications being sent by group email to all the schools, each club president also take the application to their school.

This was how it was done in the past, and many feel that we need to stick to that process. I think we can do both. The scholarship committee will meet in September to discuss this and other issues.

Currently, I need scholarship chairmen from SW and NW districts to fill vacant positions. If you would like to help this year, please let me know ASAP.

I look forward to working with the committee and the clubs again this year.

## **Membership News**

Bette Kuboushek, Membership Chairman

I hope you are all enjoying these last days of summer! As you prepare for the new club year, please keep membership at the forefront of your planning. If you need ideas for membership recruitment/retention activities, look in the Membership Portal on [www.gfwc.org](http://www.gfwc.org), under Membership Toolkit, or give me a call or email and we can brainstorm.

The Recruitment Campaign's focus for July, August and September is Clear Communication. Provide your members with regular updates (yes, even in the summer) to keep them informed and updated. This will keep their interest, especially if you don't meet during the

summer months. Reports are due October 1. Member Value and Benefits of Belonging is the focus for October, November and December, with reports due January 2.

Mississippi Valley Region meeting is in September in Omaha. This would be a wonderful road trip for some girlfriends to attend, and it is not that far. District meetings are coming up in October—get a carload of members together to attend—maybe two carloads!! This is a great way to meet other club members and become involved at the grass roots level.

A membership task force committee meeting was held in

July. So many good ideas come from these zoom meetings. One idea is to put all members' names in a teapot (or similar); draw four or five names; and have those people meet for coffee, brunch, lunch or whatever works for them. This is a fun way to get to know other members of your club outside the meeting times.

If you have not done so, please fill out the Membership Survey included in this newsletter and that was sent out earlier this summer. Either email or mail it back to me. I have been getting a few, but I know there are lots more out there. I hope to have them back by the end of the year.

# GFWC/Iowa Membership Survey



## GFWC Iowa Membership Survey 2024-2026



*Your opinions are important to us, so let us know what you are thinking!*

1. How many years have you been a member of a GFWC Iowa Federated Club? \_\_\_\_\_
2. Are you a member of more than one GFWC Iowa Federated Club? \_\_\_\_yes \_\_\_\_no  
If so, in how many clubs do you hold membership? \_\_\_\_\_
3. When your club has a meeting or event, have you considered asking a GFWC Iowa state officer to attend? \_\_\_\_yes \_\_\_\_no
4. During your years of membership, have you invited others to join your club? \_\_\_\_yes \_\_\_\_no  
If so, please indicate the number of members you have invited. \_\_\_\_\_
5. What might prevent you from inviting a potential new member to join your club? Check all that apply:  
\_\_\_\_ Our club maintains a cap on our number of members. How many? \_\_\_\_\_  
\_\_\_\_ I'm not certain how to explain the Federation experience to others.  
\_\_\_\_ I don't know who to invite.  
\_\_\_\_ I wouldn't invite someone whom I consider to be too busy.  
\_\_\_\_ I wouldn't invite someone whom I feel would find membership cost prohibitive.  
\_\_\_\_ I am not willing to accept the responsibility of being a mentor to a new member.  
\_\_\_\_ Other \_\_\_\_\_
6. What materials/avenues does your club use to promote membership and recruit new members? Check all that apply.  
\_\_\_\_ GFWC membership brochure/tri-fold.  
\_\_\_\_ GFWC Iowa membership brochure/tri-fold.  
\_\_\_\_ Wearing GFWC emblematic apparel at meetings and events.  
\_\_\_\_ Website  
\_\_\_\_ Social media (Facebook, X, Instagram)  
\_\_\_\_ Videos  
\_\_\_\_ Other \_\_\_\_\_
7. Please rank your personal club experience compared to experiences in other non-profit groups.  
\_\_\_\_ Outstanding \_\_\_\_Above Average \_\_\_\_Average \_\_\_\_Below Average \_\_\_\_Disappointing
8. Why do you remain a member of a Federated club?  
\_\_\_\_ Because of the friendships and social aspects of club membership.  
\_\_\_\_ Because of the community service opportunities provided by the club.  
\_\_\_\_ Because of the networking and career development aspects of club membership.  
\_\_\_\_ A combination of all the above.  
\_\_\_\_ A combination of two of the above \_\_\_\_\_ and \_\_\_\_\_.
9. Do you anticipate that you will remain a member of a Federated club until such time that you find it impossible to participate due to health or financial concerns?  
\_\_\_\_yes \_\_\_\_no (why would you drop your membership?)
10. How important is the relationship with GFWC and the State Federation to your membership in your local club?  
\_\_\_\_extremely important \_\_\_\_somewhat important \_\_\_\_not important

# GFWC/Iowa Membership Survey

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11. How well does GFWC/Iowa communicate with you as an individual club member?  
\_\_\_\_ extremely well \_\_\_\_ well \_\_\_\_ average \_\_\_\_ not very well \_\_\_\_ not at all
12. Does your club participate at the District level? \_\_\_\_ yes \_\_\_\_ no (why not?)  
\_\_\_\_\_
13. Does your club participate at the State level? \_\_\_\_ yes \_\_\_\_ no (why not?)  
\_\_\_\_\_
14. Check any of the following that have prevented you from attending a GFWC Iowa event (state or district):  
\_\_\_\_ Too busy to add another event.  
\_\_\_\_ Too cost prohibitive to participate.  
\_\_\_\_ Unable to travel.  
\_\_\_\_ Do not wish to give up my weekend.  
\_\_\_\_ Have not found it beneficial to attend in the past.  
\_\_\_\_ Have found state and district events too formal or too long in the past.  
\_\_\_\_ I'm not a club officer, so didn't think my attendance was needed.  
\_\_\_\_ I'm not aware of state and district events.  
\_\_\_\_ I don't fully understand what happens at state and district events.  
\_\_\_\_ I make every effort to attend all GFWC Iowa events whenever possible.
15. Is there anything that GFWC/Iowa could do to enhance your membership experience?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please return this survey to the GFWC Iowa Membership Chairman:

Bette Kuboushek

4755 Spring St.

Davenport, IA 52807

563/599-4312

[bkuboushek@gmail.com](mailto:bkuboushek@gmail.com)

## GFWC Tidbits:

*1961: GFWC's Women's Crusade for Seat Belts program results in the installation of more than one million seat belts in motor vehicles over the course of one year.*

*1984: GFWC establishes the Women's History and Resource Center to collect, preserve, interpret, and promote materials and information on GFWC and women in volunteerism.*

# Reminders

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just a friendly reminder...

## **Membership Dues** — Please submit as soon as possible!

It is time again for clubs to send their annual membership dues to GFWC/Iowa Headquarters. Instructions were sent out by either email or regular mail to all club treasurers mid-August.

The deadline for submitting membership dues is October 1, and the dues remain \$32.00 per member. This covers your dues to both GFWC (\$15.00) and GFWC/Iowa (\$17.00).

Please remember to send an alphabetical, numbered list of members along with your dues check for updating our records. If you include email addresses, these will be added to our emailing address list. We send information by email on occasion that you would not receive through regular mail.

Also, please keep us informed of any officer changes in your clubs.

Thank you!

*GFWC/Iowa Headquarters*

# GFWC/Iowa District Conventions

## GFWC/Iowa NE District Convention

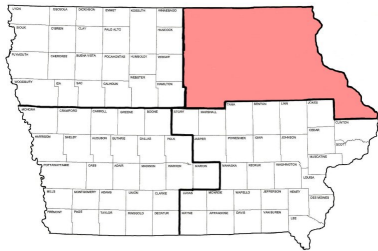
**WHEN:** Saturday, October 4, 2025

**WHERE:** First Presbyterian Church  
643—6th St., Jesup

**SPEAKER:** House of Hope, Waterloo

**TIME:** 8:15 - 8:45 a.m. Registration, coffee and rolls  
9:00 a.m. Meeting begins; adjournment approx. 3:00 p.m.

**REGISTER:** The below registration form and a check for **\$13 per person** should be sent to:  
*Mary Adams, 1215 Hawley St., Jesup, IA 50648.* Please make all checks payable to:  
*Treasurer, NE District.* **Registration deadline: September 26, 2025**



**DISTRICT DUES:** Dues are **\$1.00 per member** and should be paid prior to the convention date. Voting privileges and representation will be based on district dues being paid. Dues checks should be made out to *Treasurer, NE District*, and **sent in a check separate from lunch fees** to: *Donna Flint, NE District Treasurer, 107 Gay St., Delhi, IA 52223.*

**MEMORIALS:** Please send the names of any deceased members (since October 2024 District Convention) and any information you would like included in the memorial remembrance to: *Nancy Tabor, PO Box 22, Baldwin, IA 52207.*

**CLUB YEARBOOKS:** Prior to convention, each club should send a current copy of their club program booklet to: *Mary Schmidt, NE District Vice-Director, 1207—9th St., Grundy Center, IA 50638.*

**AWARDS:** Reporting awards not accepted at state convention in April will be available to collect at the district convention. Clubs that won silver, first place, chairman's or creativity awards at state convention may bring them to display, if so desired.

**CSP AND SPECIAL PROJECT CHAIRMEN:** Please bring small display and/or information to share with attendees to take back to their clubs. Chairmen will be given 2-3 minutes to speak about their program area and share ideas.

**ROLL CALL:** Each NE District club will be given 2-3 minutes to tell about a favorite club project since October 2024 convention and/or share ideas.

**ITEMS TO BRING:** House of Hope: see Wishlist on next page. **Free-will monetary donations may be made in lieu of an in-kind donation.**

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### Registration for NE District Convention, October 4, 2025

Name: \_\_\_\_\_ Club Name: \_\_\_\_\_

State/District Position (if any): \_\_\_\_\_ Voting Delegate: Yes \_\_\_ No \_\_\_

Dues Paying Clubs: 1) <30 members=3 voting delegates; 2) 1 additional voting delegate for each additional 10 members or major fraction thereof.

Dietary Restrictions: \_\_\_\_\_

Make checks payable to: *Treasurer, NE District.* **Registration deadline: September 26, 2025**

# GFWC/Iowa District Conventions

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## House of Hope Wishlist

**Kwik Star Gas Cards (gas only)** \$10 each

**Quarters for laundry** -Quarters to use at the coin laundry across the parking lot.

**11-Ride MET Bus Passes** available for purchase at the MET transit Office, located at 1515 Black Hawk St, Waterloo. Hours 8:00 am-4:00 pm M-F [www.mettransit.org/fares](http://www.mettransit.org/fares)

**Size 5 Diapers-**

**Shampoo and Conditioner for Coarse or Curly hair** - Aunt Jackie, Miss Jessie, Shea Moisture, Mielle

**Brooms and Dust Pans**

**Sink Stoppers**

**Kids Shampoo and Conditioner-** these can be any brand, 2-in-1, or separate

**Shaving Cream**-any brand will do!

**Laundry Detergent Pods** -Any brand -

**Paper Towels**

**All Purpose Cleaner**

**Disinfectant Spray**

**Toilet Bowl Brush with holder**

**Size 14-22 Women's Dress Pants** Can be black, blue, khaki, etc. and no brand required. New or Secondhand

**Garbage Bags** We are in need of 13 gallon, kitchen, and XL trash bags f Any brand.

**Toddler Pull Ups** We are in need of Pull Ups in size:2T-3T, 3T-4T, 4T-5T Any brand

**Drain Snakes**

**Dollar General Gift Cards**

**Srubs** - Size Large, XL, 2XL (MOST NEEDED XL)

**Floor Cleaner (Wood Floors)** No specific brand needed. Pine Sol, Fabuloso, etc.

**Command Strips and Command Hooks**

**Hand Pruners.** New or gently used hand pruners

**Important Paper Boxes:** Used for our Financial Empowerment Scholarship. helps participants on their journey of taking back their power over their own finances.

**2025 Weekly Planners** Can be purchased from anywhere. The easiest to use are those with a week view on each page, and a size that can fit in a purse.

**Magnetic Hooks**

**Under Bed Storage Bins**

**Cutting Boards**

**Shower Curtain Rods**

**Adjustable Curtain Rods** Home curtain rods (adjustable) - new or gently used

**White Board Calendars**

**Sharpie Pens (black)**

**Sponges:** Any kind

**Bathroom Cleaner** No specific brand needed. Lysol, Clorox, etc.

**Disinfecting Wipes**

**Dish soap**

**Mixing Bowls** Can be secondhand.

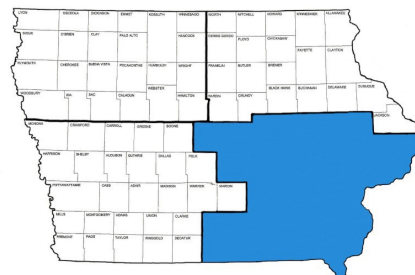
# GFWC/Iowa District Conventions

## GFWC/Iowa SE District Convention

**WHEN:** Saturday, October 11, 2025

**WHERE:** United Methodist Church  
101 Ely St., Walker (there is a detour to Walker)

**TIME:** 8:15 to 8:45 a.m. Registration, coffee, rolls  
9:00 a.m. Meeting begins



**REGISTRATION:** Please send a check for \$13 plus \$2 for registration with attached form to:  
Carma Bisinger, Registration Chair, 704 Buffalo Ct., Box 111, Walker, IA 52352  
Deadline: Wednesday, October 1, 2025

**DISTRICT DUES:** \$2.00 PER PERSON TO BE PAID PRIOR TO CONVENTION DATE. Voting privileges and representation will be based on district dues being paid. Make dues checks out to the SE District Treasurer and send in a separate check to Carma Bisinger at the above address.

**SPEAKER:** Our speaker is from “Especially for You.” This organization holds a race for fighting breast cancer that will be held in Cedar Rapids in October of each year.

**PROJECT —** the SE District participating in the National Day of Service on the district level. The Cedar Valley Friends of the Family Domestic Violence Center in Waverly sustained a fire a few weeks ago that destroyed their building. They plan to rebuild, but all the clients are currently being housed in hotels. With no storage options, they are asking for money, gift cards, etc. Each club is encouraged to donate at least \$20 (more if your treasury allows). This group is totally in need.

**CLUB PROGRAM BOOKS** for the 2024-2026 administration should be mailed prior to convention to: Mary Cash, SE Vice-Director, 2106 Buckingham Dr. NW, Apt 1, Cedar Rapids, IA 52405.

**MEMORIALS:** If there is anyone in your club that has passed in the last year, please send information to Mickey Coonfare, State President (mcoonfare21@gmail.com).

**CSP AND SPECIAL CHAIRMEN:** There will be tables available for you to set up your displays and any handouts you may have. You will each have two minutes to speak about your program area.

**ITEMS TO BRING:** Each club is to bring a basket in the amount of \$25 and also two door prizes.

### SE District Convention Registration Form (one entry per form)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Club: \_\_\_\_\_

Voting Delegate: \_\_\_\_ Yes \_\_\_\_ No

First-time Attendee: \_\_\_\_ Yes \_\_\_\_ No

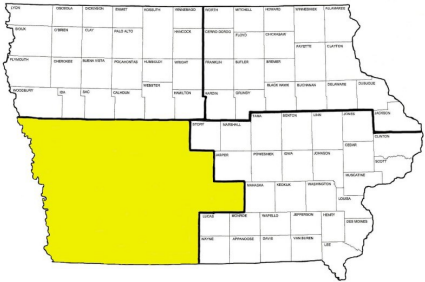
Office Held (state, district or club): \_\_\_\_\_

Make checks payable to: Treasurer, SE District

**Deadline: Saturday, October 4, 2025**

# GFWC/Iowa District Conventions

## GFWC/Iowa SW District Convention



- WHEN:** Friday, October 17, 2025
- WHERE:** Exira Lutheran Church  
106 Harrison, Exira (1 block north of Post Office)
- TIME:** **9:00 a.m.** Registration, Coffee, View Baskets, Country Store  
**9:45 a.m.** Introductions, Remarks, Committee Reports  
**11:30 a.m.** Lunch, View Display and Baskets  
**12:15 p.m.** Program, Business Meeting, Installation of New District Officers, Memorial Service, Invitation to 2026 SW District Convention  
**3:00 p.m.** Adjourn
- HOSTS:** GFWC/Iowa Exira Study Club, Audubon Federated Women’s Club
- PROGRAM:** Monarch Butterflies—Migration and Tagging  
Speakers: Brad and Lorrie Rasmussen
- COST:** **\$15.00** (\$13.00 Lunch, \$2.00 Registration)  
Payable to **“Treasurer, GFWC/Iowa SW District”**  
Send by **October 8** to: Penny Beaman, 1895 Riverview Rd., Brayton, IA 50042
- MEMORIAL SERVICE:** By October 12th, please send eulogy information on any club member who has passed this year to: Marcia Hanson, 105 Circle Dr., Audubon, IA 50025
- BASKET OPPORTUNITY:** Each club is asked to provide a basket valued between \$15 to \$25 or items for the Country Store.
- DOOR PRIZES:** Each club is asked to bring a door prize valued at about \$5.00.
- .....

### REGISTRATION AND MEAL RESERVATION FORM

**DEADLINE: Oct. 8, 2025** – \$15.00 per person – Mail To Penny Beaman (address above)

CLUB: \_\_\_\_\_

Please list the name of attendee(s) and any state/district office currently held.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# GFWC/Iowa District Conventions

## GFWC/Iowa NW District Convention

**WHEN:** Saturday, October 18, 2025  
9:30 a.m. Registration, Light Refreshments  
10:00 a.m. Call to Order  
3:00 p.m. Adjourn

**WHERE:** Aurelia Community Center  
235 Main St., Aurelia, Iowa



**REGISTRATION & LUNCH:** Registration \$2.00, Lunch \$10.00

Checks: Payable to **GFWC/Iowa NW District**

Send registrations by **October 10** to: *Nan Cord, 220—29th St., Sioux City, IA 51104*

\* \* \* \* \*

### Convention Highlights

**Program:** Stephanie Henrich, Executive Director of CAASA (serving 19 counties in NW Iowa)  
Topic — Domestic Violence and Sexual Assault Awareness

**GFWC/Iowa District business with installation of officers for the 2026-2028 administration** will be conducted. IFWC president and other state officers will be in attendance. The offices of NW District Vice Director and Secretary are open. Candidates are needed for these positions. Please consider this opportunity to serve the NW District.

**Basket Silent Auction:** Each club is asked to bring a basket for the silent auction that contains a minimum value of \$25. Starting bid will be \$30. All proceeds will be used by the NW District for expenses incurred during the year. If your club does not wish to participate, you are asked to make a \$50 donation, payable to our treasurer at the above address..

**Showcase:** Time (2-3 minutes each) will be designated for club president or a representative from each club to share highlights from the year and/or plans for the upcoming year.

**Rock Valley Library Fundraiser:** A bazaar/flea market will be held with items you bring to the convention (consider such things as house plants, baked goods, handiwork, small knick-knacks/ decorative items). You may price your item(s); but if you choose not to, it will be sold for a free-will donation. The proceeds will be added to our Rock Valley Library Funds that we will continue to raise until June of 2026. At that time, a donation will be given to the Rock Valley Library for them to use in replacing items lost in the flood of 2024. Reminder to report your donations!

**CAASA (Center Against Abuse and Sexual Assault) Donations:** There will be a box for a collection of donations to be given to our speaker, Stephanie Henrich, from CAASA. Items that would assist their mission working with victims of domestic violence and sexual assault include, but are not limited to, gift cards to HyVee, Fareway, Dollar General, Walmart; personal hygiene products; socks/undergarments. If your club wishes to make a monetary donation, that works also. You can report your donations.

*Reminder to NW District club presidents — Send NW District dues to Nancy Cord. Send club program books to Julia Thoel. These responsibilities should be done prior to the NW District Convention.*

**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](mailto:gfwciowa@qwestoffice.net)

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[gfwciowa.org](http://gfwciowa.org)

