

THE MARYLAND *Clubwoman*

ANCHOR OF HOPE



GFWC
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**GENERAL FEDERATION
OF WOMEN'S CLUBS**

MARYLAND

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The Maryland Clubwoman Staff

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The Maryland Clubwoman is published by The GFWC Maryland Federation of Women's Clubs three times per year (Fall, Winter, and Spring).

The Maryland Clubwoman will now be emailed to any member with an email address on file. Email Rebecca Zarrelli, Corresponding Secretary at bz.mdcorrespondingsec@gmail.com an updated address to ensure receipt of each publication.

Anyone wishing for a print version of the magazine may print this, or the black and white version directly.

Clubwoman Connection

Any club project or activity which is scheduled through the end of October 2025 may be submitted for inclusion.

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From The President's Desk

Dear Maryland Clubwomen,

I hope this letter finds you all warm and healthy. This weather certainly has been rough; one of the coldest winters I can remember. This edition of The Clubwoman magazine is chocked-full of great information for you to use. I am thrilled that we have increased membership by at least 52 members compared to last year; what a significant increase. I have such a great support system and so many friends, old and new. I am so appreciative of the giving, kind, thoughtful women of our state. We have donated to several natural disasters, supported so many projects and partnerships. As we continue to focus on Mental Health Awareness, let us remember to remain steadfast and be the "Anchor of Hope" Maryland needs.

Thank you for all the wonderful reports! I know you have all worked very hard to showcase all that you do. Please, keep focusing on all the Community Service Programs and the GFWC Signature Program along with the Juniors' Special Project. Our website is such a great resource, and we are working diligently to keep it updated. As we work together to promote leadership, mental health awareness, advocate for children, stop human trafficking and promote education, we can remember what a key role that GFWC plays and that we are creating history as we forge forward to create a better future for all. I am so proud to serve Maryland as the State President and I hope to keep promoting the 3 C's of Communication: Collaboration, Cooperation and Coordination. We are GFWC MARYLAND strong!

In Federation Love & Friendship

A handwritten signature in cursive script that reads "Andrea".

Andrea Lilly
GFWC Maryland President, 2024-2026





From Your Junior Director

Dear Maryland Clubwomen,

As the fresh blooms of spring fill the air, I hope this season brings you new beginnings, renewed energy, and continued inspiration. Spring is a beautiful reminder of the growth and potential we have when we work together. As we celebrate Women's History Month this March, I am reminded of the incredible power that women possess when we support and uplift one another. Throughout history, women have lifted each other up, creating a ripple effect of positive change and inspiring future generations. This month let's honor the achievements of women past and present while continuing to build a future where women empower women every day.

Every act of service is a testament to the strength we possess as women, working side by side to create meaningful change. Together, we embody the motto: "Stronger Together." It is through our bonds, our shared commitment to service, and our dedication to one another that we can truly shape the future and make a lasting impact. By working together, we create opportunities not only for ourselves but for those who will follow in our footsteps, ensuring that the voices and power of women continue to resonate for generations to come. As we reflect on the importance of women supporting women, I encourage you to continue uplifting and empowering each other. Your dedication, passion, and friendship strengthen our communities and the fabric of our Federation. I am incredibly proud of all that we have accomplished and excited for the journey ahead. Thank you for your commitment to empowering women and for the change we create together.

Warmly,

A handwritten signature in black ink that reads "Amanda".

Amanda Krantz

Maryland Director of Junior Clubs 2024-2026



2024 Maryland Convention

Looking Back:

Convention 2024 was a blast; Convention 2025 will be even better!

The 2024 GFWC Maryland Convention and General-Junior Annual Meeting was held Friday, April 19 through Sunday, April 21, 2025, at the Crowne Plaza Hotel in Annapolis, Maryland.

The Juniors hosted a Trivia Night on Friday evening, which was open to all clubwomen. The opening business session on Saturday morning was delayed briefly when a small fire set off the alarm and forced evacuation of the building. Fortunately, we were outside only a brief time, and President Cynthia Dykes called the meeting to order only about half an hour late. Following the opening ceremonies and preliminary business, the Juniors held their annual meeting with Junior Director Mimi French presiding. Special awards were given to Rookie of the Year, Mary Fishel of Westminster, and Outstanding Junior Clubwoman, Becca Zarrelli, also of Westminster. Mimi recapped the activities of the Junior clubs, and the session culminated with the installation of Junior officers for the 2024-2026 administration. Returning to the general meeting agenda, the highlight of the morning was the announcement of the Outstanding Maryland Clubwoman (OMC). Seven women had been honored with nominations by their clubs, and Mary Ellen Stevens of the Silver Spring Woman's Club was the very deserving recipient of this award. Our luncheon speaker was Rob Scheer, founder of Comfort Cases, which provides backpacks containing personal items and clothing to children entering the foster care system. Mr. Scheer was presented with a monetary donation to his organization as well as several "Comfort Cases" which had been prepared by Federation members. Mr. Scheer also sold and signed copies of his book, with all proceeds going to support the Comfort Cases organization. Youth Art Awards were presented to middle and high school students, who dazzled us with their outstanding and amazing works of art. Jeanne Pim was announced as the LEADS candidate representing Maryland at the 2024 GFWC Annual Convention held in Chicago in June. President Cynthia Dykes presented her "Hop to It" Awards, in appreciation of outstanding service to her administration, to the following members: Mimi French, Director of Junior Clubs; Susan Krichten, Treasurer; Diane Hill, Recording Secretary; and Karen-Marie Wasik, who graciously stepped in as Acting Parliamentarian when needed. The winner of the Community Impact Program (CIP) Award was the GFWC Junior Woman's Club of Westminster, Inc., for their "Comfort Bags for Breast Cancer Patients" project. *Continued on page 8...*



2024 Maryland Convention

Looking Back



2024 Maryland Convention

Continued

Saturday evening's guest speaker was Emily Alt, Vice President of the Maryland Food Bank. Ms. Alt was presented with a monetary donation of over \$800 for the Food Bank, as well as 125 manual can openers donated by members for the Food Bank to distribute to its clients. A memorial service honored the 27 Maryland clubwomen who had passed since the 2023 convention. Club anniversary certificates were presented to four (4) clubs, and six (6) women were recognized for celebrating 50 years of membership. Several other awards were presented before the session recessed for the evening. Members then enjoyed fun and fellowship at the annual Night Owls Bingo. Sunday morning was dominated by awards in Community Service Programs and Advancement Areas. After lunch, the officers of the 2024-2026 administration were installed, followed by a dessert and sparkling cider reception held in their honor.



2024 Maryland Convention

Junior Day

Before the 125th Annual GFWC Maryland Federation of Women's Clubs Convention officially began this past April 2024, Maryland Juniors enjoyed a fun-filled GFWC Trivia Night, bringing members together to celebrate their shared history and knowledge. The following day the Junior Business Session was then called to order, with the introduction of Junior Officers, including Treasurer Karen Hornberger, acting Secretary Tricia Wagman, Parliamentarian Babs Condon, and Director-Elect Amanda Krantz. Business proceedings included the approval of previous meeting minutes, a correspondence review, a financial report, and the adoption of the 2024-2025 Junior Budget. Past Maryland Junior Directors were recognized for their service, and appreciation was extended to Junior Board members leading special projects in Advocates for Children, Leadership, Fundraising, and Membership. The session also celebrated the achievements of local Junior Women's Clubs. Garrett County, newly federated in 2023, was acknowledged for its growth; Cumberland was recognized for its support of scholarships and local shelters; Westminster was commended for its involvement in food pantry support and breast cancer care; and Pocomoke was honored for its commitment to community events, school drives, and scholarships. Each club received a \$50 donation to further its initiatives. The 2022-2024 Maryland Junior Director, Mimi French reported 1,470 hours of service, highlighting impactful training programs such as the Junior Leadership Program, Cyber Security Education, and Sexual Assault & Domestic Violence Awareness Training, as well as significant community service efforts, including school supply drives and food insecurity initiatives. As leadership transitioned, Amanda Krantz was welcomed as the incoming Junior Director, and the outgoing Director was honored for her dedication. The session concluded with heartfelt gratitude for all Junior club members and their ongoing service to Maryland communities.





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You're Invited:

2025 GFWC Maryland Convention

**GFWC Maryland is calling all Federation Ladies to join us for the 126th Annual
General-Junior State Convention:**

"Anchor of Hope – Supporting & Empowering Through Mental Health Awareness"
&
"Be the Wave of Change – Shaping Education's Future"

Saturday April 26, 2025 – Sunday April 27, 2025
Crowne Plaza Hotel, 173 Jennifer Road, Annapolis, MD





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MARYLAND

You're Invited:

2025 GFWC Maryland Convention

DON'T WAIT FOR THE OFFICIAL CALL: MARK YOUR CALENDARS NOW!

Please join us for a weekend of fun you won't want to miss.

Registration: All club members are encouraged to attend! All attendees must register. Further registration details will be included in the official Call to Convention.

Accommodations: We have reserved a room rate at the Crowne Plaza Hotel Annapolis, however the reservation deadline is quickly approaching. Breakfast coupons are included with your room reservations. Don't wait for the Official Call, book your room now. Limited rooms available; get them while they last. When making a reservation, the room code is GFWC-2025. Call 410-266-3131 or 1-855-223-1441 for assistance in booking.

Convention Agenda:

Friday, April 25th is Junior Fun Night. Join the Juniors for a Sip & Savor, where you will discover wine and chocolate pairings for an indulgent experience. Light Refreshments will also be served.

Saturday, April 26th includes the Opening of Convention, business session, Juniors' session, Outstanding Maryland Clubwoman award and Youth Art Awards with a Correspondent Docent of the DAR Museum in Washington, D.C. as the luncheon speaker. The district reception, dinner banquet, and mental health awareness speaker will be followed by a memorial service and the infamous "Night Owls Bingo".

Sunday, April 27th will be full of awards, a surprise guest speaker, a stress reliever activity and collection of items for supported Special Projects listed on page 12.

GFWC Recognizes and focuses on Advocacy months and colors to show support, so please remember to wear for April, Blue for Child Abuse Month and Teal for Sexual Assault awareness for Campus, Military and Native Americans. As always please feel free to wear GFWC attire. Everyone will receive a treat for attending and first-time attendees will be recognized and given a gift. District Presidents will hold a reception and Club Presidents will be recognized during the banquet. The Anchor awards and Anchor theme will be highlighted during the convention, along with a splash of waves.



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You're Invited:

2025 GFWC Maryland Convention

SPECIAL PROJECTS AT CONVENTION

We will be collecting Pull Tabs for the Ronald McDonald House in Baltimore, so start collecting now! We are going to be collecting Homeless Care Kits, a gallon bag filled with the top 10 things most requested:

- | | |
|--------------------------|--|
| 1. Socks | 7. Sunscreen |
| 2. Gloves | 8. Tuna & Cracker packs |
| 3. Water Bottle | 9. Single-Serving Snacks like Trail mix,
nuts, crackers |
| 4. Bandages | 10. Nail Clippers |
| 5. Wet Wipes | |
| 6. Toothbrush/Toothpaste | |

Detailed instructions will be in the Call to Convention. We are also supporting the Juniors Recycling Initiative by collecting prescription pill bottles, any crayons broken or otherwise, and markers regardless of whether they work or not; and lastly those 6/8 pack plastic ring drink holders. This President will also speak about the Yellow Tulip Project and Hope for Justice. We will have an information table that will include the Club President's award folders.

FUNDRAISE & SHOP AT CONVENTION

Come prepared to support fundraising; it will be in full swing. We have 50/50 boards, the 50/50 raffle tickets, the District baskets, along with Maryland fundraising items. You won't want to miss the evening purse auction at the Saturday Night banquet. The Juniors will also have a fundraising table for their items.

Please note: the Convention Shopping Vendors will only be there Saturday. This is a change from previous years so remember vendor shopping is for one day only.

Money needed, you may ask? Yes, Yes, and Yes!

Friday Night Wine Tasting: \$20

Convention Registration: \$15

Saturday Lunch: \$42

Banquet Dinner: \$70

Night Owls Bingo: \$20

Sunday Lunch: \$48



Bylaws

To be Voted on at 2024 Maryland Convention

At our upcoming Annual State Convention/Meeting to be held April 26-27, 2025 at the Crown Plaza Annapolis, we will have an amendment to the Maryland Federation Bylaws for our consideration and hopeful adoption.

The exact wording and placement for this amendment will be provided in the Call to Convention which will be out soon. Please be advised that the copy of the Bylaws in the current Directory was not replaced with the updated copy. If you were at our September 2024 Board of Directors meeting, you may recall me telling you that some things were updated to reflect changes that had not been made over the years. Please refer to the state website, gfwcmd.org, which has the most up to date and correct copy of the Bylaws.

The proposed amendment concerns an increase in the dues clubs pay to the State Federation. The amount has not been increased since 2011. With our declining membership and rising costs, the Finance Committee in preparing the proposed balanced budget realized this and made this recommendation which was referred to the Executive Committee who concurred with the need for an increase.

Please read the proposed amendment carefully prior to our Convention so the process will go smoothly and expeditiously. Should you have any questions please reach out to me and I will try to resolve your concerns.

Thank you,

Cynthia Ann Dykes

C: 301-351-7752

Email: Cynad1@yahoo.com



GFWC Maryland Photography Contest

I am excited to announce that GFWC Maryland is having a Photography Contest this year. We ask you to bring your entries to the State Convention on Saturday Morning, April 26th, 2025. Many of you are talented and have unique and special photos to share. All photos must have been taken during the 2024 calendar year so please look through your 2024 photos for potential submissions.

There are four categories for this contest:

- Reflections
- The World Up Close
- Natural Beauty
- Living the Volunteer Spirit

The First Place Winner in the four categories will be submitted to GFWC Headquarters for national judging. Winners at the National Contest will be awarded monetary prizes.

Photos may be in color or black and white. Printed photos must be 8x10 inches and mounted on a sturdy backing such as foamboard or cardboard, however, no frames.

All photos must have two forms attached to the back of each entry:

1. An information form
2. A Creative Arts Waiver form

While we encourage you to attend the convention, you do not have to attend in order to enter the contest. You may send your photos with completed forms attached with your club president, another member or contact me and we will make arrangements. We want as many submissions as possible so I will jump through hoops to get your photos to the convention this year!

Please contact me if you have any questions.
jeannepim5@gmail.com or 301-219-5873

For more details, please log on to the Member Portal on GFWC.org.

Sincerely, Jeanne Pim





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2025 GFWC Maryland Photography Contest Form

Category:

- ☐ Reflections
- ☐ The World Up Close
- ☐ Natural Beauty
- ☐ Living the Volunteer Spirit

Photo Name: _____

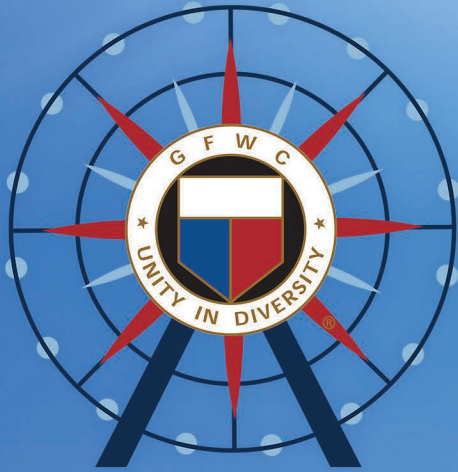
Your Name: _____

Your Club Name: _____

Your Address: _____

Phone Number: _____

Email Address: _____



GFWC

ANNUAL CONVENTION

Atlanta

2025

SPINNING VISION INTO REALITY

June 6-9, 2025



From the President



GFWC
ANNUAL CONVENTION
Atlanta
2025

Spinning Vision into Reality: Join Us for the 2025 GFWC Annual Convention

We are thrilled to invite you to an unforgettable experience at the 2025 GFWC Annual Convention, taking place June 6-9, 2025, in Atlanta, Georgia. This convention will be hosted at the luxurious Omni Atlanta Hotel at Centennial Park, offering a dynamic venue to inspire, connect, and energize members. The tours offered are phenomenal. GFWC will be "Spinning Vision into Reality."

The convention will feature a robust agenda designed to celebrate our mutual dedication to volunteerism and personal development. The achievements of various states and clubs will be recognized while also charting the future of the General Federation of Women's Clubs. Attendees will engage in essential business sessions that focus on our key priorities and establish the foundation for future success.

The convention will showcase renowned speakers and experts from various fields. These thought leaders will provide valuable insights into critical topics such as health, literacy, significant advancements women have achieved throughout history, and the ongoing fight against domestic and sexual violence. Their expertise will deepen our understanding of these critical issues and inspire us to take action.

Workshops will provide tailored opportunities to educate members, equipping them with tools and strategies to amplify volunteer efforts and create meaningful change in communities everywhere. These sessions will engage participants with fresh ideas and strategies and empower them with new skills and insights to serve their communities more effectively.

Equally important, the convention will offer ample time to network with fellow members from around the world. This is your chance to reconnect with cherished friends, establish new relationships, and celebrate the unique diversity of our federation. Together, we will share stories, successes, and aspirations, strengthening the bonds that unite us.

As we gather in Atlanta, we will honor 135 years of empowering women and transforming lives. This milestone highlights the significant legacy we uphold and motivates us to create a future where GFWC is recognized for its global impact.

By the end of the convention, you will leave with a renewed sense of purpose and enthusiasm for our mission. Our time together will strengthen the shape of unity and launch the General Federation of Women's Clubs for its next chapter, equipped and ready for the journey.

We eagerly await your arrival in Atlanta, where GFWC members will be Spinning Vision into Reality! Be ready for an inspiring experience!

Suellen B. Brazil
GFWC International President

Dr. Susan Gettys
GFWC Secretary

2024-2026 GFWC Executive Committee

INTERNATIONAL PRESIDENT
SUELLEN B. BRAZIL

PRESIDENT-ELECT
WENDY CARRIKER

FIRST VICE PRESIDENT
JOLIE R. FRANKFURTH

SECOND VICE PRESIDENT
MARY BETH WILLIAMS

SECRETARY
DR. SUSAN GETTYS

TREASURER
JULIET CASPER

DIRECTOR OF JUNIOR CLUBS
SHANNON BAILEY

PARLIAMENTARIAN
CAROL HABGOOD, PRP

CHIEF OF OPERATIONS
CHERI MEYER



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February Board of Directors Meeting

February 18, 2025

The GFWC Maryland Board of Directors met at the beautiful clubhouse of the GFWC Bethesda Woman's Club in Bethesda, Maryland. A total of 56 members and 1 guest were in attendance and there were 7 first time attendees recognized. The three Districts split the duties of table favors, centerpieces and agenda participation for the meeting. An icebreaker activity was led by Amanda Krantz, Leadership Chairman and Maryland Junior Director. This activity was called "Pass the gift", where you passed around a valentine gift bag to specific people at your table depending on the answers to her questions. The one who had the bag after the last question kept it. It was chocolate. The Executive Committee reported it had been busy, meeting, approving minutes, renewing CD's and planning meetings and convention as well as approving donations to the states affected by Hurricane Helene and most recently the California fires. In lieu of reports of the President and

Junior Director an informative talk on the Presidents raffle, along with mental wellness and heart health month were enjoyed by all. The Junior Director then instructed everyone on an origami heart exercise where we made paper hearts. Chairmen reported on the 3 CSP's, Arts & Culture, the Environment, and Health & Wellness, along with the Juniors Special Project-Advocates for Children, the Signature Program Domestic Violence, Community Improvement Program, Outstanding Maryland Clubwoman, & Communications and Public Relations. A reminder about LEADS along with reports on the writing contest, GFWC Jennie Award, Leadership, Photography & Youth Art, with the final report from the WHRC (Women's History & Resource Center).

Continued on page 19...





February Board of Directors Meeting

February 18, 2025

A wonderful lunch was had by all and introductions were made of the Honorary Presidents in attendance and the guest speaker. We were so thrilled to have a GFWC Officer attend this meeting and be the guest speaker. Juliet Casper, GFWC Treasurer gave a wonderful talk on Women's History, GFWC's New Partnership with the Women's Suffrage Memorial Monument Program and ended with the benefits of belonging to GFWC. After she spoke, we presented Juliet with some small Maryland tokens and the President's Anchor Pin for this administration and gave her a \$100 donation in her honor to the Women's History and Resource Center at GFWC HQ in Washington DC. We next took pictures of the overflowing tables of sheets, towels & washcloths for the Betty Ann Krahne Center, a Domestic Violence shelter for Women & Children. Then the overflowing table of purses, jewelry and scarves to be donated to A Wider Circle's dress for success program and lastly the

overwhelming support for the Perry Point VA Medical Center with men's clothing and shoes donations for their needy Vets. It was a day to support women but we couldn't forget our veterans. Such generous support and such worthy causes. President Lilly then presented the three Anchor awards to Lourdes Posada, Anita Becker, and Sandra Mattocks. At this time, we drew for the raffles. The President's raffle of the Blue Hope Necklace from the Starfish Project went to Judy Beck. All the proceeds of \$140 went to the Heifer International Women's Empowerment Program. Christy then drew for the Kate Spade purse, which Babs Condon won, then the rescue, restore and recycle nautical item's silent auction raised \$250 for the Chesapeake Bay Foundation. Everyone in attendance received a heart health awareness bracelet from the State President. It was a wonderfully attended fun filled, informative day. A thank you to everyone!



Anchor Award Winners

February Board of Directors Meeting



Lourdes Posada, GFWC Montgomery County District President, received the first of 3 Anchor Awards presented at the Board of Directors Meeting on February 18, 2025. Lourdes was recognized as being a valuable asset to the Executive Committee and to the state, for her communication skills in always keeping us informed and planning the next event for her district.



The Second Anchor Award went to **Anita Becker**, GFWC MD Treasurer. Anita works on vouchers, and all banking aspects along with keeping accurate records. She consistently keeps the books balanced and keeps the President informed. She works well with the Finance Chairman and others.



The third and last Anchor Award went to **Sandra Mattocks**, Reservations & Registration Chairman, GFWC Signature Special Project-Domestic Violence Chairman and WHRC Chairman. Sandra is the unsung hero. She accepted so many positions for the President's Board. She consistently goes above and beyond in all her duties. She keeps us organized, registered and informs us on the WHRC and Domestic Violence programs all while working at a new job.

All award recipients received a certificate and an Anchor.





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2024-2026 GFWC Maryland Directory Form

If your club has any changes to the Club Officer information since the directory printing in September 2024, please use this form to make the updates and send it by June 15, 2025. The GFWC-MD Directory will be updated using the information you supply. If your club has Co-Presidents or Co-officers, an Advisor, or Director, please include that information on another sheet or on the back of this form. If you have any questions, please contact Laura at lauralienhard@comcast.net. Send form to Laura Lienhard, 306 Watercress Rd, Westminster, MD 21157 or by email to tlauralienhard@comcast.net

Please type or print clearly:

Club Name: _____

Annual Meeting Date: _____ Regular Meeting Date: _____

President

Name: _____ Email Address: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Vice President

Name: _____ Email Address: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Recording Secretary

Name: _____ Email Address: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Corresponding Secretary

Name: _____ Email Address: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Treasurer

Name: _____ Email Address: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Chesapeake District Report

GFWC Woman's Club of Dundalk, Inc., Anita Becker, President

The Woman's Club of Dundalk has been as busy as ever. This past fall we held two fundraisers: a BINGO and a lottery scratch-off raffle. The proceeds fund our Scholarship awards. Our community activities included donations of school supplies; supplies for the local Veterans Counselling Center; collection of coats, blankets and winter accessories for the needy; and gift cards for homeless students.

The Woman's Club of Glyndon, Inc., Vicki Almond & Jan Bradley, Co-Presidents

The Woman's Club of Glyndon has been busy! We were able to make a little over \$3700 from our holiday charity tea baskets! All these funds go back into the community! We are focused on feeding hungry children in our neighboring schools. Looking ahead we have a great guest speaker in May - the Whitehouse Butler.

GFWC Joppatowne Woman's Club, Inc., Reno Eitel, President

The GFWC Joppatowne Woman's Club, Inc. continues to support our veterans, working with the Perry Point VA Center. Members donated a van full of household items to veterans transitioning from homelessness to a new home. We donated hundreds of dollars' worth of toys to the Harford County Sheriff's Christmas Toy Drive. We have enjoyed speakers from The Harford County Library, Sheriff's Office and Community Development Corporation. Information about club fundraisers and meetings is displayed on a sign located in the heart of the community.

The Woman's Club of Linthicum Heights Inc., Dawn Walsh, President

Though it's been 2 years in the planning and execution, our Clubhouse has gone through some much-needed renovation and updating. Thanks to a bond specifically tied to Clubhouse up-keep secured by member Anne Yakaitis. Successful events such as our hotdog stand at the Linthicum Community Fair, the Annual Prayer Breakfast honoring the Glendennings, and Holly Mart have been held. During our December General Meeting, Betsy Cooksey picked up 10 fur coats, 2 fur hats, and 2 mink stoles for the Marvelous Minks Auction – all proceeds go to help nomadic families in Mongolia. We had four members pass last year; Marie Burke, Joan Maynard, Jo Robinson, Cordelah Swanson, their loss was felt deeply.

Continued on page 23...



Chesapeake District Report

Continued

The Woman's Club of Perry Hall, Inc., Renee Streib, President

October found our club members busy assembling our Seven "Thank You" baskets with snacks, candy, fruit, water and beverages to give to our community partners - Baltimore County Police Precincts, volunteer fire companies, Baltimore County career fire station and Baltimore County libraries. We spent two weekends at our booth at the Richardson Farms craft show selling raffle tickets on our Maryland State Lottery piece, "Tobias Turkey" and the Papa John's Fundraising Cards. Our efforts raised over \$2700.00!

The Town and Country Club of Greensboro, Peggy Sauble, President

Our fundraiser before Christmas at a craft show let us hand out information about our club. The town of Greensboro has a face book page, and the club sent out an invitation to the town and surrounding areas to come join us for our first 2025 meeting in February.

GFWC Junior Women's Club of Pocomoke City, Amber Hall, President

Our club partnered with our Downtown Association to provide s'mores during the town's old-fashioned Christmas. We held a free Santa breakfast, a yearly tradition enjoyed by people of all ages. In addition, we provided Christmas gifts to four local families! As we look forward to spring, the JWC of Pocomoke City is excited to present the 69th annual Miss, Junior Miss and Little Miss Pocomoke pageant! The funds we raise from the pageant go towards two scholarships

GFWC Wicomico Woman's Club, Inc., Sarah Meyers & Jeanne Mears, Co-Presidents

Our Club is excited to be able to hold meetings at the historic Poplar Hill Mansion in Salisbury, MD. We were able to host a "Galantine's Open House" on Valentine's Eve that was opened to the ladies in the Salisbury area for wine, desserts, games, and a social time with our members. Ten prospective women from the Salisbury attended this event. During the National Day of Service this past September we collected canned foods, books, and garden seeds for the two newly constructed "little houses" that allow our community to find books and obtain food from the 'giving pantry'.



Montgomery District Report

MCFWC continues to thrive, with its 10 clubs actively serving their communities and organizing exciting events. As this term began, we bid farewell to Terry Blank, who led the district with dedication over the past two years. Now relocated to Kansas, she has joined a club near her new home and is happy, leaving us with inspiration that will guide us forward.

Women's Club of Chevy Chase

The club kicked off fall with a Spooktacular Halloween event, followed by a holiday gift show and other engaging activities. They are now hosting a Cabaret show featuring jazz, blues, pop, and soulful classics. Additionally, an Upscale Resale fundraiser was held in February to support the WCCC Scholarship Fund.

Metropolitan Community Club (MCC)

MCC continued its long-standing wreath fundraiser, a tradition for over 40 years, providing funds for Small Things Matter, the Montgomery County Family Justice Center Foundation, Bare Necessities Foundation, and LUNGevery. The club has also launched a Health and Wellness Challenge for 2025, encouraging members to engage in daily physical activity. A weekly walking group meets at the mall to motivate each other.

Women's Club of Bethesda

Dedicated to supporting victims of domestic violence, the club has provided essentials such as towels, sheets, blankets, coats, diapers, and household supplies. At the fall district meeting, members contributed towels to this effort. The club also partnered with RICA, a school serving students with emotional disabilities, autism, and learning challenges. Many RICA students face family struggles, making this partnership especially meaningful.

Women's Club of Laurel

The club partnered with Kits to Heart, a nonprofit providing care kits to cancer patients. In January, members decorated journals and wrote notes of encouragement. They also hosted a personal fitness instructor for a session on health and wellness. In February, they are participating in the Linus Project, making no-sew fleece blankets for children in crisis, and celebrating Black History Month with a panel on Black trailblazers. Speakers include Colonel Yolanda Gore, Keith Sydnor (Laurel's first Black mayor), and Lorraine Kelly, club president.

Continued on page 25...



Montgomery District Report

Continued

Women's Board of MedStar Montgomery

In November, the club hosted a floral workshop at Christopher's Garden Center, allowing participants to create fall arrangements while meeting potential new volunteers. They also celebrated a ribbon-cutting ceremony for the newly refreshed 3rd-floor public areas at MedStar Montgomery Medical Center. The club raised an impressive \$500,000 in two years to enhance patient and visitor spaces, with additional funds purchasing five bassinets for Maternal Health.

Wednesday Club of Sandy Spring

For two years, the club has collected gently used clothing for middle school girls and their mothers, supporting local families in need. They also donate personal hygiene items at their regular meetings to ensure students have access to essential supplies.

Laytonsville Women's Club

The club held its first Paint and Sip fundraiser in 2024, led by Vice President and artist Jennifer Rutherford. Participants painted a simple still life in oil, enjoyed wine and snacks, and discussed technique and lighting. The event was a great success, and plans for more classes are underway.

District News

The District held its first Board Meeting in October, hosted by the Laytonsville Club. The event featured raffles and an innovative twist on classic natural brooms—just in time for “hollows eve” flight! The highlight was an eye-opening presentation on fraud and scams affecting seniors, delivered by Kevin Canavan (our own Kitty Cash's son in-law), his colleague Meredith Merchant from MD Dept of Labor, and Karen Morgan from AARP.

In November, we launched our inaugural newsletter, featuring engaging and informative articles from across the clubs.

With such an active and dedicated membership, our district is off to a fantastic start this term, and we look forward to working across our clubs coordinating efforts to make an even bigger impact across our communities.



Leadership

“Do not wait for leaders; do it alone, person to person.” – Mother Teresa

True leadership isn't about titles or recognition—it's about action. Women leaders throughout history have created change not by waiting for opportunities but by forging their own paths and inspiring others along the way. Whether in our workplaces, communities, or personal lives, each of us has the power to lead through resilience, compassion, and determination.

Leadership begins with the small choices we make every day. It's in the way we mentor and uplift others, the courage we show in facing challenges, and the example we set for future generations. By embracing collaboration and fostering an environment where all voices are heard, we create lasting change that extends far beyond ourselves.

As women, we are strongest when we support one another. True leadership is not about standing alone—it's about lifting others, sharing knowledge, and working

together to achieve common goals. When we empower those around us, we not only strengthen our communities but also inspire the next wave of women leaders.

Growth and transformation are at the heart of leadership. Every challenge we face is an opportunity to learn, adapt, and become stronger. The most effective leaders are those who embrace change, seek knowledge, and continuously strive to make a difference.

Mother Teresa's words remind us that leadership starts with us. We don't need to wait for permission or recognition—we can create change, one person at a time. Let's lead with purpose, encourage one another, and step forward with confidence, knowing that our collective strength can shape the future.

2025 Western District Meeting

The annual Western District Meeting will be held at the Carroll County Non-Profit Center on Saturday May 3rd, 2025 from 10:00-1:30. We will be supporting Appy Time 501(c)3 by collecting PreK-2nd grade summer activity books and Carroll County Food Sunday with a clean-your-pantry-out food collection. Keep an eye out for the call, which will be out the week of March 15th.

Maryland Leadership Seminar

This year's 46th annual Maryland Leadership Seminar (HOBY) will be held June 5-8, 2025, at Towson University. Two hundred seventy-five students from 154 schools across the state have already been registered and are looking forward to a weekend filled with leadership activities. The program includes three levels of leadership: Personal leadership, Group leadership and Social Responsibility. Each level of leadership will include an Introduction, Keynote Speaker, Activity and Reflection. Service activities, a talent show and dance round out the 4 day Seminar. The HOBY program is a completely volunteer organization and depends entirely on donations from companies, organizations and individuals.

As of February 1st, GFWC-Maryland clubs have donated over \$3,000 to this year's program.

Donations (club or individual) of any amount are always welcome. If your club would like to donate, please make your check payable to: Maryland Leadership Seminar Foundation, or HOBY and send it to Anne Yakaitis, 7802 Cypress Landing Rd, Severn, MD 21144. GFWC-Maryland clubs have been a continuous supporter of HOBY since the 1980's. Thank you so much for your support!

For more information, check out the website: hobymd.org.

Bettie M. Sipple Memorial Endowment Fund

The Bettie M. Sipple Memorial Endowment Fund is named for Bettie M. Sipple, the first woman from Maryland to become GFWC International President, 1928 - 1932. She served as MFWC State President from 1922 - 1926. The BMSMEF is a "life line" for the organization. All contributions are invested in a special savings account and certificates of deposit. Interest earned, plus a specified amount from the principle each year, is withdrawn and placed in the general operating fund of the Federation. As operating costs and interest bearing accounts remain low, we are again challenged to take action to ensure the

future of our beloved GFWC Maryland Federation. Every club is encouraged to include a contribution to this fund in its yearly budget as a line item. Contributions can be voluntary, in honor or memory of former club presidents or deceased members, or made individually. For honoraria or memorials, an appropriate acknowledgement is sent to the donor as well as the family in question.

If your club has not already done so, Consider making the BMSMEF a line item in your budget. It helps to keep our Federation running.

Mary Lou Hodges, BMSMEF State Chairman



Mid-Winter Rally

March 8, 2025

The GFWC Maryland Mid-Winter Rally, held on March 8, 2025, in the Community Meeting Room at Edgewater Library, embraced the theme “Empowered Women, Empowering Communities.” Hosted on International Women’s Day, the event brought together dedicated members to celebrate leadership, service, and the collective strength of women working together. Amanda Krantz, GFWC Maryland Director of Junior Clubs, presided over the meeting, which featured an insightful keynote address by Women’s History and Resource Center Librarian Joanna Church and greetings from MFWC President Andrea Lilly.

Alongside officer reports and club updates, attendees engaged in interactive activities such as the “Pass the Torch” Leadership Activity, Women’s History Trivia, and the Postcards Project in honor of Women’s History Month. The day also

provided opportunities for networking, fundraising, and meaningful discussions about the organization’s future. As part of their commitment to service and sustainability, members collected items for various environmental initiatives. Donations included empty prescription pill bottles for Matthew 25 Ministries, used or broken crayons, colored pencils, and markers for Westminster Staples, and plastic six-pack ring carriers for RingRecycleMe. The three Junior Clubs in Maryland united to support a recycling initiative, demonstrating that together, they can make a lasting impact. These efforts help repurpose materials, reduce waste, and provide resources to underserved communities.

The event concluded with a renewed commitment to service, sustainability, and sisterhood, reinforcing the profound impact of empowered women working together to strengthen their communities.

Mid-Winter Rally

March 8, 2025



Epsilon Sigma Omicron

Maryland Chapter: Alpha Tau

Founded in 1978

What is Epsilon Sigma Omicron (ESO)?

ESO is an honorary educational society opened to all dues paying GFWC federated clubs. While most GFWC programs are centered around community improved, ESO's focus is enrichment and personal development of its club women. The Maryland Chapter is Alpha Tau, and it was founded in 1978 by University of Maryland, office of extension services.

Why is ESO important?

It's important as clubwomen to also meet each other's community and social needs. As club women we give so much of our time, money and energy to fulfilling the needs of the community.

What do I need to do to become an ESO member?

ESO members are encouraged to participate in club programs such as individual reading, book club meetings, sharing of books, and general discussion of books. All you have to do is simply track the books that you've read. You can do this through any means: a notebook, book journal, electronically on your phone, tablet or computer, through a website such as Goodreads.

I don't know what to read!

Education & Libraries Chairwoman, Christina Pellegrino has compiled a suggested reading list of ten books, both fiction and non-fiction that have been recommended by her or through other Maryland Clubwomen.

My eyesight is deteriorating, and I have a difficult time reading.

Declining eye sight is something we all experience. Once you've made an appointment with your eye doctor, and found the best prescription, there are other ways to make reading easier, such as looking in the larger print section of your local library, investing in an e-reader, or listening to your book on audio! An e-reader like Kindle or Kobo are easier on the eyes than a traditional tablet or iPad. Lighting and font size can easily be adjusted. Many e-readers can be read in the sunlight or even in a dark bedroom, so as to not disturb anyone asleep nearby. Listening to audiobooks still counts as reading! Audiobooks provide the same cognitive benefits as reading, and can be done in the car, on walks, cleaning the house, or as a way to ignore husbands, kids and grandkids!



Epsilon Sigma Omicron

Maryland Suggested Reading List

A Forever Family: Fostering Change One Child At A Time

By Rob Scheer

The Women

By Kristin Hannah

Know My Name

By Chanel Miller

The Snow Child

By Eowyn Ivey

A Heart That Works

By Rob Delaney

This Tender Land

By William Kent Krueger

First Women: The Grace And Power Of America's Modern
First Ladies

By Kate Anderson Brower

Hello Beautiful

By Ann Napolitano

West With Giraffes

By Beryl Markham

Remarkably Bright Creatures

By Shelby Van Pelt

REMINDER!

At the end of the calendar year, please report the number of books you've read to your club president or education & libraries chairwoman, so that they can be included in end of the year reports. Does your club have an official book club? Please report that data as well.

ESO

Additional Resources

**GFWC has an official
ESO Facebook Group**

[Click here to join!](#)

Do you have a book to recommend?

Please email Christina at christina.pellegrino@gmail.com. Please provide your name, club, and reason for the recommendation.

Book Resources

Maryland public libraries have hard copies in each library, CDs and tapes, or use the Libby or Hoopla apps for eBooks and audiobooks.

Little Free Libraries

These can be throughout the world. They are a great way to find a book in your local neighborhood, or to donate some of the books you've already finished. Your Club can also start or help maintain a Free Little Library.



Adventures in Fundraising

What good sports the ladies of Maryland were as we had our First “Rescue, Restore, & Recycle” Project as a fundraiser at our recent MFWC Board of Directors Meeting held at the Bethesda Clubhouse. Unusual artifacts (or “treasures”) from the Chesapeake Bay supplied our silent auction table with items very much coveted by the meeting attendees. The objective was to rescue nautical items that were discarded by people at the beach thrift shops. Our members were asked to spend their money to save them from the destiny of the dump and then recycle them. What a resounding success. The silent auction allowed our members to spend their dollars to save the items from an uncertain plight and establish a new life for the mementos. The money raised is going towards the donation to the Chesapeake Bay Foundation for utilizing their beautiful “Green” building next September.

Our Fundraising Chairman, Christy Swiger invited each of our state clubs to participate in another “first”! A Statewide 50/50 Fundraiser titled “Stay Anchored” was initiated at our State Board Meeting. Each club president was given a packet of raffle tickets to sell at their club meetings, to friends, and family members before our state convention! This is a first for our state to take part in as we ask each club to offer their members an opportunity to win a great cash prize by purchasing their tickets in a statewide effort to support our volunteer efforts. The tickets are \$5 for one chance and three tickets for \$10. All the ticket stubs and checks, made out to MFWC, or cash are to be delivered to Christy Swiger at our state convention in April. The winner will be announced at the close of the convention and will take home half of the pot. Christy, our state fundraising chairman, realizes that all the attendees at our state board meetings and convention are very generous when it comes to our fundraising efforts that aid our budget and state treasury. We would like to spread the opportunities to all our members so we all can enjoy partnerships across all our club women in supporting our state volunteer efforts. Who wouldn’t want the possibility of winning some MONEY?

At our Annual Convention we invite all to attend and enjoy a variety of fundraising adventures. We will have vendors and our ‘Pick Your Lucky Number’ boards. We will have our famous County Raffle Baskets that are always a terrific prize to hopefully win!

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Adventures in Fundraising

Continued

Night Owl Bingo will of course be a great opportunity to enjoy your federation sisters and have a grand time! You might even be lucky enough to win a great prize. Christy has invited any member of our clubs to volunteer to create a prize, basket, or whatever to have the irresistible honor of naming one of our Bingo games and donating the prize for that Bingo Game! Contact Christy for more information about this new expedition and of course plan to come to the convention and enjoy the experience of a lifetime!! (I know that I am exaggerating but it sure sounds like fun!)

Come to convention as you never know what might happen when you have many volunteers together celebrating the thrill of victory and the agony of ~~defeat~~ exhaustion! I look forward to going on these fundraising adventures with you!

Christy Swiger, Fundraising Chair

IRA, RMD, IRS, GWFC MD!

Is it April 15th yet?

What could these abbreviations have in common? Some of our members might be able to help GFWC Maryland's financial future by making donations to GF-MD that could also reduce their income tax liability. The basic requirements are:

1. Own a "Traditional" IRA (meaning NOT a Roth).
2. Be at an age that a Required Minimum Distribution (RMD) must be made annually from the Traditional IRA (the age used be 70 ½, but has been increasing annually). This is dependent on your year-of-birth based on IRS (Internal Revenue Service) regulations. RMD's are taxed as "ordinary" income.
3. Have a need to reduce the taxable amount of the RMD.

HOW can this help Federation? Per IRS regulations: Donations to a Qualified Charitable Organization, a 501(c)3 organization, reduce the taxable amount of the RMD on a dollar-for-dollar basis. So, if the RMD is \$5,000 and the donation is \$500, the new taxable amount is \$4,500. Any taxable savings are dependent on your tax rate, allowable deductions, and other tax-related issues. A specific dollar amount is difficult to calculate. If you meet the basic requirements and can consider a donation from your RMD to GFWC MD, please confer with your tax accountant or financial advisor. For further questions, contact Janet Morgan, Finance Committee Chair.

Thank you for considering this WIN-WIN possibility for GFWC Maryland and reducing your income tax bill!



Membership

Personal connections are the key to building membership.

Our Membership goals are to attract new members, retain current members, empower members, educate members and engage members. We kicked off the GFWC Membership Recruitment plan at the summer workshop and September Board of Directors meeting. New members will always be attracted to a strong, solid, and engaged club. During this administration, we encourage you to build membership and continue to track and submit the number of NEW members joining your club quarterly. In addition, this committee is asking you to concentrate on these **internal** focus areas, designed to help your club strengthen membership **retention**, while also attracting NEW members to your club. Clubs that are successful in securing **three new members** from their recruiting efforts will be featured in *News & Notes*. Join GFWC clubs nationwide in our popular quarterly campaign and report on your hard work in membership!

March

Focus On: Diverse and Inclusive

Programming Be sure you are considering all members' needs when organizing your calendar of events and activities. Ensure club programs are accessible and open to a diverse membership base. **Report Due: April 1**

April, May, June

During these three months, Focus On:

Professional Development Offer leadership workshops and seminars or training that could contribute to your members' personal growth. Provide access to tools and resources that can help advance in their careers, such as project management and public speaking. **Report Due: July 1**

Social media is a tremendous tool to use

to engage and communicate with your club members and prospective new members. Consider doing #Motivational Monday! We all could use a little help getting fired up for the week, right? You can use this fun hashtag as a membership retention strategy: #Motivational Monday. Post a motivational quote on your club's community page or send a cheery message to your board or your group text thread. Even something short and simple can be very powerful when received as it lets your membership and leadership team know you are thinking of them and rooting for them to succeed in all they set out to do today. It is a fun way to set the tone for your club, one that is supportive, positive and FUN!

Mentoring! January is the National Mentoring Month. The campaign was launched in 2002 to raise awareness about the critical role that mentoring plays in the lives of young individuals. Big Brothers and Big Sisters of America is a tremendous example of how mentorship can help young people reach their true potential. The same can be said for launching a mentor program to help your club's membership efforts. How many times have you celebrated your new members at their installation, only to realize they are no longer attending meetings 3-4 months into their membership? Assigning a veteran member to a brand-new member can help foster connection and gives support to the new members as they learn more about your club and how their efforts can have the most impact. And it helps them form a bond with your club members, so they STAY!

Retention: EDUCATE YOUR MEMBERS.

Research shows that a positive program on the benefits of belonging to GFWC can increase a club's overall retention rate. This program, or a "Federation Refresher," is essential for instilling a sense of pride and purpose in both new and

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Membership

seasoned members. Do small information bites at each meeting. Educate on GFWC, your club history and your state federation.

All members should be knowledgeable about GFWC, which offers many programs designed to keep members informed and connected. In any refresher, include information on why Unity in Diversity was chosen as the GFWC motto and why it is as important today as it was when it was adopted at the first GFWC Convention. Create one-on-one connections with GFWC:

- Encourage attendance at District, State Federation, Region, and GFWC meetings. Plan to go to every GFWC meeting with a full car! Make every trip an adventure.
- Invite a State Federation Officer or another GFWC leader to speak at a club meeting. Use the speaker's area of expertise as the theme for the meeting. Celebrate GFWC:
- Celebrate GFWC Federation Day on April 24 by organizing and conducting a fun community service project. Wear GFWC emblematic apparel so the color becomes associated with club events.

ENGAGE YOUR MEMBERS: To engage your members, your club should ensure an atmosphere of fellowship and friendship and provide varied opportunities for them to exercise their talents and abilities. Encouraging involvement from both longstanding and new members not only capitalizes on members' creativity, skills, and energy, but also increases their commitment and allegiance. Members need to feel useful and have a continuing reason to belong. Members need to feel valued, seen and heard.

Consider subsidizing a trip to a convention or conference to help members connect with other members and the Federation. Raffles or fundraisers could produce the revenue to offset the cost. Find ways to use the talents of ALL members and engage every member in

club projects to avoid conflict. Ask for and try to implement members' suggestions to keep your club happy, strong, and growing.

Each club and community is unique. Adopt or adapt these suggestions to revitalize and engage your members:

- Encourage member input through a suggestion box, surveys, one-on-one calls, or by having an informal chat session at a club meeting.
- Establish and maintain an effective system of communicating with members: Create a club newsletter, including a Club President's Message, news about recent program/project successes, upcoming club events, member highlights, and other pertinent information, such as notices from the State Federation, Region, and GFWC.
- Remind members of regular meetings and special events.
- Encourage attendance at District, State Federation, Region, and national GFWC meetings and events to learn about important program information and other news. Club leaders should stress that all members are welcome and encouraged to attend GFWC meetings.
- Keep club projects fresh, relevant, and interesting. When members begin to tire of a project, it is time to change it.
- Initiate brainstorming sessions to give all members a voice in club activities and promote a sense of club ownership.
- Keep a tab on member satisfaction with periodic surveys. Individual interests change with time as members grow and evolve.

Consider using social media to do Facebook Live events of your club event and conferences. Hold virtual meetings for cold weather months. Advertise on social media about your club meetings and club events to get members motivated and pumped up.



Maryland Special Project

Mental Health Awareness

Aging and Suicide:

[In an article published by the Council on Aging](#), they found that compared to 2021, suicide deaths rose 8.1% among people age 65 and over. While older adults comprise just 16.8% of the population, they make up approximately 22% of suicides. In 2022, among the nearly 49,449 suicides that took place in the U.S., 10,433 were attributed to people aged 65 and up. Older adults tend to plan suicide more carefully. They are also more likely to use more lethal methods. Among people who attempt suicide, 1 in 4 seniors will succeed, compared to 1 in 200 youths. Even if a senior fails a suicide attempt, they are less likely to recover from the effects due to frailty or underlying health conditions. Men age 75 and older face the highest overall rate of suicide.

Key Contributors:

- **Loss and Grief:** Losing a spouse, close friends, or other significant people can trigger depression and feelings of isolation.
- **Social Isolation and Loneliness:** Lack of social interaction due to reduced mobility, living alone, or limited social networks can significantly impact mental health.
- **Retirement:** Transitioning out of the workforce can lead to a loss of purpose and identity, potentially causing depression.
- **Chronic Illnesses:** Managing long-term health conditions like diabetes, heart disease, or arthritis can be stressful and contribute to mental health issues.
- **Physical Limitations:** Mobility issues, hearing loss, or vision problems can restrict independence and social engagement.
- **Medication Side Effects:** Certain medications can have psychological side effects, including mood swings and cognitive impairment.
- **Caregiving Stress:** Taking care of a spouse or family member with chronic illness can lead to burnout and mental health concerns.
- **Financial Worries:** Concerns about money or decreased income can add stress to an older person's life.
- **Ageism:** Societal attitudes that devalue older adults can impact self-esteem and mental health.
- **Cognitive Decline:** Mild cognitive impairment or dementia can lead to confusion, frustration, and depression.

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Maryland Special Project

Mental Health Awareness

Continued

How To Make a Difference:

- Adopt an Elder facility in your local area by contacting the Activities or Facilities Director. Host holiday events, monthly activities/meals, Birthday parties, pet visits, or visits for grandchildren.
- Participate in Letters for elders, [Letters — Love For Our Elders](#)
- Help a senior in your community by creating a meal train, volunteering with meals on wheels, help with errands, conduct daily check-in calls, or schedule regular visits.
- Partner with local non-profits to raise funds for transportation, meals/food, housing and utility funds, critical home maintenance costs.
- Organize and lead a spring clean-up event for elders in your community
- Team with a local Senior Center to identify projects and needs in your community.
- Give a caregiver a break by helping with a homebound senior, while the care giver runs errands, spends time with friends/family, goes to a medical appointment or enjoys a meal out.
- Become medical advocate by taking a senior to medical appointment, help

explain medication requirements, assist with scheduling medical appointments, and conduct daily health check-ins.

- Volunteer at the local senior center.
- Most importantly, just be aware of people in your circle, ask people if they need assistance, be a good neighbor, be a good friend, and be a good person that takes the time to ask someone if they are okay and if they need help.

Resources for Older Adults:

- [15 Organizations Working to Advocate for Seniors - SeniorAdvisor.com Blog](#)
- [Maryland Department of Aging](#)
- [National Coalition on Mental Health & Aging](#)
- [Maryland Access Point](#)
- [MHAMD: Older Adults Vibrant Minds](#)
- [National Council on Aging](#)
- [SAMHSA Older Adult Resources](#)

Authored by Mimi French,
GFWC Maryland Special Project Chair



Junior Special Project

Advocates for Children

Are you looking for a project to support the Junior Special Program Advocates for Children? Consider some of these project ideas to bring to your club members to consider when brainstorming a project to do.

March is National Nutrition Month. Donate nutritional snacks to your local schools or shelters or Boys and Girls Club. Provide books on healthy eating. Offer to support field trips to a local farm for education. Teach a cooking class or gardening class. GFWC Project highlight, The GFWC New Tampa Woman's Club (FL) - Education comes in many forms; this one is delicious. The club threw a pizza-making party for the children living at the Friends of Joshua House, a 501(c)(3) organization dedicated to improve the quality of life for abused, abandoned, and neglected children and teens. It was felt that learning to cook an essential meal was necessary for these children. Seven members arrived with the ingredients and cooking supplies for twenty-five children to make pizzas and chocolate chip cookies from prepared cookie dough. The members "educated" the children in pizza making. The children prepped the ingredients in an activity room adjacent to the kitchen. Each child was given a premade pizza shell and instructed to add all their favorite toppings. The cookie was next using prepared cookie dough. Two pizza-making sessions were provided for different age groups.

Many of the best memories are created when learning to do something alongside caring adults. The children all enjoyed eating the pizza and cookies as much as learning how to make this simple meal. GFWC Project Highlight- GFWC Augusta Woman's Club, (GA) held a Snack Attack Competition to encourage children to think about healthy snacks, gain confidence in making snacks themselves, and make wise choices. Children submitted healthy recipes that were made in the school kitchen and judged. First, Second, and Third prizes were awarded. The Media teacher made a video showing background scenes just like TV shows. The competition was publicized on the local news.

March is Child Life Month. Recognize child life specialists and their work. Child life specialists are healthcare professionals who help children, and their families cope with medical experiences. St Jude Children's Research Hospital is an expert in this type of care.

Read Across America Day is March 2nd. This is a perfect time to restock little libraries or volunteer to read to children at your local schools, public library or bookstore. Donate books to those in need or host a children's author. GFWC Project highlight-GFWC Texas Decatur

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Junior Special Project

Advocates for Children

Continued

Woman's Club (TX) Bridgeport Bookcase Project was supported by GFWC Texas Decatur Woman's Club through monetary and book donations. This long-standing project, initiated by the local Rotary Club, builds bookcases in the homes of poor children with limited access to reading material. The shelves are filled with new and donated books when the bookcases are delivered. The Decatur ESO group is dedicated to this annual project, which aligns with their personal and club goals of fostering literacy and promoting reading enjoyment.

April is Child Abuse Prevention Month. Raise awareness by having your cub members wear blue on April first and post on your social media. Plant blue pinwheels, the symbol of child maltreatment prevention. Host a family fun event-movie night, game night or craft event. Share resources or ask local businesses to display informational materials. Make the safety and wellbeing of children and families a priority. Visit <https://childwelfare.gov> for the national Child Abuse Prevention Month Outreach toolkit to find ideas and resources.

Earth Day is April 22. 2025. Dust Woodsy the Owl off and teach children about recycling to save our planet. Sponsor a clean-up day at a local children's play area or plant a tree.

Consider Collaboration with a GFWC Partner:

[MARCH OF DIMES](#): The March for Babies is a fun event to raise funds to help support mothers and premature babies and raise awareness of the research needed to find solutions and advocate for policies that prioritize mom and baby health. March of Dimes provides instructions, guidance, and a web page to organize an event.

[OPERATION SMILE](#): Help Operation Smile provide the necessary equipment and medications to enable the delivery of the safest surgeries.

[ST. JUDE CHILDREN'S RESEARCH HOSPITAL](#): The St. Jude Trike-A-Thon is a fun, service-learning program for daycares and preschools that teaches trike and riding toy safety while helping the children of St. Jude. Any advocate for children can make a difference with the St. Jude Trike-A-Thon. If you sign up to become a coordinator, St. Jude will provide everything you need to have a great event at a preschool or daycare in your area. Go to the St. Jude website to learn more. Create Waiting Room Fun Bags by filling sealed zippered plastic bags with fun things a child or teen can do as they wait to visit the doctor.

Use the GFWC club manual as a resource. Be creative! Develop your own ideas and imagine a better world.



THE CLUBWOMAN *Connection*

April 25-27, 2025 Maryland Convention
June 6-9, 2025 GFWC Intl. Convention
September 16, 2025 September BOD Meeting



GFWC

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**GENERAL FEDERATION
OF WOMEN'S CLUBS**

MARYLAND

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