

**GFWC MASSACHUSETTS**

**Federation TOPICS**

*A newsletter for Clubwomen*



**GFWC Massachusetts gathers at the  
NEW ENGLAND REGION CONFERENCE**

GFWC Massachusetts was the gracious hostess state for the **New England Region Conference** held Mid-September. A jammed packed weekend had all 112 attendees happy to be there. Those who arrived Thursday evening were able to attend the *Meet & Greet* with the NER President JoAnn Calnen, GFWC President Marian St.Clair and GFWC President-elect Deb Strahanoski. Friday morning started early with the *St. Jude's Walk/Run* NERC style, where 26 clubwomen attended and supported the cause. The *NER LEADS Program* had 22 clubwomen attend that afternoon, all the participants had the opportunity to learn new leadership skills. Followed by the *NER Board of Directors Meeting*.

Friday evening was time to **Celebrate Change** at the GFWC Massachusetts State Night Celebration. An impressive group of eighteen of GFWC Massachusetts past and current leaders processed in. The six NER state Jennie June winners were announced. GFWC is lucky to have these amazing and dedicated women in our organization. Sheryl Faye presented an awesome one-woman show of *Amelia Earhart, Pioneer in Aviation*. Fun Night hosted by GFWC MA Junior Membership held a white-knuckle race at the Westborough Raceway to finish up the evening.

Everyone was happy to start Saturday morning bright and early to conquer GFWC business. Opening ceremonies included NER Past Presidents, State Presidents, State Flags, and the NER Officers in the processional.

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**Editor: Darlene Coutu**

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## Message From President, Donna Shibley



This State President is proud to continue to lead the way with your support ♥ Our volunteering efforts have had many challenges, but we continue using our **Hearts & Hands for GFWC** in positive ways to keep our efforts moving and get our volunteering back in motion.

See *Tips from the Prez* later on in this edition of TOPICS for ways your club can initiate Domestic and Sexual Violence Awareness and Prevention projects in the month of October.

The **GFWC Massachusetts Combined Fall Meeting: Fall in To Serve Together** will be held at the Holiday Inn Hotel & Suites, Marlborough on **Saturday, October 16, 2021**. This in person meeting will feature GFWC guest, Kristina Higbee, Director of Junior Clubs. Highlights will include the Blue and Yellow Fundraiser raffle and auction, decorated teddy bear and book challenge, art supply donation to Boys & Girls MetroWest, hands on projects, A-ticket, A-tasket basket raffle, and a little bit of state business but loads more FUN. For our hands on projects, if you have fabric scissors, please label them and bring them to the meeting. Have you registered?

“You make a living by what you earn;  
you make a life by what you give”

*Winston Churchill*

The **2021 GFWC Annual Convention: Celebrating Culture, Cultivating Connections** was held at the Atlanta Marriott Marquis, Atlanta, Georgia from Saturday, August 28 to Monday, August 30. We had 9 Massachusetts attendees! This President attended a Board of Directors Meeting, our two Massachusetts gals, Mary Barnes and Laurie LaBrecque attended the 2020 and 2021 LEADS training (respectively), a 2020-2022 Installation and Celebration Banquet “Gateway to the World,” was held on Friday, August 27. This President and Director Katie Robey took part in the state flag processional at the start of the business session on Saturday morning. This chock-full convention included business, approved amendments to the Bylaws and the Resolutions (great job by Chairman Sheila Shea), we listened to speaker John Broderick, enjoyed the “World in our Hands” Affiliate Luncheon, listened to Memoriums, and received AWARDS! The day continued with “Give Kids the World” Junior Banquet with more AWARDS and the Mystery on N Street Junior Fun Night who did it??? Who would have thought Jen Nowak (AKA Amy Arizona) was the murderer at the Mystery on N Street Junior Fun Night! How much fun did this President have as a participant (Miss Maryland) and also won “killing the crown” Drama Queen Award. Sunday and Monday’s events continued to be memorable. A full Convention report will be given at the Combined Fall Meeting.

The **2021 GFWC NER Conference: Celebrate Change** was held at the DoubleTree by Hilton in Westborough on **Friday, September 17- Sunday, September 19, 2021**. We enjoyed hearing from our GFWC Guests: GFWC President Marian St.Clair and GFWC President-elect, Deb Strahanoski. Massachusetts was the host state and we sure put on our party clothes at the state night banquet featuring roving magician Joe Ferranti, special guest Sheryl Faye portraying Amelia Earhart, dessert compliments of GFWC Massachusetts, and Junior Membership, led by Director Robey, hosted the Friday Fun Night at Westboro Speedway. All weekend donations were accepted for St. Jude Children’s Research Hospital, some people even took part in the Friday morning walk.

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## President's Message *continued from page 2*

Fun and federation friendship with fellow New Englanders was evident. A HUGE thank you to NER Conference Chairman Jen Nowak and Committee for an outstanding job.

Our GFWC Massachusetts **Board of Directors Meeting** was held on August 21st in person at our HQ in Sudbury. This Board is on schedule meeting four times a year to conduct business. Are you interested in this opportunity to broaden your volunteer work? We have the following positions still open: Environment Chairman, Communications & Public Relations Chairman, Legislation/Public Policy Chairman, Resolutions Committee member. Are you interested?

Have you as a Club President or club leader participated in one of the **Heart to Heart** talks via Zoom? We've had eleven chats so far. These informal Zoom talks are meant to help us stay connected and some have special guests. Watch for an email the first Sunday of the month for the invite to November's Tuesday 11/2/2021 talk with guest presenter T Jablanski GFWC MA President-elect sharing ***How YOU can assist in the 2022-2024 Administration.*** Hope to see you there.

The monthly President's newsletter **The BEAT of the Federation** is delivered via email to Club Presidents and Board of Directors members. Please continue to share with your clubmembers. It includes timely topics of interest, save the dates, happenings across the state, and updates from your State President.

I hope your fall is filled with cooler weather, some refreshing fall activities (apple picking, corn mazes, pumpkin carving). I appreciate every one of our clubmembers. Your passion and commitment to making this world a better place - one project, one donation, one helping hand, one heartfelt action at a time is valued.



“Great thoughts speak only to the thoughtful mind, but great actions speak to all mankind.”

*Theodore Roosevelt*

## President's 30-week NEW Beginning Challenge: EXPRESS ~ EXPLORE ~ EXPAND ~ and so much more

September 8, 2021 ~ April 6, 2022

The goal is to try something NEW each week. Trying new activities opens your horizon, pushes you a little bit out of your comfort zone and you might just find a new activity, hobby, or craft you would like to get to know a little better while investing in YOU♥ You have all week to complete each challenge. If you are new to the challenge ~ Google instructions as necessary and have fun trying it out. If you have tried the activity before ~ try it again, only this time, add more zest.

Good luck and have fun learning something new♥



## Director of Junior Membership, Katie Robey



Artists of all genres seem to love the fall. The contrast of the orange leaves against the blue sky or reflected in lakes, fields of pumpkins and gourds, hayrides with jack-o’lanterns lighting a path, and bonfires are captured to delight our sense of the change in season.

As our clubs gather this fall there is still caution and concern about COVID. Many clubs are meeting in person with masks and also offering a virtual option and some have gone back to full in-person. Whatever option is used, involve your club members in the decision so they feel their needs are being met.

“If you cannot do great things, do small things in a great way.”

*Napoleon Hill*

The recent New England Region Conference was a wonderful opportunity to see so many GFWC clubwomen in person again. As I write this, the plans are to have our GFWC MA Combined Fall Meeting as an in-person event and I look forward to seeing all GFWC Massachusetts clubwomen who will attend. This Director is excited that our special guest is GFWC Director of Junior Clubs Kristina Higbee as she brings news of her theme, “Stick Your Neck Out.” Do you have a book picked out and a bear decorated to match a character for the Decorated Teddy Bear and Book Contest? After a Bear Parade, Kristina will judge the entries and Honey Pot Awards will be given out. These books and bears will then be donated during Advocates for Children Week, October 24-30, to local police departments to hand out to children during their shifts.

No-sew blankets for March of Dimes and a Veteran Star Remembrance Project are also on the day’s agenda. Attendees can also bring an item for the Blue and Yellow FUNdraiser for GFWC Signature Program: Domestic and Sexual Violence Awareness and Prevention. Proceeds will be used to fund GFWC MA Domestic Violence Club Grants. Applications for this grant will be available soon.

Of course, fall means that the end of the year is on its way. It was a pleasure to stand with GFWC Massachusetts President Shibley at this year’s GFWC Convention and be recognized for the volunteer work of the clubs during 2020. Your club reports are used by the GFWC MA Junior Membership chairmen to select their projects that then get combined with Women’s Clubs projects for GFWC MA Top 10 Projects and sent on to GFWC chairmen. This Director recognizes that clubs are still impacted by COVID, but she also knows that you have met this challenge head on using passion, pride, perseverance, and the power of being a member of GFWC.

As the season changes again and winter arrives, she looks forward to reading the reports that you submit. For now, she offers this advice from a Pumpkin—be well rounded, get plenty of sunshine, give thanks for life’s bounty, have a thick skin, keep growing, be outstanding in your field, and think big!

In Junior Friendship,  
Katie Robey  
GFWC MA Director of Junior Clubs



## New England Region Conference *cover story continued from page 1*

**Spare Change** for St. Jude Children's Research Hospital was the theme of the business meeting. Awesome interactive presentations were given by GFWC committee members, along with presentations from both GFWC Officers. The opportunity was given to each of the 2020 and 2021 LEADS Graduates who attended the seminar in Atlanta to tell us a little about their experience.

Saturday evening was the NER celebration **Change is in the Air**. Guest speaker GFWC President Marian St.Clair thanked members for their creative ways and dedication to GFWC since the beginning of her administration. And spoke highly of the GFWC committees and all their accomplishments through these challenging times. Finally, the chance to have some fun and move around, DJ Jerry Booth broke out the dancing songs for the NER Reception after dinner. NER President Calnen was the hostess that night and offered a champagne punch and chocolates to the dance crowd. On our last leg of the weekend, Sunday's meeting theme was **Welcome Change**. Always a region highlight is hearing the State Presidents and Director of Junior Clubs Panel, a great presentation was given by all. At the Remembrance Ceremony a beautiful memorial was given by Martha Michalewich for GFWC MA President 1986-1988, Nancy Beatty. The final guest speaker of the conference was Kim Chisholm from St. Jude's Boston office. Kim gave an overview of the history and the hospital, then accepted a check for the funds collected throughout the weekend. We were proud to give the final donation of \$1742 to St. Jude Children's Research Hospital, an extremely generous donation from our group.

There were many fundraising and shopping opportunities and an extremely impressive display for the grab 'n' go registration table offerings. A huge **Thank You** to the clubs and members who supported the conference, the committee who worked the weekend and to those of you who attended.

*New England Region Conference 2021 was a great success!*

*Submitted by NERC Chairman, Jen Nowak*

## Be sure to sign up for the Legislative Action Center

Sign up and keep abreast of legislation on affecting issues or find your representatives and their contact info from the national level to the local level. On the GFWC MA website homepage click on the scroll bar Take Action on Legislation ~ then Join Now (Join the Legislative Action Center) the link to sign up.

### \*\*\*CHALLENGE\*\*\*

The GFWC Legislation Public Policy Committee has a Challenge for all States and Regions to increase their percentage of members who are signed up for the Legislative Action Center. Our state standing as of June 16:

Massachusetts is at 9% of our total membership number. GFWC Massachusetts has a GREAT chance at winning this challenge if we get our members to sign up.



“Honesty is  
the first  
chapter in the  
book of  
wisdom.”

*Thomas  
Jefferson*

## Tips from the Prez ~ Domestic Violence Awareness Month

If you haven't already, start planning your club's service project for Domestic Violence Awareness Month. There are many easy-to-do projects that can raise awareness about domestic and sexual violence in your community, such as displaying purple-painted pumpkins in front of each club member's house. Together, we can help prevent domestic and sexual violence.

Here are a few ideas from the GFWC Top 10 of 2020:



“Coming together is a beginning. Keeping together is progress. Working together is success.”

*Henry Ford*

**Purple Pumpkin Project** ~ The Princeton Junior Woman's Club (IL) helped a local orchard with a project to raise funds for Freedom House, a domestic and sexual violence agency during October, National Domestic Violence Awareness Month. Club members and five teens painted pumpkins purple, which were sold to provide a monetary donation to the agency. The club also obtained permission from the city to provide a drive-thru pumpkin pick-up in the park. Members used Facebook and other social media to spread the word.

**Purple Leash Project** ~ The Rotunda West Woman's Club (FL) partnered with their local Humane Society and their local domestic violence shelter to support the Purple Leash Program, the special project of GFWC Southern Region President Cynthia Kay Geis. Many survivors of abuse do not want to leave their home because of their pets. Since most shelters will not house a pet, an alternative home is needed to foster these animals. Members have volunteered to be foster parents. This project is sponsored by Purina.

**Teen Dating Violence Prevention** ~ The AI Brown Juniors (NC) focused on Break the Cycle, a website for teen dating violence prevention, in February for Teen Dating Violence Awareness Month. Members made posters and displayed them throughout their school. As a way to promote healthy teen relationships, they organized special emphasis days at school, including “Wear Orange,” to spread awareness; “It's Time to Talk;” and “Thunder Clap for National Awareness.”

**Older Adult Abuse Awareness** ~ Women's Club of Cross Lanes (WV) members partnered with Girl Scouts of the USA to provide items to the Shanklin Center, which supports survivors of older adult abuse in Charleston, WV. This effort was to encourage local youth to be involved in community service and to understand older adult abuse and how to prevent it.

**World Elder Abuse Awareness Day** ~ Sylvania Junior Woman's Club (GA) members placed a purple ribbon display outside the front of the public library on June 15, World Elder Abuse Awareness Day. Pictures of the display were featured on their club's Facebook page and on the state's Facebook page.

**Domestic Violence Awareness Signs** ~ Marlborough Junior Woman's Club (MA) members placed yard signs around town and created brochures filled with information on domestic violence and sexual assault awareness during Domestic Violence Awareness Week. The material gave suggestions about what signs to look for and where to get help if needed. Brochures were given to the local police department.

*Continued on page 7*

## Tips from the Prez *continued from page 6*

**Laptops for Learners** ~ Killingworth Women's Organization (CT) members purchased five computer tablets with internet access for the domestic violence shelter to be used for school, job searching, and other activities. This was in response to the needs of many of the women and children who had to leave their homes on short notice during the COVID-19 pandemic. Additionally, the club agreed to pay the cost of educational courses to help these women equip themselves for their new lives away from domestic violence.

**Shoe Cards** ~ The Village Improvement Association of Rehoboth Beach (DE) distributed 500 "shoe cards" in July and August 2020 to six beauty salons with hotline numbers for women needing help related to domestic violence. Obtained from the Delaware Coalition Against Domestic Violence at no cost, the cards are small enough to hide in a woman's shoe.

**Updated Security System** ~ The San Diego Woman's Club (CA) has helped El Nido Shelter as one of their main service projects for years. The club sponsors a one-bedroom apartment in a safe and secure transitional housing complex. Twenty-seven members donated \$30,000 to install a new state-of-the-art video security system in each of the 11 apartments, enabling staff to see who is requesting entry into the complex. The installation also included security screen doors.

**Rest Area Bathroom Stickers** ~ The Kalamazoo Area Woman's Club (MI) adopted the Alamo Michigan Department of Transportation (MDOT) rest area on Southbound US131 to install bathroom stickers offering help for persons who are trafficked. The club partnered with MDOT to put stickers on the inside of the women's bathroom stall doors at the rest area. Members posted and will maintain stickers that provide the National Human Trafficking Hotline.

## Dennis-Yarmouth Women's Club

The Dennis-Yarmouth Women's Club will participate again in the Dennis Field of Honor (FOH). Flags are posted at Johnny Kelly Park to recognize veterans in the community. The FOH is an all-volunteer Non-Profit Charity in its 8TH year. Individuals purchase 3 x 5 Ft. flags dedicated to their personal heroes which are then posted in a sea of red, white and blue on 7 Ft. poles in an outdoor setting. All net proceeds from this event are donated to vetted charities, groups and/or individuals in need on Cape Cod, MA. These profits provide service dogs, equine therapeutic services, VA claims services for the disabled, housing assistance and more, at no cost to deserving veterans suffering from Post-Traumatic Stress Disorder (PTSD) and/or Traumatic Brain Injuries (TBI).

The club paid for 29 subscriptions to Kind News for the elementary schools this year and will be providing Teacher Baskets of school room supplies in the spring to the 63 staff members at our middle school. Community Improvement will continue with "drive through" donation drop off to continue our partnerships with local non profits.

Happy fall to everyone! We hope you enjoy some moments of quiet and peacefulness.  
Submitted by Judy Wilchynski, President



"It is not how much we give but how much love we put into giving."

*Mother  
Theresa*



## Message from T Jablanski, First Vice President

### *Thank YOU.*



My heart is so full of gratitude for all the kindness, cards, meals, and flowers you shared. It's not easy asking for help when you are stubborn, controlling and used to being the one helping others. But I needed you and you were there. Is there any greater show of love? ❤️ I think not!!

Thanks for being such a blessing to me during my recovery.

Love & Peace to YOU!

**2022 - 2024**

It's that time. If you are interested in serving on the Board of Directors, be sure to fill out the appointments survey. It is available on our website and/or copies will be available at Combined Fall Meeting. Look forward to seeing you soon.

“The smallest act of kindness is worth more than the grandest intention”

*Oscar Wilde*

**Have a success story to tell? Email [PR@GFWC.org](mailto:PR@GFWC.org) to have your club project considered for the GFWC Blog.**

### Did you Know?

In Old England October was called Winmonath which means “wine month” for this was the time of year wine was made.



In 1863 President Abraham Lincoln declared the last Thursday in November as Thanksgiving Day. Hope your Thanksgiving is filled with tasty turkey, perfectly seasoned stuffing, smooth mashed potatoes, tart cranberry sauce, and pumpkin pie with loads of whipped cream while enjoying time with family and friends.

## Civic Engagement & Outreach

Diane M. Murphy, Chairman

### Tips for a Safe and Healthy Halloween

Enjoy Halloween **outside** rather than attending indoor events.

Place candy on a platter instead of a bowl.

Instead of traditional trick-or-treating, opt for one-way trick-or-treating, with treats placed outside of the home for trick-or-treaters as a “grab and go” while keeping distance from others.

Consider leaving hand sanitizer by any treats left out for trick-or-treaters to use.

Wear a face mask or face covering. For more information on face masks and face coverings, please see the state’s Mask Up MA! webpage.

A costume mask is not a substitute for a face mask or face covering. To protect yourself and others, ensure you are wearing a protective face mask or covering instead of or in addition to a costume mask.

Observe good hand hygiene, including hand washing and use of alcohol-based sanitizers with at least 60% alcohol. Carry hand sanitizer and use it often, especially after coming into contact with frequently touched surfaces and before eating candy.

Refrain from touching your face.

Decorate your yard for others to enjoy from their car or while on a socially distanced walk.

Hold virtual costume contests or pumpkin carving events.

Celebrate with members of your household with a Halloween-themed meal, Halloween movie night, or by preparing a Halloween scavenger hunt.

Maintain social distancing of at least 6 feet of physical distance from all other participants who are not members of the same household.

#### **Avoid:**

Attending crowded costume parties held indoors, or any gatherings that exceed indoor or outdoor gathering limits.

Going to an indoor haunted house where people may be crowded together and screaming; and

Going on hayrides or tractor rides with people who are not in your household.

Indoor haunted houses.

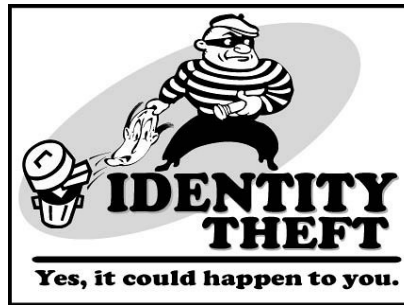


Happy  
Halloween

## Civic Engagement & Outreach *continued from page 9*



### What should you do if your identity is stolen?



**With the holidays coming up the ID thieves are working overtime to steal your ID. The following are ways to prevent Identity Theft!!!**

If you're a victim of identity theft or think your information is at risk, learn what steps to take.

Identity theft occurs when someone steals your personal information, such as your Social Security number or bank account information, to commit fraud or other crimes. Identity theft can take many forms and can leave your finances in disarray.

#### **How to ID thieves get your information?**

Going through your mailbox or trash.

Stealing your wallet or purse.

Scamming you into revealing personal information.

By pretending to be a representative from your place of work, your bank, or even a government agency.

#### **What should you do if your identity is stolen?**

If you are a victim of identity theft or believe that you may be a victim:

Immediately change debit/credit card PINs. If your credit/debit card numbers were compromised, thieves and scammers may try to empty bank accounts or make fraudulent purchases using the obtained data.

Obtain copies of your credit reports. You are entitled to one free credit report per year from each of the three major credit bureaus but consumers who are victims of identity theft or suspect they could should obtain one immediately and consider frequent monitoring of their reports.

Dispute any unauthorized transactions. You will need to write a letter to the credit bureau formally disputing these accounts. The credit bureau will have 30 days to investigate and remove any erroneous or unverified information.

You should also review your credit report for companies that have inquired about your credit without your approval. Ask the credit bureau to remove inquiries that are the result of fraud. Too many inquiries on your credit report within a short period of time may result in your denial of credit.

Notify creditors, such as credit card companies, banks, and mortgage lenders. Close any accounts that have been tampered with or opened fraudulently.

File a police report and obtain a copy for your records (police are required to take a report pursuant to MGL Chapter 93H).



## Civic Engagement & Outreach *continued from page 10*

File a complaint with/report the situation to the Federal Trade Commission and Attorney General's Office.

Write down the names of anyone you spoke with, what was said, and the date of the conversation. letters to and from creditors. Send copies.

Keep the originals of supporting documentation, like police reports and only.

### Place a fraud alert on your credit reports

Call the fraud departments of the three major credit reporting agencies listed below.

[Equifax](#) : : (888) 766-0008

[Experian](#) : (888) 397-3742

[Trans Union](#) : (800) 680-7289

Request that your credit report be flagged with a fraud alert and add to your report a statement that you are a victim of fraud and that all creditors should contact you at a phone number you provide to verify all future applications. Each of the major credit bureaus may have different procedures, so ask each one how long the fraud alert will remain on your report and the circumstances under which that period may be extended. You should also request a written copy of your report to review and verify that each piece of credit information is valid.

Placing a fraud alert may not necessarily prevent the fraud from resuming. Some creditors may not see these alerts if they do not obtain your full consumer report, but rather rely on a credit score or another automated credit application system.

### Place a security freeze

Federal law allows consumers to place and lift a security freeze on their credit reports for free. A security freeze prohibits a credit reporting agency from releasing any information from a consumers' credit report without written authorization. Note: placing a security freeze on your credit report may delay, interfere with, or prevent the timely approval you make for new loans, credit, mortgages, employment, housing or other services.



**Prevent  
identity  
theft with  
fraud alert.**



## Civic Engagement & Outreach *continued from page 11*

### Think Safety First When Heating your Home this Winter

Heating caused 6,692 fires over the past five years and is the number two cause of home fires in Massachusetts. Use your home heating system and space heating appliances wisely and responsibly. That's the way to Keep Warm and Keep Safe.



Time to  
REPLACE  
your  
Smoke  
Detectors  
Batteries

#### The ABCs of Fire Safety

Make sure there are working smoke alarms and carbon monoxide alarms on every level including one outside the bedrooms.

Test smoke and carbon monoxide alarms monthly and change batteries twice a year, when you change the clocks.

Hold home fire drills to practice the home escape plan.

Practice home fire safety and set a good example for the children.

**Be Careful When Using Fireplaces and Solid Fuel Stoves** If you heat your home by burning solid fuels (coal, firewood, pellets), be careful before, during and after using these kinds of fuels.

Have the chimney professionally cleaned every year.

Make sure the stove is approved by a national testing agency such as Underwriter's Laboratory (UL).

Get a building permit before installing a stove.

Keep anything that can burn three feet away.

Dispose of the ashes in a metal container, with a lid, away from the house, garage and porch.

#### Space Heaters Need Space

Fires caused by space heaters are rare but often deadly. If you must use a space heater, do so safely.

Do not use space heaters as your #1 heating source.

Keep anything that can burn three feet away.

Use only heavy-duty extension cords.

Always turn off when going to bed or leaving home.

Portable kerosene heaters are illegal in MA for home use.

#### Maintain Natural Gas Equipment

Natural gas is a safe and efficient way to cook, heat our homes and hot water.

Have your furnace and hot water heater professionally checked every year.



## Civic Engagement & Outreach *continued from page 12*

Do not use or store gasoline or painting supplies inside where they can be ignited by the pilot light. Gas leaks can be dangerous – if you smell something like rotten eggs or you think there might be a leak,

Move outdoors.

Do not smoke or turn on or off electrical switches - sparks can cause an explosion.

Dial 911 immediately.

### Maintain Oil Heating Equipment

Home heating with fuel oil is also safe and efficient.

Have your furnace professionally cleaned and checked every year.

Don't let the tank get completely empty.

Call for service if the oil burner releases smoke or soot in the house.

### Carbon Monoxide: the Silent Killer

Heating equipment is the leading source of carbon monoxide (CO) in the home.

Install carbon monoxide alarms on every level of your home.

Don't use the gas stove or oven for heat.

Have furnaces and chimneys checked annually by a professional.

Keep appliance vents and exhaust pipes clear of drifting snow and bushes.

**All information in this article was obtained from [www.mass.gov](http://www.mass.gov)**

**For more information on fire safety go to the following sites:**

National Fire Protection Association [www.nfpa.org](http://www.nfpa.org)

NSC <https://www.nsc.org/home-safety/safety-topics/emergency-preparedness/fire>

Red Cross <https://www.redcross.org/>

For kids [sparky.org](http://sparky.org)



## Fire Safety

- Smoke is dangerous - get low to avoid smoke
  - Tackle the fire if you are trained to do so
- Evacuate your place if the fire gets out of control
  - Don't stop to collect your personal belongings
- If you catch fire, drop and roll on the floor, or cover with a blanket
  - Inform the authorities at the site



**October  
is  
Fire  
Safety  
Month**





### 1898 Society

- Become a **Bronze Member** for \$18.98 which includes attendance to the Members Only Reception in May 2022
- Become a **Silver Member** for \$50.00 which includes the above plus Raffle Tickets at BoD & State Meetings
- Become a **Gold Member** for \$100 which includes all the above plus GFWC Stainless Wine Tumbler
- Become a **Platinum Member** for \$250.00 which includes all the above plus GFWC Embroidered Blanket
- Become a **Platinum Plus Member** which includes all the above plus a Brick with your Name as a Member of the **1898 Society** for the Unity Walkway.

All proceeds support GFWC MA. Please use the membership application on page  
\*\*\*\*\*

### Chickadee Shirts

\$20 each. All proceeds support GFWC MA.

### Other items for sale

Contact Donna Shibley for colors and choices

**Tissue pack holders** \$4.00 each or 3/\$10.00 this would be a fun stocking stuffer, or a small gift for someone special.

**Pup Bandanas** - \$10.00 each for the fashionable pup. XS, S, M, L, XL sizes

### Terri Lynn Premium Nuts, Confections, and Savory Snacks

GFWC MA is holding a fundraiser with Terri Lynn. Products are shipped directly to you. Terri Lynn offers an incredible assortment of premier products not available in retail stores -- there's something for everyone! Please consider supporting this endeavor.

Fundraising information is always available at [www.gfwcma.org](http://www.gfwcma.org)

“In the middle of a difficulty lies opportunity.”

*Albert Einstein*



## Needham Women's Club



July 4th Parade



June Gathering



9/11 Donations



Preparing & Serving Lunch at Ellie Bloom Special Olympics





## GFWC MA Board of Directors Mtg & Club Leaders Day

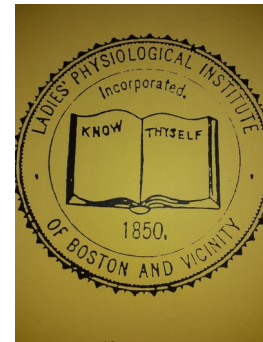


## August Executive Committee Meeting





## Ladies' Physiological Institute of Boston



**Welcoming New Members!**

History of the Ladies' Physiological Institute of Boston and Vicinity:

“Drawn together by an awakened desire for knowledge and an ardent hope for the elevation and improvement of their sex, in the year **1843** a small earnest group of fact seeking women persuaded Harriot K. Hunt, later one of Boston's first women physicians, to instruct them in matters pertaining to the physiology of their bodies.” The club was state federated in 1895 and GFWC federated in 1906. Over the many years of the club's existence, the women who held the office of Club President were physicians. Additional history of the club (considered of historic value by Radcliffe College) can be found in the archives of the Schlesinger Library.

Today the club meets twice annually continuing the mission of providing topics on women's health at each. The club also contributes to GFWCMA and GFWC initiatives.

As one of the longest running clubs in GFWC (perhaps the longest!) with 454 members joining in the first year, we are anxious to build up and continue the existence of this legendary club. Please consider joining us by contacting President, Darlene Coutu at [darlenepwc@charter.net](mailto:darlenepwc@charter.net). The twelve current members will welcome you with happy smiles (noted in the above photo!).



## Millbury Woman's Club

The Millbury Woman's Club welcomed two new members at the September meeting held at the Asa Waters Mansion. Pictured from left to right are new member, Regina Markey ; Madeline Lenon member; Diane Erickson, President; and Ann Burns, new member.

*Submitted by Diane Erickson, President*



**Director, Katie Robey and President, Donna Shibley join  
GFWC President-elect, Deb Strahanoski  
and GFWC President, Marian St.Clair at NERC**





## New England Region Conference



**President Donna Shibley Joins GFWCMA Past Presidents**



**Director Katie Robey joins GFWCMA Past Junior Directors**

## New England Region Conference



Races at “Westboro Speedway”



**Winner!**

**Carol Jarvis, President  
GFWC Maine**



**Deb Capuano, President  
GFWC Rhode Island  
Donna Shibley, President  
GFWC Massachusetts**



# GFWC MA High Tea Garden Party





# GFWC MA High Tea Garden Party





# SAVERS

## FUNDrive™

**Are your closets overcrowded?**  
**Are your drawers bulging?**  
**Are you ready to do your fall cleaning?**

**GFWC Massachusetts is holding an ALL SOFT GOODS FUNDrive. Your purging will benefit our nonprofit. Please drop off your bagged donations at our HQ in Sudbury.**

**COLLECTIONS:** now ONLY until October 22 by 9:00am

**DROP OFF:** contact our HQ Secretary for drop off times at [HQSecretary@gfwcma.org](mailto:HQSecretary@gfwcma.org) or 617-588-2154

**ACCEPTING:** Clothing, Shoes, Socks, Bedding, Towels, Accessories: Hats, Mittens, Scarves, Ties, Purses, Wallets, Backpacks, Bags, Belts, and Jewelry



**Support GFWC Massachusetts and feel great about donating items you no longer need nor no longer want! All fundraiser proceeds will support our ongoing projects and programs to benefit the community and beyond. All donations must be in white or black trash bags. No boxes.**



**GFWC Massachusetts President's 30-week NEW Beginnings Challenge**  
**September 8, 2021 ~ April 6, 2022**  
**EXPRESS ~ EXPLORE ~ EXPAND ~ and so much more**



The goal is to try something **NEW** each week. Trying new activities opens your horizon, pushes you a little bit out of your comfort zone and you might just find a new activity, hobby, or craft you would like to get to know a little better while investing in **YOU** ♥ You have all week to complete each challenge. If you are new to the challenge ~ Google instructions as necessary and have fun trying it out. If you have tried the activity before ~ try it again, only this time, add more zest. Good luck and have fun learning something new ♥

Week of	Activity	What You Did
September 8	Purge 10 items from your closet - donate	
September 15	Try a new recipe or use a new ingredient	
September 29	Use pencil, draw a cartoon character, share	
October 6	Find something from nature to craft with	
October 13	Take a 30-minute walk/hike	
October 20	No TV day	
October 27	Read a book to a child	
November 3	Shut your phone off for one day	
November 10	Free choice	
November 17	Sit outside/watch the clouds for 10 minutes	
November 24	Learn a new dance, show someone	
December 1	Cook green, white and yellow vegetables	
December 8	Clean that one drawer	
December 15	Donate money to a cause	
December 22	Sing a holiday song in a public place	
<b>HALF WAY DONE</b>		
December 29	Recycle/reuse something from your trash	
January 5	Paint a watercolor picture, share it	
January 12	Play a childhood game (jacks, pick-up sticks)	
January 19	Free choice	
January 26	Make/buy a meal for someone	
February 2	Read a poem (or two) by Maya Angelou	
February 9	Send a homemade Valentine's card out	
February 16	Make an origami animal	
February 23	Tell a friend why you are grateful for them	
March 2	Make green eggs and ham	
March 9	Make a pot of soup	
March 16	Try a different exercise routine	
March 23	Meditate for 10 minutes	
March 30	Learn a new solitaire card game	
April 6	Plant some things in a garden	
/ 30	Number of activities completed	

Return this paper postmarked by April 11, 2021 to:  
 Donna Shibley, 55 Rowley Street Agawam, MA 01001  
 Feel free to reflect on your experience on the back of this chart.





**General Federation of Women’s Clubs of Massachusetts  
Donna M. Shibley, President**

*President’s Focus Area*  
**Domestic and Sexual Violence Awareness and Prevention**

## **Blue and Yellow FUNdraiser**

*What can you make with royal blue, yellow, or a combination of both?*



Can you knit/crochet a hat or scarf?  
Create note cards or stationery?  
Decorate a picture frame?  
Arrange flowers or make a wreath?

Stitch a pillow or quilt?  
Paint a picture?  
Create jewelry?  
Design a garden stone?

Not crafty? Store bought items are welcome!

Members are encouraged to start **NOW** to create/donate your entry to the **Blue and Yellow FUNdraiser**.

Items will be collected at HQ in Sudbury and donated by **October 7, 2021**. These special items will be raffled and auctioned at the **Combined Fall Meeting October 16, 2021**. *Proceeds will be used to fund GFWC MA Domestic Violence Club Grants*. We hope every club will have at least one item donated. All entries will be recognized. Time to get creating or shopping. We need your creativity and support.

Contact Bernadette Bennett for more information: [bbennett@bu.edu](mailto:bbennett@bu.edu) |781.690.2824



Name of donor \_\_\_\_\_

Phone/email \_\_\_\_\_

Club \_\_\_\_\_

Description/value \_\_\_\_\_

\_\_\_\_\_

# Help Us Reach Our Fundraising Goal

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



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

 **SHOP TO SUPPORT US NOW!**

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



Fundraising Webstore  
Supported by Terri Lynn



*Julia Ward Howe*



**Julia Ward Howe was the founder of the GFWC Massachusetts Federation. She served as the first President 1893 to 1898. Among her many contributions to American society is her famous "Battle Hymn of the Republic," and was co-editor and writer for *The Woman's Journal*, which lobbied for suffrage and human rights. Julia traveled the world promoting Women's Rights, Peace, Prison and Education Reform as a preacher, lecturer, and dignitary. She was seen as a bridge between Society and Reform and used her celebrity and social status to further her ideology.**

*Show your support of GFWC Massachusetts by joining the 1898 Society. Members are dedicated to the financial well-being of our state organization, all funds raised contribute to the welfare of this Federation and help to maintain our property and headquarters building. GFWC Massachusetts is a 501(c) organization.*

*We encourage all members to join each year and we will celebrate together at the Members Only reception which is held at Annual Convention.*

### Membership Levels

- **Bronze Membership for \$18.98** - includes attendance to the Members Only Reception in May 2022
- **Silver Membership for \$50** - includes the above plus Raffle Ticket at BoD & State Meetings
- **Gold Membership for \$100** - includes all the above plus GFWC Stainless Wine Tumbler
- **Platinum Membership for \$250** - includes all the above plus GFWC Embroidered Blanket
- **Platinum Plus Membership for \$500** - includes all the above plus a Brick with your Name as a Member of the 1898 Society for the Unity Walkway

Name \_\_\_\_\_

Level \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Date \_\_\_\_\_

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

Amount \_\_\_\_\_ Venmo or Ck # \_\_\_\_\_

Venmo or Check payable to **GFWC MA** with 1898 Society in the memo line. Contact Mary Ann Pierce with questions.

Your contribution to the *1898 Society* is Greatly Appreciated



## DATES TO REMEMBER

- Oct 4 Executive Committee ~ social 6:30pm, start 7:00pm
- Oct 5 Heart to Heart with President Shibley & Club Presidents
- Oct 6 Junior Executive Board & Junior Jumpstart
- Oct 16 Combined Fall Meeting ~ Holiday Inn, Marlborough 9:30am - 3pm
- Oct 24 GFWC Advocates for Children Week
- Nov 3 Junior Executive Board & Holiday Party
- Nov 18 Executive Committee ~ social 6:30pm, start 7:00pm
- Dec 4 Board of Directors & Holiday Party ~ social 9:30am, start 10:00am at HQ
- Dec 8 GFWC Holiday Reception ~ GFWC HQ, Washington D.C.
- Dec 31 Club Dues are due
- Dec 31 End of Year Club Contributions are due
- 2022**
- Jan 22 Combined Midwinter Meeting
- Jan 24 Junior Membership Annual Statistical Report Form & Project Reports due
- Jan 31 Women's Club's Statistical Forms and Project Reports are due (award bowls)

