

November 21, 2023
From President T Jablanski

Good Morning Ladies,

I know that you and your members are in full **holiday** mode and that there are recipes for all kinds of goodies, pies and cookies being shared. I would like to share a healthy recipe for good **mental health**. Our Health & Wellness chairman, **Penny Olson**, is gathering recipes for our 1st edition of The New England Region Self Care Mental Health Recipe Book and we want your recipes.



We are collaborating with our sister federations here in New England to compile and publish an online recipe book - **Wisdom from the Women of New England Region**.



We are looking for your recipes on good mental health. Maybe it is baking, or reading a book, listening to music or taking a bubble bath. **For me, my self-talk is so important and visuals really help. I like to keep little notes or cards with kind words that I have received from others handy and read them often.** Whatever it is, it's your recipe and we want to hear it and share it with others. Send your recipes to:

Penelope Olson @ penelopediane@gmail.com

In today's fast-paced world, there seems to be a significant lack of connection. The thoughtful words of encouragement, hope, and inspiration that you will share are greatly appreciated. Thank you for spreading positivity!

Looking for a **Gift Idea**

How about memorializing a member or your club with a brick!
Our beautiful Unity Walkway at Headquarters is the perfect place.
Brick size 4x8 two lines \$60, three lines \$70, or 8x8 up to 5 lines \$150
E-mail the HQ Secretary at: HQSecretary@gfwcma.org



Reports & Contests

You know what I want for New Years?



Two (2) things.

The first is for you to tell me what your club has been up to. I really enjoy reading and sharing your activities with other clubs and federations.

You know how do that? By filing out the **GFWC Statistical MA Reporting Form** and sending it back to me. Go to: www.gfwcma.org click on **Women's Clubs** - scroll and click on **Report Writing Due on January 31, 2024**

The second is let me recognize your club's activities at our **2024 Annual Meeting** in Marlboro. You know how do that? Fill out the **2023 Club Participation Award Form** and send it back to me. Go to: www.gfwcma.org click on **Women's Clubs** scroll and click on **Files and Forms Due on January 31, 2024**

Getting your club forms will complete one of the many resolutions I have for our federation in the New Year! Thank YOU!

Due Date - February 15 **Writing Contest Entries** due to State Chairman



Entries must be submitted (postmarked by January 31, 2024) to the President of the local Club for review of entry requirements, prior to forwarding to the State Chairman, postmarked by February 15, 2024. For all the details on the writing contest requirements

Go to: www.gfwcma.org click on **Women's Clubs** scroll and click on **MA Program Information** scroll down to **GFWC CONTEST** click on **Writing Contest**.

IRS & Commonwealth of Massachusetts



Phew! We are in the final stretch with your IRS non-profit applications. Most of the clubs have received their IRS determination letter and we are now working with the Commonwealth of Massachusetts. Your Massachusetts applications are sitting on a desk with the Attorney General's Office. They have informed us that they are backed up a solid 8-12 weeks. Ugh!

IMPORTANT - Your clubs contact will receive an EMAIL, subject line: **Massachusetts Charities - No REPLY** from the Attorney General's office letting you know that they have received your application. SECOND EMAIL will notify you that your application has been approved. PLEASE forward that email to me and our accountants. Hans Rogers hans.rogers@dubreycpa.com & Kara Cozzaglio kara.cozzaglio@dubreycpa.com. Thanks for your patience during this process.



hundredx® Last fall **GFWC Massachusetts** partnered with HundredX as a statewide fundraiser and this year we are at it again between **November 1st thru December 5th, 2023**. This is a safe and secure link.

Requirements ~ 18+ years of age and living in the United States. Maximum 75 surveys per person. Time requirement ~ 5-10 minutes a day till you reach 75 surveys.

Who can help? Co-workers, adult children, neighbors, spouses, and extended family. Devices used ~ mobile phones, laptops, Kindles, iPad, desktop computers.

Send a text to 90412 with the word "GIVE"

MENTAL HEALTH GRANT APPLICATIONS DUE January 12th 2024



Mail: GFWC Massachusetts Headquarters

Attn: Mental Health Grant Applications, P.O. Box 679, Sudbury, MA 01776-0679

E-mail: HQSecretary@gfwcma.org

Baby It's Cold Outside - Midwinter Meeting in Wrentham

January 20 (snow date 27th) We have some wonderful plans for our upcoming Midwinter meeting,



with guest speakers, soup contest, hot chocolate bar, hats & mittens collection and the awarding of the GFWC Massachusetts **Club Mental Health Grants**. Full details and registration form will be in the upcoming **TOPICS** winter issue.

Congratulations to our **GFWC Massachusetts**

President-elect **Jen Nowak** and

GFWC Massachusetts Director-elect of Junior Membership **Beth McKeon**.

Reminder: Club dues bills will be arriving. The amount you are billed for is the number of club members you provided on the club manual form and what is printed in the club manual. Thanks for your support.



Happy Thanksgiving to you and your families. May your week be filled with **good thoughts, kind people, happy moments** and **unexpected blessings**.

Peace,

T Jablanski

GFWC Massachusetts President

245 Dutton Rd, Sudbury, MA 01776 | (C) 508-769-9008 | president@gfwcma.org

