

GFWC/Iowa Top 10 CSP Programs by Area

Arts and Culture – Chairman Margaret Steigler

1. GFWC Akron Friendship and Service Club, NW District, 40 members: Helped with an extensive restoration and renovation of the Akron Opera House. They helped with various projects in Akron-Westfield school including the purchase of new uniforms for the Dance Team performances and competitions, a scholarship for the Vocal department, a plaque and medal honoring the Outstanding Senior Vocal student and the John Philip Sousa (instrumental) recipient at Senior Awards Day.
2. GFWC Adel Women's Club, SE District, 56 members: Helped fund a first-of-its-kind 40-foot-long interactive Mural. It uses augmented reality to engage viewers with art. Viewers can use their smartphone to bring the mural to life. It reflects the history and culture of Adel. It showcases the community's commitment to integrating technology with public art.
3. GFWC Cedar Falls Women's Club, NW District, 58 members: Gave two local students scholarships to the "Summer Music Campships at Wartburg College. The winners performed at the Christmas Celebration. A donation of original paintings by local artists Dorothy Stitt and Marie Cook to the Cedar Falls Historical Society.
4. GFWC Maquoketa Women's Club, NW District, 30 members: Host artist receptions and gallery events for the Maquoketa Art Experience and help with events at the Ohnward Fine Arts Center.
5. GFWC Iowa Solon's Women's Club, SE District, 24 members: Helped with the Music on Main Street. Sponsors the Holiday and Wreath Contest to help raise money for the community needs. This year it went to the Solon Public Library.
6. GFWC Progressive Chautauqua Club, SW District, 9 members: Helped with Crest Area Theater with school plays, concerts, and Creston High School Speech department.
7. GFWC Grundy Center Women's Club, NE District, 24 members: Helped with Main Street activities including the Festival of Trees and Santa's arrival at the King Memorial Library.
8. GFWC Granger Women's Club, SW District, 26 members: Gave a donation to Woodward-Granger Middle School to help the Cheer Team go to the Stunting Camp. This camp helps them learn new skills and strengthening existing stunting skills. A donation was given to Teacher Appreciation Week to honor and celebrate the Elementary Teachers.
9. GFWC Exira Study Club, SW District, 12 members. Help with the cleaning of the Exira Historical Museum in preparation for the summer hours. The time goes to dusting the display cases, vacuuming, and any other necessary projects they need done.
10. GFWC Audubon Federated Women, SW District, 4 active members, 1 Honorary. Made Bunny favors for Friendship Home residents for Easter.

Civic Engagement & Outreach – Chairman Lisa Harris

1. GFWC/Iowa Maquoketa Women's Club undertook an extensive project working with the Jackson County Head Star and partnering with Kiwanis and Optimist Clubs in their community. They provided individuals who read weekly to the students, put together "Last Day of School Bags" full of games, sunglasses, toothbrushes/toothpaste, books, bubbles and a small toy as well as a gift card to be used for parents to purchase groceries and at Christmas time they gifted winter coats, socks, etc. to this group of preschool age children. The support given to these children and families assisted them in having essential items at their disposal. Seventy volunteer hours, \$220 dollars donated and \$900 of in-kind donations were tabulated at the end of this project by this 30-member club.
2. The R.S.R.E. Club of Walker planned a presentation for the public with a panel of speakers on the topic of scams. Members of the panel included representatives from the county Sheriff's dept., Area Agency on Aging, Better Business Bureau and a local bank. They did extensive advertising preceding the event and a large crowd attended. The clubwomen also provided coffee and cookies and ran a follow up article in the newspaper about the event, showcasing the work of GFWC/IA women
3. The Lake City Monday Club supported the community Thanksgiving Dinner, "No One Eats Alone" on Thanksgiving Day 2024. 10 members spent 83 hours volunteering to make the event successful by planning, advertising, preparing and serving the meal to 183 attendees as well as providing desserts to be served. This group also had in-kind donations of \$120. Working together with other community organizations helped make this project successful.
4. The Adel Club participated in raising awareness to food insecurity by organizing a food drive on Sept. 28th, National Day of Service. They collected 5 totes of food weighing 216 pounds as well as collecting \$5309 in donations. They split this between a community that had been hard-hit by a tornado and a local food pantry. They advertised using yard signs, posters and social media. A local bank allowed them to set up a collection point in their parking lot and Casey's and a coffee shop provided doughnuts and coffee for those donating items. 11 members donated 90 volunteer hours to make this a successful venture.
5. The members of the Friendship and Service Club invited Teresa Horton of Akron to speak about her **Cards for Veterans** campaign. She shared that to date she has hand-made and sent over 23,000 cards to veterans in all 50 states, who are patients at Vet Hospitals. She gave a short program about her mission and then 25 club members worked to assist her in writing cards. 625 cards were mailed the next day. The club donated \$165 to be used for postage and 50 volunteer hours were calculated to complete the project.
6. The 26 members of the Aurelia Club initiated a project called **Welcome To Aurelia**. They collected business cards, coupons for freebies, brochures from local businesses and points of interest as well as community organizations. They gathered all the materials in an attractive bag and placed the bags at the local utility office for them to distribute when someone new moved into town. This project helped new residents become familiar with

everything that the town had to offer. The project involved members donating 30 volunteer hours and \$1,000 in kind donations.

7. When a flood hit several towns in NW Iowa in June, eighteen members of the Peterson Tuesday Club did not hesitate to pull together an extensive relief operation to support individuals and communities impacted. Their efforts resulted in 54 hours of volunteer work doing tasks such as sandbagging and clean up, monetary donations of \$540 and in-kind donations of \$500.
8. The Baldwin Women's Club participated in the Gold Star Mothers Memorial Project. It was determined that 12 local families were qualified for the honor. They organized an event to recognize those individuals, invited families of local veterans and the public. Six of the 12 families who were receiving the Gold Star Mother medallion were in attendance. They advertised the event on social media, television, newspapers and radio. The club volunteered 25 hours, donated \$80 and has \$500 dollars reraised through fundraising to continue this endeavor. There were also \$300 in-kind donations made.
9. On September 28, National Day of Service, the Bancroft History Club of 7 members visited the local food bank and spent 23 hours working to straighten donated bags that arrived wadded up and rumpled, making it difficult and time consuming to fill them with the needed food items. The Club also donated \$100 to the food pantry.
10. The Solon Women's Club held their April meeting in the community room of the new fire station. The fire chief talked about the station and its increasing demand due to the population growth of the town. The members toured the station which includes the EMS facilities. One of the needs brought to their attention was for a 2nd LUCAS device. This is a tool that does chest compression in the case of cardiac arrest. The club donated \$1,000 towards the purchase of a device. This program resulted in 24 members donating 40 volunteer hours. Additionally, extra boxes of snacks, paper towels, napkins, paper plates, etc., were given as supplies to the station's kitchen. The items donated were valued at \$150 and there were in-kind donations of \$120.

Environment – Chairman Karen Martinek

1. Maquoketa Woman's Club (30 members) volunteered at an Iowa State Park in their community, Maquoketa Caves State Park. Their volunteer roles included cleanup-up, hosting events, decorating the lodge/shelter for the holidays, and helping with educational programs. As hosts they would start and stoke a fire to warm participants of fall and winter hikes. They placed holiday lights and other decorations around the shelter during the holidays. Volunteer Hours: 64 In- Kind Donations: \$115 2.
2. Granger Women's Club (26 members) donated \$500 to help preserve a unique habitat near Granger, the Brenton Slough. The Iowa Heritage Foundation is seeking 8 million dollars from State and Federal funds for the purchase. Community support is crucial in leveraging for this funding venture. These 1,113 acres of wetlands and woodlands are home to Sandhill Cranes, Blue-spotted Salamanders and Blanding's Turtles. A mixed-use nature trail from Granger to nearby Grimes is planned. Volunteer Hours: 1 Dollars Donated: \$500
3. Peterson Tuesday Club (18 members) designed a project to replace the stone walkway in their community Garden. This lovely garden has been maintained by the club for many years. They designed the walkway and purchased the new bricks. They contacted the local high school to request that students remove the old stones, spread the sand and lay the bricks. The students took this on as their May semester community project. The club provided refreshments and helped sweep the sand. The women enjoyed working with the students on this new gorgeous community walkway. Volunteer Hours: 8 In-Kind Donation: \$476
4. Solon Woman's Club (24 members) partnered with the City of Solon to purchase a tree to plant along a pathway in their relatively new Solon Nature and Recreation Area, a recreation land adjacent to Lake Macbride State Park, where locals jog or take leisurely walks. The city had a current project to purchase trees for the community. The club was able to piggy-back with them to transport and plant the tree. The club picked out and purchased the tree at the same nursery. It was planted in memory of a past club president. The tree is a plum that has wonderful fall color that will produce flowers and fruits great for pollination and wildlife. Volunteer Hours: 6 In-Kind Donation: \$196
5. Akron Friendship and Service Club (40 members) purchased Spruce and White Pine trees from the Arbor Day Foundation for the local 4th graders at the Akron-Westfield Community School. The trees came bundled and tied together. The club separated the trees and repackaged them for distribution. The trees were given to the students on Earth Day 2024. The students were encouraged to plant and care for the trees. This project was featured in the local newspaper. Volunteer Hours: 10 Dollars: \$104
6. Aurelia Woman's Club (26 members) contacted the Cherokee County Soil and Water Conservation District to request a donation of trees for the third graders at the Aurelia Elementary School in celebration of Earth Day. This year they donated Hazelnut trees for the students. Club members presented trees along with instructions for planting and caring for the trees. They also presented a program on the history of Arbor Day. A reporter attended the event and placed a picture and article in the newspaper. Volunteer Hours: 12

7. Maquoketa Woman's Club (30 members) volunteer at their Jackson County Conservation Hurstville Interpretive Center. They assist with educational programs, the composting brigade efforts at the farmers market and recycling programs including efforts with holiday lights and Styrofoam. They assisted with conducting surveys on eagles' nests, toads and frogs, and helped conduct the mobile acoustic bat survey. They provided snacks for classes, open houses, and other events. Volunteer Hours: 25 In-Kind Donations: \$80
8. Solon Women's Club (24 members) Recycle monofilament fishing line by emptying recycle bins on the federal land adjacent to the Coralville Reservoir. – The club cleans and maintains 7 bins they originally made and donated to the US Corps of Engineers in 2012. This year they worked with the Corps of Engineers to clean these bins out 10 different times. They emptied the bins, separated the trash, hooks and bobbers, etc. from the line. They then packaged and mailed a large bale of line to Berkley Recycling in Spirit Lake, Iowa. They started cleaning the bins in April and then finished in December after the weather warmed again for fishing. Other recyclable items placed in the bins are now also recycled. They replaced two screw-on PVC pipe end caps from the bins this year after they disappeared. This project helps keep fishing lines from strangling wildlife and swimmers and helps to keep lines from damaging boat propellers. Volunteer Hours: 40 Cost: mailing \$11.50 and end caps- \$9.50 Total In-Kind \$21
9. Solon Women's Club (24 Members) No More Butts Project: Cigarette butts were collected in their monofilament recycle bins and on the federal land along the river edge where fishermen stand to fish. The Club also continues to partner with the Solon American Legion to empty their cigarette receptacles outside the Legion front door where patrons sit to smoke. They emptied the receptacles once a week when possible. They now pick up butts along the entire block on this Main Street in Solon, in the gutters, along the sidewalks and in the alleyway. It helps keep these cigarettes and the plastic particles in the filters from entering the water supply through the city sewers. They sent two shipments to TerraCycle for recycling of the cigarette materials. One shipment was sent at the end of the summer and one at the end of December. Volunteer Hours: 50
10. Castana Junior 76'ers (6 Members) plant and maintain planters in Castana for 23 weeks of the year. This year they decided to add 2 new planters at the entrance to town right off the highway. 4- H members assist with the planting of the flowers once club members prepare the soil with fertilizer in the planters. The 4-H group asked to paint and decorate the two new planters. The Club purchased the paint and supplies for the project. The Club also purchased the soil, fertilizer and the flowers. Erickson Farms donated the two new planters. The club set up a watering schedule for the summer, so they all took turns. They water each planter with 1 gallon 2-5 times a week depending on the weather. After the first freeze they replaced the plants with holiday greenery and foliage. They received community compliments. Volunteer Hours: 126 In-kind Donations: \$182

Education & Libraries – Chairman Ellen Thon

1. The GFWC/Iowa Maquoketa Woman's Club supported their library by cleaning and organizing bookshelves monthly. Thirteen club members were trained by the library director and "adopted" shelves throughout the library. Additionally, club members kept the library decorated and updated displays. Members also volunteered at the Friends of the Library book sale every spring and hosted games during the library's winter carnival, which was held on Martin Luther King Jr. Day when students were not in school.
2. The GFWC/Iowa Akron Friendship and Service Club held a Creative Writing Contest for 535 students in their school district. Awards were presented to division winners, and ribbons were purchased for the awards. Members accumulated forty volunteer hours judging the writing pieces and promoting the contest. Several students had their winning selections advanced to the state and national levels.
3. The GFWC/Solon Women's Club held their annual Holiday Decorating Contest at the Solon Public Library. Sixteen trees were decorated and judged in various categories, with winners receiving prizes. Club members and community members bid on the decorated trees, raising funds for the Solon Public Library to repair the movable wall in the community room, allowing for more space. The club purchased two six-foot trees and four 4½-foot trees. Participants could donate a decorated tree or wreath for judging or purchasing one.
4. The GFWC/Iowa Granger Women's Club partnered with a local church in Granger to expand their scholarship donations to the sister city of Tamanique in El Salvador. Their contributions helped two teens complete their high school education and continue their studies in college, fostering their ability to become better citizens of their home country. These students also volunteered in their community, setting an example for future generations. By donating these educational scholarships, the club joined 40 other donors from Granger, Iowa, in supporting students in Tamanique. Their contribution helped students flourish academically and strengthened their families with ongoing support.
5. The GFWC/Lake City Monday Club participated in the GFWC/Iowa Adventures in Reading Program. All twenty-two members took part. One club member creatively engaged the community by taking apart children's books and taping pages to the windows of businesses in the city square. Both children and adults walked down the block to read a complete story. Over the year, she changed the book several times. At Monday Club meetings, members often shared thought-provoking and relevant books they had read, emphasizing the importance of reading.
6. The GFWC/Iowa Castana Jr. 76'ers Club met in February and shared a fact and a snack about their favorite country. During the meeting, members learned about Belgium from Marge Erickson while enjoying cream puffs. Darla Lloyd presented

information about the Marshall Islands, accompanied by a delicious Macadamia Nut pie. Elaine Banks discussed the culture and history of Sweden and treated the group to homemade Swedish meatballs. Brenda Nelson shared the history and a book about Ireland, along with some Irish shortbread. Club members appreciated the opportunity to explore different cultures through unique and delicious foods.

7. The GFWC/Iowa Aurelia Women's Club read and donated books to local schools. The club read and donated *On the First Day of Summer Vacation* by Tish Rabe to first graders at Aurelia Elementary School. They also read and donated *How the Crayons Saved Christmas* by Monica Sweeney to each transitional kindergarten (T-K) student at Aurelia Elementary School.
8. The GFWC/Iowa Creston Progressive Chautauqua Circle Study Club took an educational field trip to the Union County Historical Village. The trip began with a scavenger hunt to find objects in the schoolhouse, which was built in 1872. A special speaker, a member of the Village's board, shared her experiences as a former student at the school. She recounted how her mother had been a teacher there until the school closed in 1966. Her stories provided interesting historical insights into student life and daily activities at the school.
9. The GFWC/Iowa Lake City Monday Club continued its support of the local library by arranging exhibits for the glass display case. This relieved library staff of the responsibility of managing the display case and contributed to a sense of community by sharing club members' interests. Collections were displayed for two months at a time. Members volunteered their own collections or arranged for others in the community to share theirs. Displays this year included an extensive collection of angels, another featuring potpourri, and another showcasing chickens. Members also donated time to volunteer at the library, keeping the club engaged with the library's needs.
10. The GFWC/Iowa Yorel Study Club discussed an article titled *Kids Are Getting Ruder*, which explored issues surrounding increased rudeness among school children toward peers, teachers, and administrators since returning to classrooms after COVID-19.

Health & Wellness – Chairman Peg Anderson

1. **Walking/Biking Trail:** GFWC/Iowa Friendship and Service Club. Akron, Iowa
Several members of the Friendship and Service Club are walkers and or bikers. The current trail in their community is not paved and presents safety issues. The club did fundraisers and donated \$1500 towards the pavement of the trail. Trail committee members gave updates periodically on the progress of the project. So far 1.5 miles of the trail have been paved and with this donation another 1.5 miles will be paved. It is important to collaborate with other entities for the improvement of our communities.
2. **Community Mental Health Programs:** GFWC/Iowa Solon Women's Club. Solon, Iowa
The Solon Women's Club continues to increase mental and physical health awareness, for club members, their community and nearby cities. The Solon club partnered with library staff for two mental health programs that were held at the Solon Public Library. This was the continuation of a four-part series, "Mental Health 101." The programs were open to the public and were publicized through Facebook, posters and news articles. Both speakers were from different mental health agencies and provided excellent information. Solon Women's Club also provided refreshments.
3. **First Aid Certification:** GFWC/Iowa Friendship and Service Club. Akron, Iowa. The local daycare center needed financial assistance for their employees to be certified in First Aid. The Friendship and Service Club did fundraisers and donated \$250 to help off-set the cost incurred for this licensing process.
4. **Exercise:** GFWC/Iowa Progressive Chautauqua Circle Study Club. Creston, Iowa
Members kept track of how many hours they exercised. This included attending classes at the local fitness center, walking, swimming and home exercises. Members said recording their activities made them more intentional on their exercising.
5. **Hope Lodge Supper:** GFWC/Iowa Solon Women's Club. Solon, Iowa. The Solon Women's Club served a supper at the Hope Lodge in Iowa City, Iowa, for 30 residents. The lodge provides housing at no cost for cancer patients and spouses during continued cancer treatment. Patients need to live more than 45 miles from Iowa City to be housed at Hope Lodge. The club members served a baked potato bar along with fruits, desserts and beverages. Everyone was appreciative and welcoming. Club members also toured the facility.
6. **Club Hiking:** GFWC/Iowa Five Seasons. Cedar Rapids, Iowa
Club members gathered at Mt. Trashmore in Cedar Rapids, Iowa. Mt. Trashmore is the site of an old landfill which has now been converted to a recreational hiking area. It was an energetic walk. Members met at the top where a scenic overlook provides a beautiful view of the city. The club members hoped this was a start to a new fitness habit for many of them.
7. **Days for Girls:** GFWC/Iowa Maquoketa Woman's Club. Maquoketa, Iowa
A guest speaker at a club meeting heads a group of volunteers who sew washable, reusable sanitary products for girls and women in 145 countries spanning six continents. They work with an international organization known as "Days for Girls." In some countries, girls miss about 180 days of school attendance over three to four years due to lack of period products. The Maquoketa Woman's Club contributed \$285 in

- material, wash cloths, soap, etc. that “Days for Girls” uses for period products. They also gave them a cash donation of \$110, plus they helped sew the period pads.
8. Files of Life: GFWC/Iowa Grundy Center Woman’s Club. Grundy Center, Iowa Files of Life are small plastic pouches which contain medical information for individuals. Magnets on the back of the pouches allow them to be attached to the refrigerator. When an emergency happens, first responders have access to the patient’s medical information, enabling them to begin treatment immediately. The Grundy Center Woman’s Club worked with the county-wide EMS group to distribute Files for Life. The club members placed posters at businesses, used social media and had booths at community events to give out the Files for Life. \$500 was used for this project.
 9. Tea Party: GFWC/Iowa Lake City Monday Club. Lake City, Iowa Lake City Monday Club hosted an old-fashioned tea party for residents of a local nursing home. Everyone in the club was involved at some level working with the nursing home staff. The tables were decorated with tea pots and special tableware. The nursing home provided sandwiches, tea and coffee. The club members provided cookies and bars for the event. One club member recited poems and told stories and jokes for the entertainment. A club chorus sang old time songs and led a sing-along. Twenty members contributed 45 hours and \$200 in-kind for this event.
 10. Memory Cafe: GFWC/Iowa Maquoketa Woman’s Club. Maquoketa, Iowa The Memory Cafe builds on the success of the club’s “Dementia Friendly” training last year. The Memory Cafe is held once a month at the local library and offers caregivers a bit of a respite and a chance to get out of the house. Their loved ones who are affected by dementia or Alzheimer’s are also invited to attend. The Maquoketa Woman’s Club members serve as “hosts.” They register the attendees, prepare the room and provide light refreshments. The two-hour long meeting is run by health care professionals. The club members’ role is to make sure everyone feels welcome.