



# GFWC ENVIRONMENT COMMUNITY SERVICE PROGRAM

## SHARON OLIPHANT

Chairman 2024-2026

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Welcome to the GFWC Environment Program. I am excited to serve as your chairman for the 2024-2026 Administration. My goal is to provide information for you to be able to pass on in your state and assist you in this area. Please feel free to share this newsletter with clubs in your state.

## Community Connection Initiative

GFWC members are reminded that the environment is the sum of all living and non-living elements and their effects that influence human life. As caretakers of our most precious of resources, our environment, there is much we can do as stewards of the earth by working to preserve the world's resources, protect wildlife and domesticated animals, live sustainably, beautify our communities and enjoy nature.

## Understanding the Environment Community Service Program

Environment programs are highlighted and encouraged. Many areas are emphasized and identified; however, your projects and programs are most important in reaching out and preparing for community outreach and impact. You will make the difference. Keep close to nature's heart. Enjoy your surroundings. A nation that destroys its soils, destroys life. Enjoy the seasons of our outdoors and remember to look up and take in your surroundings.

Connect with GFWC Affiliate Organizations

Heifer International [www.heifer.org/gift-catalog](http://www.heifer.org/gift-catalog)

Play a grocery game, guess the cost of purchasing flocks of chicks, sheep, honeybees, etc.

UNICEF USA [www.unicefusa.org/mission/survival/water](http://www.unicefusa.org/mission/survival/water)

Host a water walk to promote how children around the world walk miles each day to find potable water.



[www.GFWC.org](http://www.GFWC.org)

*Time to look into 2025 and eat healthy.*

**In looking at the Jennie June's Cookbook,  
I found this recipe to share with everyone.**

Jennie June's Cookbook

American Cookery Book

New York: The American News Company

Copyright 1878

Rules for Eating

1. Eat slowly as if it were a pleasure you desired to prolong, rather than a duty to be got rid of as quickly as possible.
2. Don't bring your prejudices, your dislikes, your annoyances, your past misfortunes, or future forebodings, to the table—they would spoil the best dinner.
3. Respect the hours of meals, you have no right to injure the temper of the cook, destroy the flavor of the viands, and the comfort of the family, by your want of punctuality.
4. Have as much variety in your food as possible, but not many dishes served at one time.
5. Find as little fault with food prepared as possible, and praise whenever you can.
6. Finally, be thankful if you have not meat, that you have at least an appetite, and hope for something more and better in the future.





***National Parks have been a part of the  
General Federation of Women's Clubs for over 100 years.***

National Parks cover over 84 million acres of wild landscapes and historic sites.

There are currently 63 National Parks in the United States.

The oldest national park is Yellowstone, established in 1872.

Gateway Arch in Missouri is the smallest National Park.

President Gerald Ford was once a National Park Ranger.

The Great Smokey Mountains is home to over 19,000 documented species.

The Grand Canyon is one of the seven National Wonders of the World.

The National Park Service waives fees on Martin Luther King Day, First Day of National Park Week (April 22), Anniversary of the Great American Outdoors Act (August 4), National Public Lands Day (September 23) and Veterans Day (November 11.)

Everglades National Park is home to one of the most endangered mammals in the United States, the Florida Panther.

There are 75,000 Archaeology sites within the National Park system.

Search [www.nps.gov](http://www.nps.gov)



## ***UPCOMING DATES AND EVENTS January/February/March***

### **JANUARY EVENTS**

#### **NATIONAL BLOOD DONOR MONTH**

National Bird Day January 5

Martin Luther King Day January 20

National Penguin Day January 20

National Geographic Day January 27

### **FEBRUARY EVENTS**

#### **BLACK HISTORY MONTH**

#### **WOMEN'S HEART WEEK FEBRUARY 1-7**



National Day of Women and Girls in Science February 11

Ash Wednesday February 14

Susan B. Anthony Day February 15

### **MARCH EVENTS**

World Wildlife Day March 3

Global Recycling Day March 18

International Day of Forests March 21

Take a Walk in the Park Day March 30



## Award Entries Information

**DUE MARCH 15, 2025**



As you are reading this newsletter, I know that many of you as chairmen are receiving your club award entries and starting to process them. Give yourself plenty of time to read, re-read and process the submissions you are receiving. Each club has taken the time to calculate hours, money, in kind, donations and their activities. Remember, every award entry is different. Now is the time to remind your clubs of your special state initiative (you should have been doing that for the last year.) Reminding them of the GFWC Environment Initiative of National and State Parks. They might also need to be reminded of the GFWC Handbook pages for this area. There are MANY areas that are listed and they will want to highlight those in their submissions. Conservation, Education, Recycling, Preservation and more.

As you review each one, take time to make notes, write reminders on them and put them in folders to help you when you choose your top 10. Also, you as the State Chairman should submit a one- page review and update of your state Environment Project Accomplishments! Please share with me how, what, and when you took the time to share your specific guidelines. I write on the cover sheet things that I like, or want to go back to.

Also, please choose an outstanding creative project and submit that as well. We know that many of our projects and programs might be the same, but look for one that stands out and deserves a shout out for a unique Environment Project or Environment Program.

Your state president has received the spreadsheet with the information that is needed in each area of submission.

I do take both snail mail (USPS) and email award entries with the cover sheets. PLEASE make sure that you put in your subject line your state. Ie: GFWC Environment Award Entry TEXAS

I will reply back one it is received. If you mail it, I will reply by email. I look forward to the great things we have all done together in our nation! Thank you for saying yes to Environment.

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## DIY SEED BOMBS (SHARED FROM MOMMY POPPINS) SUGGESTION FOR KIDS AND ADULT

### HAVE A GET YOUR HANDS DIRTY MEETING

#### Step 1: Find Seeds Native to Your Area

Make sure to find seeds for plants that naturally grow in your area to help your local ecosystem. The creatures who live near you want to eat the food they recognize—local, native plants. The Lady Bird Johnson Wildflower Center is an excellent resource for finding good plants for your region. One great starter seed is milkweed that's native to your area; milkweed is the host plant for monarch butterfly caterpillars. Once you've identified a few local wildflowers that interest you, order seeds online or go to your favorite gardening store.

#### Step 2: Gather Supplies and Prepare to Get Dirty!

Once you have your native seeds, gather your other supplies (soil, natural clay, water, a tray, and an area you don't mind getting a little messy). This activity is great for kids of any age, especially those who like to play in the dirt. Prepare your work surfaces by putting down an old tablecloth or using the tray to contain the mess.

#### Step 3: Forming the Ball

Here's the fun part: shape your soil and clay into seed bombs. It's somewhat of an experiment, depending on the consistency of your soil and clay. Use your judgment to mix together the right ratio of soil, clay, and water to form a ball. Take a small bit of clay and then add some soil and knead with your fingers, using water as needed to keep the ball sticky. The ball should be about the size of a quarter and damp, but not super wet.



#### Step 4: Add the Seeds

Each seed bomb only needs a few seeds—3-5 per bomb. You want the seeds to have enough room to grow once they sprout. If the seeds are big seeds like sunflower seeds, you want them towards the inside. If they are small seeds, stick them on the outside.

#### Step 5: Wait, AKA, Drying Time

Once you have your seed bombs made (and it's ok if they're more like blobs), you need to set them aside to dry. One packet of seeds makes about 8-10 seed bombs. Leave them on a tray to dry for 24 hours, until they're hard as rocks.

#### Step 6: Plant or Distribute!

The best thing about wildflower seed bombs is you don't have to do any digging to plant! Just find a good place for your seed bomb to rest. A bare patch of dirt without dense vegetation nearby is perfect. Rough up the soil a bit and place your bomb. The next time it rains your seed bomb will naturally disintegrate and with time, bring beautiful flowers to your part of the world. If you would like to gift your seed bombs, you can wrap them up in bags with simple instructions for your nature-loving friends and family (or beloved kids' teachers) to plant in their neck of the woods.



As the GFWC Environment Chairman it is my honor to share ideas, thoughts and projects with you. Going forward, I hope you will share this newsletter with members of your club and your states. Nothing we do as club members is a secret! Share your thoughts and ideas with me as well!



I love history and have found that many GFWC publications on the Environment are interesting. In the early 1900's, the General Federation of Women's Clubs Department on Conservation had special notice on the wearing of bird plumage, conservation of the metal and mineral resources of the country, and the conservative employment of water power and the possibilities of the storage battery as a means of utilizing wind power. A subcommittee was formed for the better execution of the matters. The Interest of Forestry, the Interest of Waterways, and a so-called Bird Member of the Department.

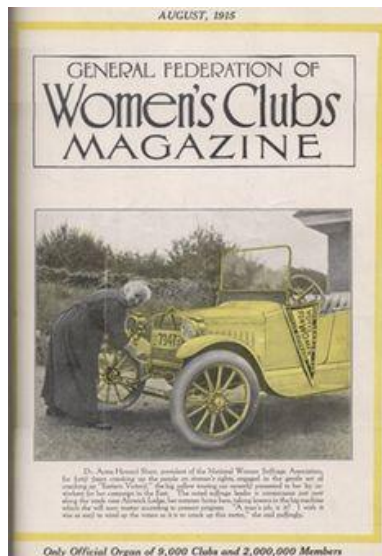
Hats off to the Women who saved "The Birds." In 1918 The Migratory Bird Treaty Act was passed putting an end to unlawful use of omnipresent bird and feather hats. Protection of the beautiful birds was declared a win for our natural feather friends. Another reason that today, over 100 years later our nature is important. We continue to work with the Audubon Society with bird counting, bird watching and bird rehabilitation all around our world. For information on birding go to [www.audubon.org/birding](http://www.audubon.org/birding) or invite a speaker from the Audubon Society to give a program on backyard birds, identifying birds, creating bird friendly communities and the conservative policies.



# GFWC

est. 1890

## GENERAL FEDERATION OF WOMEN'S CLUBS



Sharon Oliphant, GFWC Environment Community Service Program

2024-2026 Chairman

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35 year member of GFWC Florida Federation of Women's Clubs