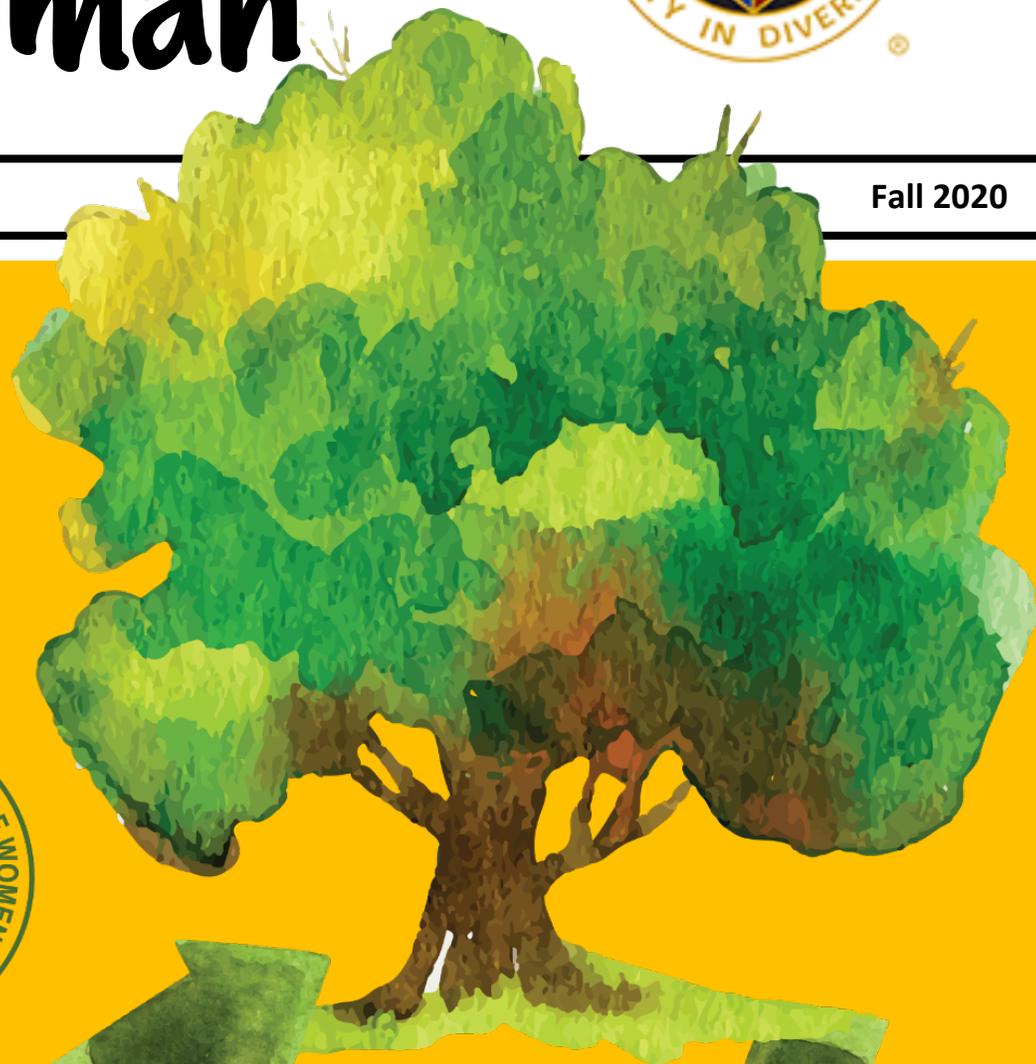


# Mississippi Clubwoman



Volume LXXI, Number 1

Fall 2020



**PLANT  
RECYCLE  
PICK IT UP**



## CONTENTS

Officer Messages.....	3
President's Special Project.....	8
Community Service Projects.....	9
GFWC Programs .....	20
MPB & Awards.....	23
GFWC Advancement.....	26
District Presidents .....	29
Dues Form .....	31

## DATES

**October 29-Nov. 1, 2020**

Southern Region Conference Virtual Event

**November 1, 2020**

GFWC-MFVC State Club Dues must be postmarked by this date to receive Honor Club status.

**January 1, 2021**

GFWC-MFVC State Club Dues must be postmarked by this date to be eligible for awards.

GFWC-MFVC District Club Dues must be sent to your District Treasurer.

**February 1, 2021**

MFVC Club Reports must be postmarked by this date each year for reports to be judged.

**February 10, 2021**

MFVC Clubwoman of the Year, Juniorette of the Year and MFVC LEADS applications must be postmarked by this date.

**February 15, 2021**

MFVC Scrapbooks and Yearbooks must be postmarked by this date.

**February 19, 2021**

Finance Committee & Executive Committee Meeting

**February 20, 2021**

Winter Board Meeting & Judging Day

## GFVC Mission Statement

*"The General Federation of Women's Clubs is an international organization dedicated to community improvement through volunteer service and to providing opportunities that strengthen the role of women."*

## MFVC Mission Statement

*"The Mississippi Federation of Women's Clubs, Inc. is an organization of women whose goal is personal enrichment leading to volunteer service that benefits the community, state, nation, and world."*

## Mississippi Clubwoman

**Volume LXXI, No. 1, Fall Issue**

Editor: *Sharon Hudson*

11031 Highway 35 South  
Batesville, MS 38606  
662-609-0973  
mhshudson@gmail.com

Circulation Editor/Assistant Editor/MCT Coordinator:

*Lisa Harris*  
822 SCR 115 South  
Raleigh, MS 39153  
601-940-1519  
lisaharris@outlook.com

GFVC-MFVC President:

*Sherri Reid*  
542 Leeville Road  
Petal, MS 39465  
601-270-4464  
reidshe@comcast.net

Website: [www.gfvc-mfvc.org](http://www.gfvc-mfvc.org)

Official Publication:

**Mississippi Clubwoman**

State Headquarters:

2407 North State Street, Jackson, MS  
(physical address only-not the mailing address)

# A Message From MFWC President Sherri E. Reid

Greeting Ladies!

I hope everyone is home safe and healthy during this season. Please know that your President is always praying for your good health and safety during these unprecedented times. Thank you to the members who participated in the MFWC Virtual Summer Institute. There was lots of information shared. Lisa will be posting those videos on the MFWC website for others to view. Clubs could also use these videos to access for club programs.

I encourage each of you to research the Heifer International *Caring for the Earth* program. This is part of the President's Special Project. Gifts purchased will impact impoverished countries by improving families lives by obtaining basic necessities, like clean water, planting trees to improve homesteads and keeping soil erosion at a minimal.

- During the next couple of months, I would like to encourage members to stay in touch with your fellow club members.
- Work hard to stay in contact with fellow club members and entice ladies around you to join our federation. There are people needing something to belong to with a purpose right now and a GFWC-MFWC club may be the ticket. Do not miss out on this opportunity.
- Many clubs may not be able to meet together in closed quarters right now. Think of those places outside that you could gather with a lawn chair and mask to share time together as a club. You could collect jars of peanut butter to deliver to the community food bank.
- Think of projects that can be accomplished while at home and share with all members by posting on Facebook or sending to Sharon Hudson or Lisa Harris. We all want to hear about those GREAT projects. Who knows, it might be the inspiration for a club that has not been able to meet in person.



Remember to ***“Do today what your future self will thank you for – Plant, Recycle, Pick it UP!!!”***

# MFWC President-elect and Membership Chairman

Theresa Buntyn

It is both an honor and a privilege to serve as your GFWC-MFWC President-elect! It is a distinct pleasure to serve under Sherri E. Reid, our MFWC President. President Reid understands the value of each and every member. Her heart's desire is to serve, and I know members and clubs will profit from her expertise concerning environmental projects. We will all "Plant, Recycle and Pick Up."

Our Membership Recruitment Theme for this administration GFWC-MFWC Federated Women's Club is "The Value of One Member." I have traveled and spoken with many club women across Mississippi and have learned how one member has made a difference in their club. The strength of our clubs is derived from each, individual member. We all have experienced challenges, adversities and the loss of some of our members these last few months. Despite these adversities, individual members and clubs continue to make a difference by collecting food, buying groceries for the elderly or shut ins, providing meals and school supplies for children, making masks and offering services to meet the needs of others. That is truly the spirit of volunteerism. Challenges have arisen this year and will continue for all of our clubs as meetings and events are scheduled. Many of you have stepped out of your comfort zone already and participated in virtual meetings. Membership is a vital component of our organization. From the safety of our homes, we have held virtual meetings, installed officers, planned and announced club projects by using social media, email, group text, and other apps. I commend you for thinking outside the box and continuing to volunteer.

Your Membership Committee has met and actually participated in Summer Institute. All of these ladies are ready to grow our organization and have been examples of the value of one member's service. I am honored to be their Membership Chairman as your State President-elect. Our Membership committee consists of District Presidents-elects: Sharon Hudson, Northern District, Theresa Berryhill, Central District, Laura Trigg, Southern District and Juniorette Director Connie Johnston.

As GFWC-MFWC President-elect I have the privilege of advising our District Presidents. Our District Presidents are as follows: Lisa McGee, Northern District, Ada McGrevey, Central District and Meri Newell, Southern District. Each of these ladies have already provided service to their clubs and districts, promoting the Value of One Member. Our world may have changed but your

## Membership continued

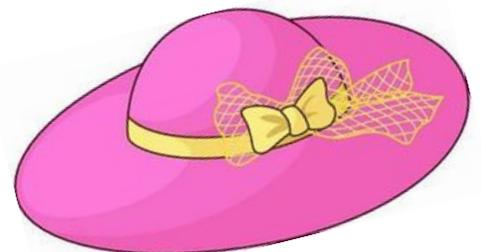
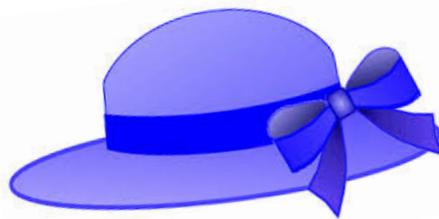
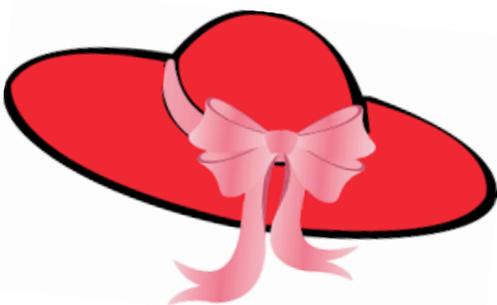
District Presidents have already begun working to see that all clubs in their district are active participants in their district themes for service. Clubs will be hearing more about our District President's themes throughout the club year.

I am excited to report we already have a new General Club chartered on July 28, 2020 in our Northern District. This new cyber club, GFWC Magnolia Junior Woman's Club consist of 12 members led by Club President Bethany Flint. Please join me in welcoming them to MFWC.

Lastly, I would like to announce our GFWC Membership Theme, led by our own Past President, Becky Wright, is **Hats Off to Membership-Staying Engaged While Staying Apart: Retention, Recruitment, Mentoring and Recognition**. We will embrace our GFWC Membership theme by reminding club members that one member can engage others by thinking outside the "hat box" during these challenging times. I will be keeping clubs informed of how we can "Make a Difference" by not only virtual, social and electronic technology, but by the use of individuals to safely continue to volunteer by dropping off supplies, drive-by event participations, and or posting service needs at different locations.

Remember *"the heart of a volunteer is not measured by size, but by the depth of the commitment to make a difference in the lives of others."*

Please do not hesitate to email me at [mfwctab@gmail.com](mailto:mfwctab@gmail.com) or call me 601-562-6547 with any questions. I am looking forward to serving you these next two years as we work together to gain new members and clubs for GFWC-MFWC.



**Hats Off to Membership-Staying Engaged While Staying Apart:  
Retention, Recruitment, Mentoring and Recognition**

# Vice President and Dean of Chairmen

Carolyn Tedford

This year has been a very fluid and challenging year. GFWC-MFWC Clubwomen have adapted and met the challenges with dignity, strength, and determination. Each of you have led by example. When it comes to reporting, I mentally hear a collective groan, however, writing reports is so important to our organization. Reporting of volunteer hours and dollars allows us to communicate the vast impact our club projects have on our communities and the lives of others. Reporting also records a history of our club's activities and events. The statistical information reported is crucial to maintaining the lease on the property where our beautiful GFWC-MFWC Headquarters is located.

New to reporting this year are the changes that GFWC has made for 2020-2022 administration. The GFWC-MFWC Reporting Guide, Reporting Card and Report-Cover Sheet have been updated to reflect these changes and updates. The Club Presidents and Juniorette Advisors each received an updated copy of these documents.

You can contact your Club President, Juniorette Advisor or email me at [carolyntedford@outlook.com](mailto:carolyntedford@outlook.com) for a copy of the Reporting Guide and Reporting Card. The current Reporting Cover Sheet is posted on our website and is marked Draft because there is a possibility of Affiliates being added later. The final copy of the Reporting Cover Sheet will be posted on the website by the first week of December 2020. I will be scheduling meetings with GFWC-MFWC Chairman, Club Presidents and Club members to discuss changes and answer questions. GFWC-MFWC Chairman and I will be available for any guidance that you need. As you review the changes in GFWC Special Programs, GFWC Community Service Programs, and GFWC Advancement Plans, find ideas and activities that you are passionate about to incorporate into your club programs and projects for this upcoming year. The GFWC Guides can be found at <https://gfwc.users.membersuite.com/home>. You must login to access this information. After you login, click My Digital Library under your login logo. Once you have arrived at My Digital Library, click on Resources, Letter C, Club Manual.

Remember according to Roy T Bennett *“Enthusiasm can help you find the new doors, but it takes passion to open them. If you have a strong purpose in life, you don't have to be pushed. Your passion will drive you there.”* I am excited and looking forward to working with you to acknowledge and celebrate the accomplishments of our clubs and clubwomen during the 2020-2022 administration.

# MFWC Treasurer

**Belinda Peacher**

I welcome the opportunity to serve as your MFWC Treasurer and appreciate your confidence in my abilities to do so.

For this fall, we have made a few revisions in the MFWC Dues Form:

- 1) If you would like to receive a printed copy of the MFWC Clubwoman magazine, it costs \$10 for both editions. There is a line on the Dues Form for the club treasurer to indicate how many members want printed copies. The printed copies will be mailed to the club president for distribution to the members.
- 2) There has been a line added under State Institutions for your club to indicate which State Hospital to which you are contributing.
- 3) Of course, you will now send your Dues Form, checks and club rosters to me at the address at the bottom of the form.
- 4) As in the past, please send *only* member deletions to Lisa Harris as indicated at the bottom of the form.

Remember, in order to be designated as an Honors Club, you must have your membership dues post marked by November 1. Also, in order to be judged, you must have your state and district dues postmarked by January 1, 2021.

I look forward to serving you and let's have a great two years!

Belinda Peacher

# Sharing Your History

**Suzanne Byrd Poynor**

As the GFWC-MFWC Historian, I am to collect a Club History from each General Club and Juniorette Club in Mississippi and have them bound annually to place in our MFWC Headquarters. The Club History Form will soon be updated on the MFWC Website. Clubs may mail or email one Club History Form to me, Suzanne Poynor, and mail or email a second Club History Form to GFWC-MFWC President Sherri Reid. The Club History Form on the MFWC Website can be completed on-line and submitted to me and President Reid by email. We will accept your Club History by mail or email and our addresses can be found in the MFWC directory. The deadline to submit your Club History is March 1, 2021. During this historic time in our lives and our clubs' lives, we need to leave a written account of how our MFWC Clubs persevered during the Covid-19 Virus Epidemic of 2020. How did your Club meet? Conduct business? Complete projects? I am looking forward to reading your Club's History on or before March 1, 2021!



**Your history has a home here.**

# President's Special Project

Chairman Mikayla Shelton

I am honored for the opportunity to take the role of President Special Project Chairman for the 2020-2022 term. This administration's PSP is centered around the topic of conservation. Throughout the next two years, we plan to do our part to Keep MS Beautiful by using our abilities to plant trees, recycle items, and pick up trash. As this is very near and dear to our president, I hope that it will be a mindset that is adopted by each of you and translates into the decisions that you will make on a daily basis.

Conservation is a very simple concept that is often overlooked as life becomes busy and hectic. We pass by areas every single day that could be brought to life through simple acts of love and kindness: planting, recycling, and picking up trash. Throughout the next two years as we sell items to raise money in honor of the PSP, the money we collect will be donated to Heifer International, which is an affiliate of the GFWC. Heifer has a program that allows for multiple seedlings to be provided in an impoverished country, which will serve a dual purpose of providing nutrition for locals and restoring oxygen to our world. The gift of trees will continue the cycle of sustainability in these communities as well as secure the future and productivity of them. In addition, there is also a program that allows for clean water to be gifted to communities in need that provide health, sanitation, improved environmental quality, and an increase in crop yields in these areas.

While our clubs may not be able to meet face to face at the moment, I hope that you will still seek out ways to incorporate the PSP into daily life. Step into a space of creativity and turn what would ordinarily be trash into treasure. For instance: While picking up and recycling, take items that earn money such as aluminum cans or vegetable/fruit cans, and turn them into money for PSP. It is also rather simple to pick up sticks in honor of your club to make it easier to adopt the slogan Pick it Up. Plant a flower or a tree in your yard or community, pick up litter, and establish recycling bins in your home. Reach out to loved ones who may be willing to collect cans or plastic bottles and return them to the club once a month for recognition. By changing your mindset in very simple ways, the goal of this PSP can be reached so very easily. Participate in simple ways such as picking up trash on your daily walk, setting aside time to donate recyclable items once a week or once a month, and making it a point to plant a tree every few weeks in honor of the PSP. Look for fun, simple ways to turn something used into something useful. Visit [keepmsbeautiful.com](http://keepmsbeautiful.com) to find other ways to keep our state beautiful with programs centered about conserving and preserving our environment and state for the generations to come. As I stated earlier, I am ecstatic about this opportunity. Clubwomen, please use your spare time to Plant, Recycle and Pick it up!! Do something today that your future self would thank you for.

# GFWC's New Community Service Programs

## Arts and Culture

*Chairmen Abby May and Amy Jacobs*

Hey! We're back....as your Arts and Culture Chairs. This is going to be so much fun! Why? Because a good many of the things you are already doing is what you need to continue to do with a twist. You get to embellish your creative side. Use your imagination and those thoughts you had to do things with a twist. That's what we will be looking for.

You are already mailing cards to the military, nursing homes, friends, and family. Why not make them yourselves? Yes, homemade cards. Your Neighborhood Library Boxes, take time to be creative and decorate them. Make reading fun! Your library donations of books... donate books with an art or culture theme. Let everyone in on it. Donate to your schools, collect and donate sketch books, colored pencils, crayons, coloring books, and art supplies. Continue to use your local, musically talented young people for entertainment at meetings or dinners you are hosting. Continue to decorate your local parks and enter your floats in the parades. There is so much you are doing already...just jazz it up a bit with your wild, creative side.

Now let's bring a little culture to the mix. Research and learn and share about musicals, ballets, operas, theatre, and artists. Learn and share about art galleries and museums throughout the world. Learn and share about those cultures you are interested in and never took the time. Now is the time. Research, learn, and share with us all. Google is your friend. Let us all know that one thing you found so intriguing.

All of these things are what your clubs can do when social distancing and even with a mask on ...There's another idea. How creative can one get with their masks? Let us count the ways.

Remember our affiliate organizations in this area are Heifer International, March of Dimes, Operation Smile, PCAA, UNICEF USA, and one of our favorites, St Jude.

## Arts and Culture continued

Let's be Artsy in doing the things we love to do. Just add that little creative twist to what you are already doing. It's going to be great!

Our GFWC President has released her holiday themes for our headquarters in D.C. This year's décor will represent "What a Wonderful World!" in colors of peach, russet, cream, silver, and gold celebrating nature. Each State Federation has been asked to send a 4-6 in. ornament. We are ready. Are you? Send us your thoughts and pictures of ideas. Let us have it. You have until October 15 to send us your ideas for this for our choosing. Really... do you want to leave this for us to do alone? So, get to looking, creating, shopping (local, of course). Show us what you've got. Colors stated, Mississippi oriented, creative. .

And with this in mind, use this theme at a holiday event or for one of your projects or meetings, and submit to the "President's Prize" using a form on the GFWC website (or contact us) for a chance to win \$100 from your GFWC President Marion St Clair.

Or get on our GFWC-MFWC website and get that manual. You'll have it in hand anytime

Thanks for your attention. Now let's embrace and enjoy this time as clubwomen and volunteers. The time is now to create, embellish, and share those ideas stored in that magnificent, working brain of yours for all to see.

*"Culture is the arts elevated to a set of beliefs."*

Thomas Wolfe

# Environment

Chairman Pamela R. Maxwell

As Ross Perot once said, "Since the first Earth Day, air is cleaner, water is cleaner, and many animals are rebounding. Lead emissions have virtually disappeared and water quality, especially in the great lakes has greatly improved, but we can always do better." We can all do better as there are still problems with habitats disappearing, climate change, and species becoming extinct. It is our duty to not only make the world a safer and a cleaner place, but to make our communities and our state a safer and a cleaner place as well and believe it or not that is where it begins, and it begins with YOU!

Your club can help make your community and your state a safer and a cleaner place? During the next couple of years your club can come up with innovative ideas of how you can serve your community in helping everyone Reduce Plastic Use by implementing the 4 R's. We must educate our communities on the 4 R's, which are: REFUSE, REUSE, REPURPOSE, and RECYCLE!

Here are just a few examples of how to implement the 4 R's:

**Refuse** the plastic bags that are offered when we shop by bringing your own reusable bags.

**Reuse** any plastic that you have laying around the house such as refill plastic water bottles with water and reuse those zip lock bags instead of throwing them in the trash.

**Repurpose** by taking plastic stuff that is laying around and finding a new purpose for it such as using those plastic containers that food comes in as travel bowls for your pets or Repurpose it for materials to be used for children in the community to create art pieces for a local art show. The selling of those art pieces can raise money to go towards an environmental-friendly community project.

**Recycle** is one that everyone should be self-conscious of. If your community is not part of a recycle program maybe your club could research and discover how you can contribute to or even begin a recycle program for your area.

*Plant*  *Recycle*  *Pick It Up* 

## Environment continued

Now, that the **trash talk** is over, here are some questions for your club to ponder and possibly help to solve.

- Is your community's drinking water safe?
- Does your local animal shelter have all of the proper cleaning supplies and necessities to care for the animals?
- Does your community protect the local habitats?
- How's your local walking trails or parks looking? Do they need cleaning?
- What do your communities do to honor Arbor Day, Earth Day, Recycle Day? And how can your club help?

Review the new Environment Community Service Program handout in the GFWC Manual. There are many project ideas to help get your club inspired.

### Some Environmental Organizations :

1. Audubon
2. #BERECYCLED
3. Boat U.S Foundation
4. Off the Beaten Path
5. National Parks Conservation Association
6. Soles 4 Souls
7. Water.Org
8. WWF -World Wildlife Fund
9. American Hiking Society
10. Department of Environment and Natural Resources
11. Reuse a Shoe (NIKE)

### Here are some environmental dates to remember:

American Recycle Day                      November 15, 2020

Earth Day    April 22, 2021

Arbor Day    April 30, 2021

I am so very excited to be serving as your Environment CSP chairman! I look forward to seeing what grass-root projects will inspire your club to take on during these next two years and how it will make a difference in your community and our world. That's right, ladies I said world because your service of volunteering touches communities, states, and believe it or not our world. Thank you for your dedication and service.

*Plant*  *Recycle*  *Pick It Up* 

# Education & Libraries

## Chairman Meri Newell

I am honored to serve as the 2020-2022 Education and Libraries CSP chair for GFWC-MFWC. Over the past two years, we have put hundreds of books in the hands of our children, provided scholarships for many of our worthy high school graduates, helped provide school supplies for cash-strapped schools and teachers, volunteered thousands of hours to help in our schools, and supported our libraries through Friends of the Library and various fundraising opportunities.

Over the next year, we have many unprecedented challenges in front of us. Covid-19 has altered how we carry out projects in our communities; we will be concentrating on new and different ways to be a positive force for promoting education and libraries in our towns while protecting the vulnerable members of our clubs. We will need to take a look at successful projects that we have carried out year to year, but we will also need to look at new possibilities. Here are some seeds to plant for thought:

**Adopt-a-School:** Each month, adopt a school in your community and ask the teachers what they need to carry out their altered classroom days.

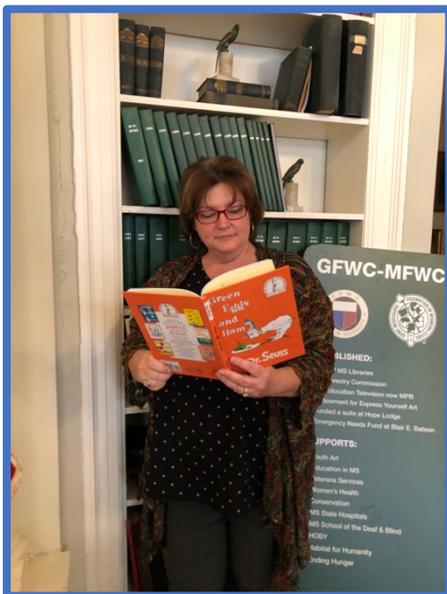
- Collect school supplies, hand sanitizer, wipes, Lysol, etc. See if they need help packing take-home kits for students continuing their education at home each week.
- Book drives: Find out what the policy is for your schools for donating books for students to take home and read. Books can be disinfected and sealed in Ziploc bags to donate.
- Write your congressmen for supporting legislation to protect teacher sick-leave in case of Coronavirus quarantine.
- Write your congressmen regularly to keep the provision of rural internet on the front burner. Virtual learning is virtually impossible without a reliable internet connection.



## Education & Libraries continued

- Plan a virtual fundraiser (5K race, silent auction, etc.) to support your libraries. Come up with creative ways that schoolchildren can help with the publicity of these virtual events.
- Consider working with your local library and a long-term care facility to see how members could help the library create or expand a library at the facility. Sponsor a book drive on Facebook to expand Little Free Libraries in front of long-term care facilities.
- Continue to support scholarships for your high school students, DYW winners, and non-traditional students. They will need these funds more than ever. Do an online fundraiser to specifically raise money for a scholarship.

As the year progresses, I will be sending project ideas along as I encounter them. I will also be sending the Education and Libraries Newsletter to club presidents from our GFWC Chair. Please feel free to contact me to discuss ideas and ask questions. Please take a look at the new Education and Libraries CSP Guidelines at [GFWC.org](http://GFWC.org). Thank you.



“Education is what remains after one has forgotten what one has learned in school.”

Albert Einstein

# Civic Engagement and Outreach

Chairman Theresa Berryhill

I am back! Just planting a different kind of tree. I will be serving as your Civic Engagement and Outreach CSP Chairman for 2020-2022. Wow! That is a mouth full.

The GFWC Civic Engagement and Outreach CSP reminds GFWC members that each of us are a part of a larger society and are responsible for undertaking actions that will create a better quality of life and foster a sense of community – locally, regionally, nationally, and globally.

What is one of the best ways to put civic duty into action? What is the best way to building a stronger connection to community? **VOLUNTEERING**

GFWC highlighted and encouraged four “Broad Strokes” under the Civic Engagement and Outreach CSP including:

## **CITIZENSHIP**

**Work** together with other community members or organizations to create a social media platform, such as a Pinterest board, or Facebook or Twitter page, to engage the larger community on key issues, identify positive solutions, and stimulate public policy initiatives. **Consider** purchasing or printing copies of the United States Constitution for distribution. One organization that provides copies at bulk rate is Freedom Factor. **Visit** state monuments, notable homes, and other historic sites through virtual tours. **Join** the Chamber of Commerce to increase brand recognition through networking and publicity.

## **CRIME PREVENTION, SAFETY, AND DISASTER PREPAREDNESS**

**Support** and thank local Police and Fire Departments for keeping the community safe. Consider making gift bags that include snacks, beverages, gift certificates, other small treats, or necessities, and a handwritten thank you note. **Create** awareness through social media on how to anchor furniture.

**Create** a pamphlet of local emergency response numbers and other important crisis information for distribution in the community.

## **THE NEEDY, HUNGRY, AND HOMELESS**

**Make** “Birthday Bags” filled with cake mix, a can of icing, candles, a baking pan, and a birthday card for local food pantries. **Work** with your local schools to establish “closets” within the schools filled with items for distribution to children in need. **Make** hats and scarves for shelters.

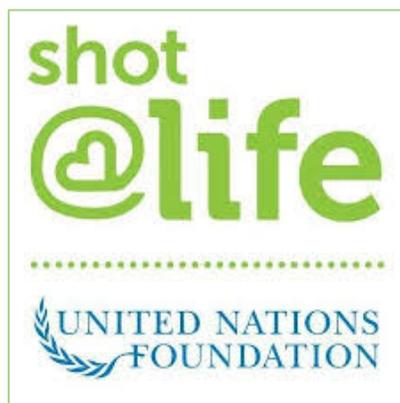
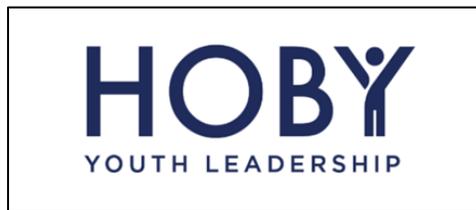
## **OUR MILITARY PERSONNEL AND VETERANS**

**Support** active military personnel with programs through the USO. Clubs can also support the Foundation’s Hero Miles program, which uses donated airline miles to bring family members to the hospital bedsides of the injured, and Hotels for Heroes. **Create** special occasion cards to distribute to VA Centers. **Support** the Quilts of Valor Foundation by donating fabric, quilt squares, or quilts, or by making monetary contributions or becoming a sponsor.

## Civic Engagement and Outreach *continued*

The new Civic Engagement and Outreach CSP program has just extended to include additional projects and connections with our GFWC Affiliate Organizations will be included within this CSP:

- Heifer International
- HOBY
- March of Dimes
- Operation Smile
- PCAA
- St. Jude
- United Nations Foundation Shot@Life Campaign
- UNICEF USA



# Health & Wellness

Chairman Bethany Flint, MS, RD

Food loss and food waste are becoming increasingly important issues as the world's population grows and as pressures on agricultural land and other resources increase. There are many environmental, health, and nutrition issues created by food waste. **In the United States, food waste is estimated at between thirty and forty percent of the food supply.** This amount of waste has far-reaching impacts on society. Wholesome food that could have helped feed families in need is sent to landfills. According to Feeding America, 72 billion pounds of food per year goes to waste while 37 million Americans struggle with hunger! Also, land, water, labor, energy and other inputs are used in producing, processing, transporting, preparing, storing, and disposing of discarded food. Ninety-six percent of the food we throw away ends up in landfills. Once in landfills, food breaks down to produce methane, a potent greenhouse gas which contributes to climate change. Our wasted food in landfills results in 25% of U.S. methane emissions. While millions of Americans worry about how they will feed their children, the amount of safe, edible food wasted in the U.S. soars. If we wasted just 15% less food, it would be enough to feed 25 million Americans! Do your part in reducing food waste to help our neighbors, our wallets, and our Earth! Below are tips on how you can help combat this growing problem!

## **At the Grocery Store or When Eating Out:**

Pre-plan and write your shopping list before going to the grocery store. As you write your list, think about what meals you will be preparing the following week, and check your fridge and pantry to see what items you already have.

When at the store, buy only what you need and stick to your shopping list. Be careful when buying in bulk, especially with items with a limited shelf life.

If available, purchase “ugly” fruits or vegetables that often get left behind at the grocery store but are safe to eat. “Ugly” produce has physical imperfections but are not damaged or rotten. “Ugly” fruits and vegetables are safe and nutritious and can sometimes be found at discounted prices.

When eating out, ask for smaller portions to prevent plate waste and keep you from overeating. You can also request a take-away box to take leftovers home instead of leaving food on your plate.

## In the Kitchen - Storage, Prep, Cooking, and Serving:

Check the temperature setting of your fridge. Keep the temperature at 40° F or below to keep foods safe. The temperature of your freezer should be 0° F.

Refrigerate peeled or cut veggies for freshness and to keep them from going bad.

Use your freezer! Freezing is a great way to store most foods to keep them from going bad until you are ready to eat them. If you have berries or bananas on their last leg, throw them in a freezer bag and store them in your freezer for smoothies. Freeze stale (not molded) bread for sweet or savory bread puddings or breakfast casseroles. If you make a large pan of lasagna or a big pot of soup and don't want leftovers for days, consider freezing half (after proper cooling) for a later meal. Your future self will thank you; I promise! Brown, spotted bananas make great banana bread or muffins that also freeze beautifully for a quick and tasty breakfast or snack!

Check your fridge often to keep track of what you have and what needs to be used. Eat or freeze items before you need to throw them away. Vegetables that are about to go bad are great for stir fry. Leftover rice and vegetables are perfect for fried rice. #FakeOutTakeOut! Make vegetable soup. Leftover roasted vegetables are delicious on a salad, sandwich, or in a cheese quesadilla! Consider using scraps and peelings from onions, celery, carrots, and herbs to make your own vegetable broth - it will take your next soup dish over the top!

Learn about food product dating – Many consumers misunderstand the purpose and meaning of the date labels that often appear on packaged foods. There are no uniform or universally accepted descriptions used on food labels for open dating in the United States. As a result, there are a wide variety of phrases used on labels to describe quality dates. Confusion over date labeling accounts for an estimated 20 percent of consumer food waste.

The "**sell by**" date tells the store the last day they should sell that specific package. Buy the product before the "sell by" date passes and cook or freeze shortly after. Use your eyes and nose! Spoiled foods will develop an off odor, flavor or texture due to naturally occurring spoilage bacteria. If a food has developed such spoilage characteristics, it should not be eaten.



# GFWC Signature Program

## Domestic Violence and Sexual Assault Awareness and Prevention

Chairman Deana Pittman

I am super excited to update you all on the changes to our domestic violence awareness initiative! GFWC has made some changes to this program...and not just to the name! Although we don't have any affiliates with this program, we do have eight different areas of focus for this program:

- **Intimate partner violence**—This includes physical, sexual, or emotional abuse, as well as sexual coercion and stalking by a current or former intimate partner.
- **Child abuse**—This includes all types of abuse and neglect of any child under the age of 18 by a parent, caregiver, or another person in an authoritative role (teacher, coach, etc.). It can be physical, sexual, emotional, or neglect.
- **Campus sexual assault**—Any type of sexual contact or behavior that occurs without the explicit consent of the recipient can be termed campus sexual assault.
- **Teen dating violence**—This is a specific type of intimate partner violence that occurs between two people in a close relationship.
- **Elder abuse**—This is abuse that occurs later in life—physical, sexual, or psychological abuse, neglect, financial exploitation, or even stalking of an adult 50 years or older.
- **Violence against Native American women**—Violence against American Indian and Alaska Native women includes psychological aggression and physical violence by intimate partners, stalking, and sexual violence.
- **Military sexual assault**—Military sexual assault is the use of force, threats, intimidation, or abuse of authority during intentional sexual contact. It also includes instances where the survivor is unable to consent.
- **Human trafficking for sexual purposes**—Any sex act that has been induced by recruitment, harboring, transportation, provision, obtaining, patronizing or soliciting of a person for the purposes of a sex act in which anything of value is given or received by any person. It is induced by force, fraud, or coercion.

All of these new areas of focus give us SO MANY AREAS for volunteering! You can help spread awareness about any and all of these areas! As a community, we need to be aware of the resources that are in our area for victims of these crimes....and we need to be aware of the resources that are lacking! Are there shelters that can use support? Are there mentoring programs where volunteers are needed? What are items that law enforcement can use when they come in contact with situations that involve domestic or sexual violence? Do your schools need resources, books, or other items? There are so many ways that you can get involved!

While this program does not have an official affiliate, in Mississippi, MFWC has been instrumental in establishing our state affiliate for **I Support the Girls** (I Support the Girls-Mississippi). This organization works to provide bras (new or gently used), feminine hygiene products, and other items to shelters, schools, and services that serve women and girls in need due to domestic violence, child abuse, homelessness, financial instability, human trafficking, or other dire circumstances. Many clubs across our state work closely with this organization!

There are numerous ways your club can help:

- Your club can do a drive to collect new and gently used bras!
- Your club can do a drive to collect individually wrapped feminine hygiene products!
- Contact schools, shelters, and services in vulnerable areas to gauge their needs!
- Communicate with the state director (that is me!) to ask for help for any place that you find!
- Educate your club members about all of these areas, organizations, and needs in your community and across our state!

Most importantly, the easiest way that you can get involved with this program is to communicate with me about any needs that you find! any information that you need! any resources that are lacking! I would love to come be a part of your club's projects, drives, and work days! Please let me know how I can help you!

Deana Pittman

[istg.mississippi@gmail.com](mailto:istg.mississippi@gmail.com)

662-560.3847



# GFWC Juniors Special Project:

## Advocates for Children

Co-Chairmen Tammy Griffin and Kaye Wright

Our goal is to make a difference in the lives of children in our community. To be support for children who are in a vulnerable position in society or in a vulnerable situation. During these troubling times, we have to be creative in the way we “live the volunteer spirit.”

Here are a few ideas. Check the GFWC Manual or Pinterest for more.

- Make get-well cards for children in hospitals.
- Save your change to donate to children’s hospitals for the little red wagons,
- Check out the hospital’s website for things that can or cannot be donated at this time. Some of them have a wish list from Amazon. Make sure you use your Amazon Smile account to donate these items.
- Make blankets to donate to children’s hospitals.

Other ways to help:

- Contact your local CPS or DHS for any specific needs they may have.
- Contact any local shelters for women and children for any immediate needs.
- Contact local schools about donating school supplies and disinfectants.
- Ask schools or counselors if there are any food needs for night and weekend meals.
- Contact teachers you know to find out any needs you can help with.
- Video yourself reading a children’s book for teachers to share in classrooms or share on your Facebook page for others.

There are so many more ways to help when we are able to gather again. Host a fun run, dance, a party for children, or a day in the park. These ideas encourage families with children to gather together to make good, wholesome memories.

***“Children are our most valuable natural resource.”***

**Herbert Hoover**

# Mississippi Public Broadcasting

Chairman Libby Everett

In 1969, the Mississippi Legislature established ETV with the mission of providing “educational and instructional professional growth and public service programs for the students and citizens of Mississippi.” As of February 1, MPB is commemorating 50 years of Service to Mississippi residents. Each MFWC club should provide Projects and Programs during the club year to emphasize the importance of MPB in their communities.

- Include a generous contribution from your club to MPB on your MFWC Dues Form.
- Promote the video lessons shown on the MPB Education Facebook page to teachers and parents.
- Discover early childhood learning experiences on MPB’s webpage.
- Download the MPB App.
- MPB Think Radio broadcasts a daily call-in show called Southern Remedy to provide free, vital medical and health advice.
- Ed Said, an Emmy-winning puppet on MPB who advocates healthy eating and proper exercise, visits schools and attends community events to interact with children, teachers, and parents. Contact Ed Said at [edsaid.org](http://edsaid.org)
- PBS Kids is a 24/7 channel solely broadcasting children’s programs around the clock. Check with your local cable provider.
- @Issue is an MPB television production focusing on informing the public on local legislative issues
- MPB coordinates with MEMA, National Weather Service, FBI, state agencies, and others in case of tornadoes, hurricanes, and flooding.
- Fit to Eat on MPB focuses on cooking healthy meals with Mississippi-grown ingredients.
- Check out the MPB Foundation which advances MPB’s mission through private donor and member support. Your continuing support makes MPB possible.
- Reading for the Record is on October 29, 2020. The book is **Evelyn Del Rey is Moving Away** by Meg Medina. MFWC club members participated in this program last year through MPB. I will be giving more information on this project as it develops.

Programs and projects are reported on a separate MFWC reporting form that records individual contributions to MPB, MPB club membership, local MPB membership drives, publicizing MPB programs in local media, legislative contact, and other support. This can be cross reported in the Education and Libraries CSP.

Walt Grayson’s Mississippi Roads, Antiques Roadshow, Masterpiece, Mississippi Outdoors, Sesame Street, Nova, This Old House, Great British Baking Show, American Masters, Austin City Limits, and so many more programs to enjoy!

For more information on MPB visit, [www.mpbonline.org](http://www.mpbonline.org). If you have any questions, please contact me.

# Community Impact Award

Chairman Penny Barr

Just as communities and committees change, so do clubs. Formerly known as the Community Improvement Award, the newly updated **Community Impact Program Award** is designed to accommodate the way your club currently functions and add some flexibility in the implementation of projects. The goal of this award is to encourage and recognize the positive impact that your club can have on a specific problem or need in your community. Financial incentives range from \$35 to \$2,500. The award period goes from January 1, 2020, to December 31, 2021. Club entries are due to Penny Barr by February 22, 2022.

The first step in tackling this project is brainstorming with some of your club members to choose a community issue or need. Once that area is identified and selected, your club can choose up to 3 different projects to impact this need. Keep in mind that these projects may very well be things you are already doing in your community that may just need some tweaking, shift of focus, or updating. When considering ways to impact your community, so remember to take time to identify and carefully consider community needs, then select and connect a need with your volunteer projects. Consider implementing or strengthening partnerships within your community to address the issue and assist with project development, which can uplift the profile of your club and MFWC-GFWC at the local level. This could be written up as 3 separate projects that achieve a similar goal and address the need identified by your club. Each entry can contain one page of photographs for each project as well as one page of publicity highlights. Each entry should include one page of information on each project highlighting the selection process, goals, plan of action, how members are engaged, collaborators, and measurable impacts. The description and guidelines are spelled out very well in the 2020-2022 GFWC Club Manual. I am looking forward to hearing about the wonderful ways you continue to impact your communities in a positive way!

# Jennie Award

Chairman Frances Brown

Every club has members who epitomize the “Jennie Award Nominee”. Let’s honor them! The GFWC Jennie Award is the highest honor bestowed by GFWC and honors one clubwoman from each GFWC Region for outstanding commitment to club, community, and family. It is different from Clubwoman of the Year in that her commitment to club, community, and family should reflect her outstanding achievements and overall spirit of volunteerism over a period of time, not just the club year. She must be a GFWC member for a minimum of five consecutive years. Her proven leadership qualities should reflect promoting membership, addressing community needs and concerns through other community organizations, and showing concern for the well-being of one or more persons by providing care on an ongoing basis. You may ask why you need to do this now since the award is presented at the end of each administration. We want to make sure there is adequate time to promote the award, nominate the candidate, complete the application with supporting documents, and get them to President Sherri E. Reed by the June 1, 2021 deadline. Let’s begin identifying the candidates **NOW**. The GFWC Jennie Award Nomination Form and the award rules may be downloaded from the GFWC Member Portal. Each region Jennie Award honoree will be awarded roundtrip transportation to the GFWC Convention in New Orleans, LA in June 2022. I am honored to serve as your Jennie Award Chairmen. Let me know if I can help. Stay safe.

# Advancement Areas

## Leadership/LEADS

Chairman Melba Watkins

*“LEADERSHIP AND LEARNING ARE INDISPENSABLE TO EACH OTHER.”*

**John Fitzgerald Kennedy**

Mississippi is known for our hospitality, generosity, writers, entertainers and our diverse culture. We have farmers who help to feed the masses, world renowned physicians, premier business developers, major manufacturers, skilled workers and a steadily improving educational system. Consistent and on-going **LEARNING AND LEADERSHIP** are the biggest factors behind Mississippi’s success.

The purpose of this Advancement Plan is to promote and prosper our state and local club leadership. MFWC has always been led by innovative, outside the box thinkers and those who are willing to take risks to make our clubs grow...but more importantly to involve oneself in personal growth. We know that MFWC is filled with bright minds and those who are willing to stretch out of their comfort zone. We also have many, more bright minds who just need a bit of encouragement to become great leaders. This is where the Leadership Training Seminars come into play. Those skills can be tapped and moved to the forefront to continue our excellent history of fine and dedicated leaders, many of whom have moved beyond the Mississippi organization to share their leadership on the national stage. Sometimes a little push is all that is needed.

In closing, with the development of strong leaders our local clubs will grow thus growing state membership. Strong leadership is the single biggest way to impact an organization.

I issue a request to all local club presidents to study your membership. Who in your club has the “right stuff” to help us grow and prosper GFWC-MFWC and our Volunteer Spirit? Approach them; give them that push to grow in knowledge and leadership. The job begins in our local clubs and will probably take little more than a confident smile or a pat on the back for a task well done.

Club leaders, it is time to do a little gentle pushing!!! Watch for upcoming dates for our **LEADS** seminars.

# FUNDRAISING and DEVELOPMENT

Chairman Diane Rouse

Fundraising is essential and beneficial to your club and your community because you are raising capital for scholarships, local projects, GFWC program area projects, affiliate organizations, etc. BUT it is also an excellent opportunity to make your local club KNOWN in your community by seeing how much FUN you are having when you are **FUNdraising**.

Usually, I would suggest you have a “brainstorming” session with members to plan fundraising for the year, but in this time of social distancing this can be done during a ZOOM session or a member survey. In some cases, this may involve evaluating past fundraisers for continued viability or putting them to Rest (RIP).

Don't be afraid to try something new or do things in a new way and always, **ALWAYS** be creative.

In this time of social distancing, consider a ZOOM or FACEBOOK auction, “New to You” sale, or even a GoFundme for your club

Research and apply for community service grants through businesses. Lowes, Home Depot, Walmart, and Target have often offered grant opportunities. This is as simple as going on-line.

Partner with local “small businesses” (boutiques, grocery, hardware stores, etc.) to sell items your crafty club members make. In homage to Madame President's PSP, consider making handmade greeting cards/gift tags to sell by recycling old birthday, get well, Christmas cards. Collect broken jewelry parts (bling, pearls, brooches, etc.) to make artsy items to sell. You are recycling and fundraising.

We can wear masks and meet outside to have a plant sale. If your gardening savvy members are willing to share perennials, which regularly multiply, they can be put into cute, inexpensive pots from the Dollar Tree or even a tin can with the label removed.

## **Fundraising and Development** continued

When it is appropriate to have big gatherings again, we can plan our teas, dances, Christmas tours, Bingo, Bunco, Santa breakfast, rummage sales, and fashion shows.

Lastly, but certainly not least, always show appreciation to your members for their participation; a handwritten note, a small gift or something you've made and ALWAYS, document your fundraising efforts with photos for your scrapbook and local newspapers.

# Communication and Public Relations

Chairman Sharon Hudson

Besides a group of dedicated clubwomen, do you know what's behind every successful MFWC fundraiser, program or project? The answer is your public relations campaign. When it comes to reporting for 2020, please don't forget to include narratives in your Communications & Public Relations report.

Because of the pandemic, we are having to think of creative ways to meet and carry on our club work and are using social media more than ever before. Even some of our fundraisers are via social media. Have you tried something like Facebook Live, YouTube or Tik Tok to get the word out about your club? Social Media is only part of the key to a successful PR program. Please continue to use your local newspaper, radio station or television station to get the word out about your club and MFWC.

Now more than ever before, make sure your club is GFWC and MFWC branded. Club T-shirts, aprons, stationery, umbrellas, notepads and garden signs are just a few of the ways you can show your GFWC and MFWC pride.

We want to see the projects, fundraisers, and programs you are doing so continue to send Lisa Harris or me your photos for inclusion on the MFWC Facebook page.

# The Value of One Member

*Ten little members* standing in line  
One disliked the President, then there were nine.

*Nine ambitious members* offered to work late  
One forgot her promise, then there were eight.

*Eight creative members* had ideas good as heaven  
One lost enthusiasm, then there were seven.

*Seven loyal members* got into a fix  
They quarreled over programs, then there were six.

*Six members remained*, with spirit and drive  
But one moved away, then there were five.

*One became indifferent*, then there were four.

*Four cheerful members* who never disagree  
'Till one complained of meetings, then there were three.

*Three eager members...* what do they do?  
One got discourage, then there were two.

*Two lovely members*, our rhyme is nearly done

One joined a bridge club, *then there was one*,  
One faithful member was feeling rather blue

Met with a neighbor, *then there were two*.

Two earnest members each enrolled one more  
Doubled their number, *then there were four*,

Four determined members just could not wait  
'Til each won another, *then there were eight*,

Eight excited members signed up sixteen more

In another six verses, there will be a

*"Thousand-twenty-four"*

# And Finally, A Word From Our District Presidents

## Northern District President Lisa Magee

I hope this finds all of you safe and healthy, and I am excited to start this new administration. A reminder that the Northern District awards a scholarship to a deserving young person starting their third year of college at a four-year institution. I would hope that our clubs include funds for this scholarship in their budget planning and remind students to apply for the scholarship.

For my Northern District PSP, I have chosen “Food Insecurity in School Children.” To quote Mother Theresa, *“If you can’t feed a hundred people, feed just one.”* This project can be funded by traditional club fundraising or donation boxes in local business. Working with school administrators, teachers and guidance counselors, we can find and take care of the need. Thank you for “Living the Volunteer Spirit” in these trying times.

## Central District President Ada McGrevey

Hello Everyone! I’m so excited to be writing this message to you on behalf of Central District! With tutorials on zoom and great guidance within our organization, we have been able to meet and plan for this upcoming year despite all obstacles. Things are still fluid, but we’re heading in the right direction.

I have chosen a PSP on “Healthy Living: Physical and Environmental.” Traditionally, we are the caregivers to our own family, our neighbors or ours friends. Keeping ourselves healthy and at our best through proper nutrition, exercise, and reducing stressors can help us live better and longer. A project such as a garden would add exercise and fresh vegetables to one’s daily diet. A project for club members to walk fifteen minutes a day would add exercise and picking up a little trash along the way, would tie into President Sherri Reid’s PSP of “Plant, Recycle, Pick it Up”.

The Grand Central District was poised to host our 2020 State Convention in Vicksburg last year when everything was suddenly cancelled. We are going to have another chance and will host this year’s State Convention April 21 – 24! The location will be chosen, and more details will follow shortly. Our Central District Convention will be held March 6, 2021 in lovely Raleigh, MS, and it’s going be a blast.

Let me know how you’re doing, and I look forward to seeing you soon. Take care!

## **Southern District President Meri Newell**

Greetings from Southern District! I am so excited and honored to be serving as Southern District President for GFWC-Mississippi for the 2020-2022 Administration. Like the other District Presidents, I am here to lead, listen, and share information and worthy projects with my Southern District clubwomen.

The President's Special Project for Southern District will be focused on food insecurity, and how we can help our local food banks, church food pantries, and other local entities feed those who are struggling with providing enough for their families. I encourage the Southern District Club Presidents to make contact with and plan volunteer opportunities to assist with feeding the needy in their communities. Many already assist in many ways; however, Covid-19 has presented a variety of challenges that may create new ways that clubs can volunteer and help.

Our district administration is here to help you, and when we are able to have club meetings and gatherings in person once again, would love to visit your club to experience the "Unity in Diversity" that we all enjoy. Plans are also in the works to have a refresher meeting to brush up on our reporting skills later this fall.

If you have ideas, questions, or just want to talk to someone outside of your house, please feel free to call or text me at 601-307-6004.



# GFWC-Mississippi Federation of Women's Clubs, Inc.



## 2020-2021 Dues Form

### Club Information:

Club Name: \_\_\_\_\_ District: \_\_\_\_\_  
 Club President: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
 Address: \_\_\_\_\_ Email: \_\_\_\_\_  
 Club Treasurer: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
 Address: \_\_\_\_\_ Email: \_\_\_\_\_

**Club Dues:** \$30 x number of general members \_\_\_\_\_ listed on roster \$ \_\_\_\_\_  
 \$25 x number of juniorettes \_\_\_\_\_ listed on roster \$ \_\_\_\_\_

**(No District dues, please. District dues should be sent to the District Treasurer)**

Printed Clubwoman magazines (2 per year) to be mailed to Club President \_\_\_\_\_ @\$10.00 each \$ \_\_\_\_\_

### Contributions:

- GFWC-MFWC President's Special Project: Plant ▶ Recycle ▶ Pick It Up ..... \$ \_\_\_\_\_
- 1935 Society (MFWC State Headquarters upkeep) **\$5 per member suggested** ..... \$ \_\_\_\_\_
- Hebron Memorial Scholarship Fund (\$1,000 annual scholarship) ..... \$ \_\_\_\_\_
- Sarah Peugh Butterfly Scholarship Fund (\$1,000 annual Juniette Scholar- ship) ..... \$ \_\_\_\_\_
- Challenge Grant (for a Special Education Teacher) ..... \$ \_\_\_\_\_
- State Institutions: MSD \$ \_\_\_\_\_ MSB \$ \_\_\_\_\_ State Hospital \$ \_\_\_\_\_  
**Name of State Hospital sponsored by club:** \_\_\_\_\_
- Mississippi Public Broadcasting ..... \$ \_\_\_\_\_
- Youth Art: **\$10 per club suggested minimum** ..... \$ \_\_\_\_\_
- HOBY: \$200.00 per sponsored student or other donation (**\$20 minimum suggested**) ..... \$ \_\_\_\_\_  
**Name of school sponsored by club:** \_\_\_\_\_
- Malone-Sisk (MS LEADS) Program ..... \$ \_\_\_\_\_
- "Dollars for Delegates" for officers' expenses to attend GFWC meetings ..... \$ \_\_\_\_\_
- Other Contributions not listed: \_\_\_\_\_ \$ \_\_\_\_\_  
 \_\_\_\_\_ \$ \_\_\_\_\_  
 \_\_\_\_\_ \$ \_\_\_\_\_

(Additional pages may be attached, if necessary)

**Total Of All Above:** \$ \_\_\_\_\_

- Please mail this form along with your club's check made payable to MFWC and one copy of club roster with names, mailing addresses, email addresses & phone numbers postmarked by **November 1** to receive Honor Club Status to:

**Belinda Peacher, GFWC-MFWC Treasurer**  
**2339 Tiffany Circle, Florence MS 39073**  
**(601) 291-6937 (text or voicemail)**  
**Email: bbpeacher@gmail.com**

- ALL checks MUST be made payable to MFWC. Please do not staple check to the form.
- Dues must be postmarked by **January 1** in order for a club to be eligible to have reports judged or to receive awards.
- For members added during the club year, please send name, address, email address & dues to Belinda Peacher, GFWC-MFWC Treasurer
- Send **deletions only** to Lisa A. Harris, *Mississippi Clubwoman* Circulation Editor at lisaharris@outlook.com or 822 SCR 115 South, Raleigh, MS 39153



***GFWC-Mississippi Federation  
of Women's Clubs, Inc.***

2407 North State Street

Jackson, MS 39216



*Plant* 🌱 *Recycle* ♻️ *Pick It Up* 